

# The Way of the Cross



St. Alphonsus Liguori

1732

Contemporary English: CMS



## According to the Method of St. Alphonsus Liguori

*“Let each one, kneeling before the high altar, make an Act of Contrition, and form the intention of gaining the indulgences connected to this devotion, whether for himself or for the souls in Purgatory”*

### Some suggestions:

At a home setting, remove distractions like pets, and cell phones  
Open the PDF file & set to **Full Screen (Ctrl+L)**.  
The Larger the monitor the better the experience.

The prayers should be said softly together. The text, the Stabat Mater, are all taken from the “Way of the Cross” devotion as composed by St. Alphonsus Liguori in 1732.

For the *Priest*, the head of the household should read.

The *people* should be read by a single family member, possibly the Mother of the house. Children of the house should be free to study and contemplate the images.

Take time to contemplate the imagery as one listens or says the prayers.

Some of the images are very harsh, so are the real events, so prepare the household accordingly. How we look into the eyes of those participant, and unite Christ’s suffering to ours. CMS



## Preparatory Prayer

My Lord Jesus Christ, you have made this journey to die for me - with a love unutterable, and I have so many times unworthily abandoned you; but know that I love you with my whole heart, and because I love you, I repent sincerely for ever having offended you.

Pardon me, O God, let me accompany you on this sorrowful journey.

You go to death for love of me;  
I wish also, my beloved Redeemer, to die for love of you.

My Jesus, I will live and die always united to you.





# The Stabat Mater

604 A.D.

Stabat Mater dolorosa,  
Juxta crucem lacrymosa,  
Dum pendeat Filius.

At the cross,  
her station keeping,  
Stood the mournful  
Mother weeping  
Close to Jesus to the last.



The 1<sup>st</sup>  
Station



Jesus is  
Condemned  
to Death





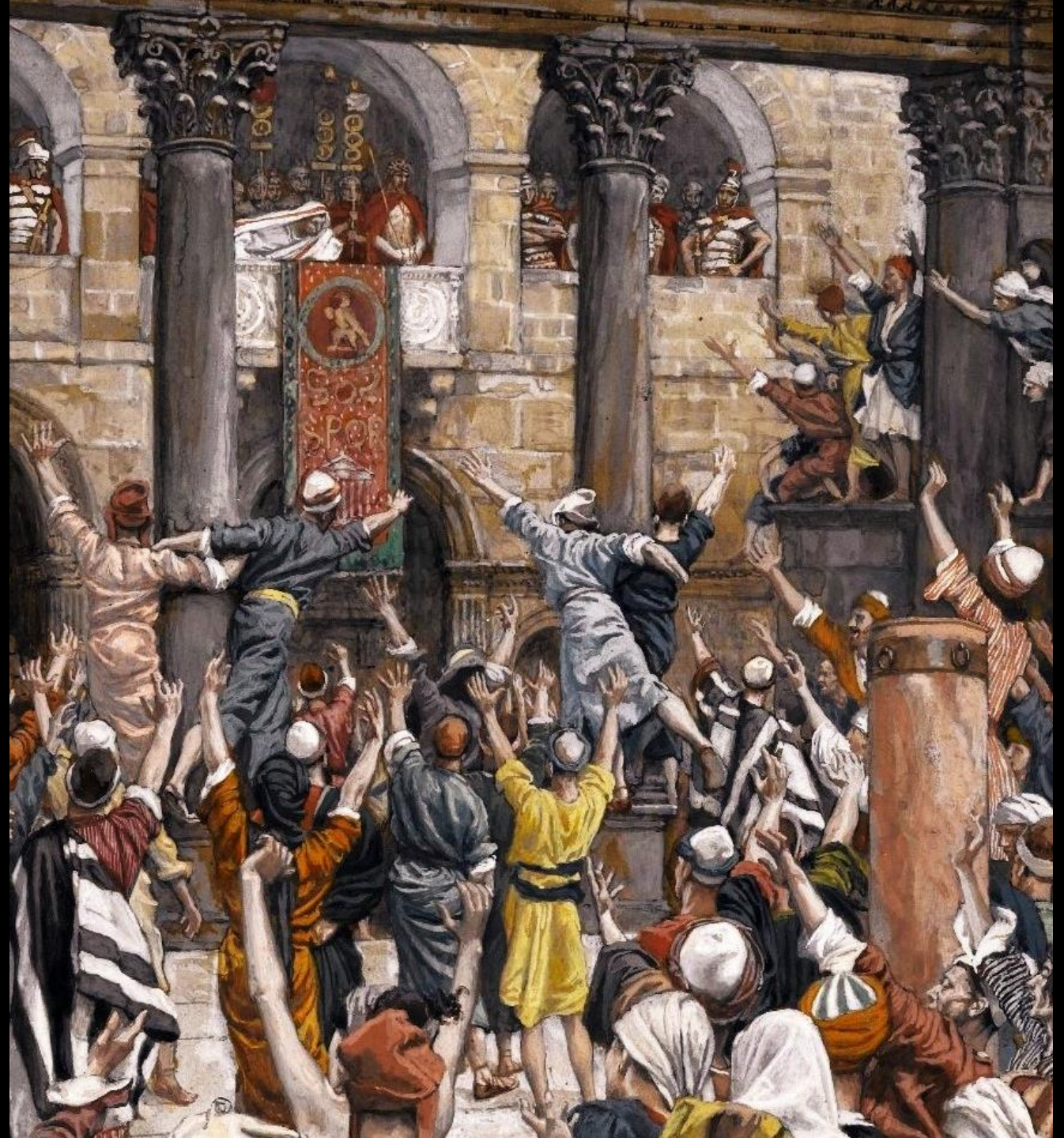
**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

Priest:

Consider how Jesus, after having been Scourged and crowned with Thorns, was unjustly condemned by Pilate to die on the Cross.

1<sup>st</sup>







**People:** Most adorable Jesus, it was not Pilate, no, it was my sins that condemn you to die. I beseech you, by the merits of this sorrowful journey, to assist my own soul in its journey towards eternity.

I love you, my beloved Jesus; I love you more than myself; I repent with my whole heart of having offended You.

Never permit me to separate myself from you again. Grant that I may love you always; and then do with me what you will.

Our Father...

Hail Mary...

Glory be...

1<sup>st</sup>





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Cujus animam gementem,  
Contristatam et dolentem,  
Pertransivit gladius.

Through her heart,  
His sorrow sharing,  
All his bitter anguish bearing,  
Now at length the sword  
has passed.

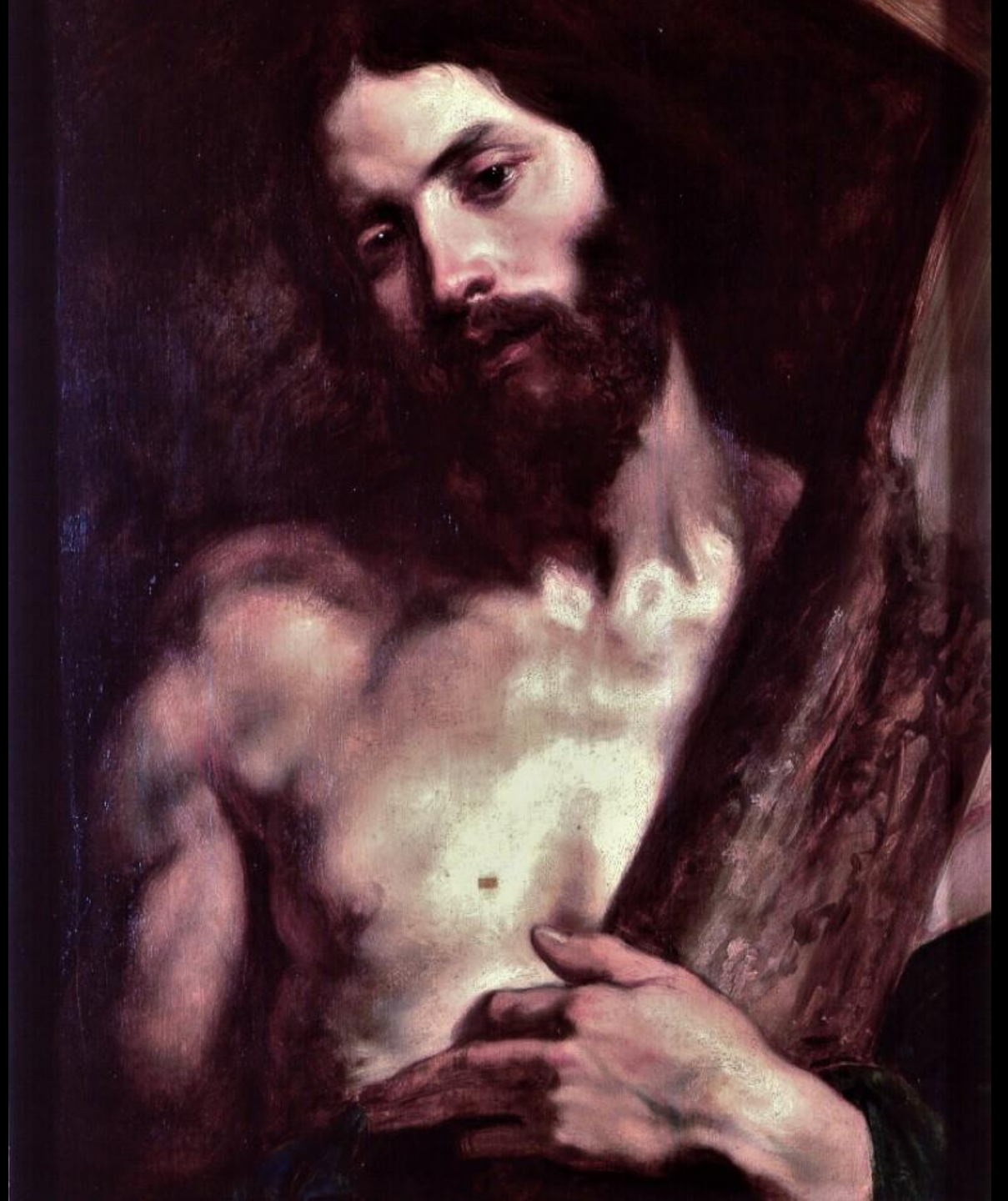




# The 2nd Station



Jesus is  
Made to  
Carry  
His Cross





**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

Priest:

Consider how our Lord, in making this journey with the Cross on His shoulders looks forward to each one of us, and for our sake, has offered to His Father the death that He was about to undergo.







**People:** O' My most beloved Jesus, I embrace all the tribulations you have destined for me until death.

I beseech you, by the merits of the pain you suffered in carrying your Cross, to give me the necessary grace to carry my own cross in life with perfect patience and resignation.

I love you, Jesus my love;  
I repent of having offended you.

Never permit me to separate myself from you again.

Grant that I may love you always; and then do with me what you will.

Our Father...

Hail Mary...

Glory be ...

2nd





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

O quam tristis et afflicta  
Fuit illa benedicta  
Mater Unigeniti!

O, how sad and sore distressed  
Was that Mother highly blessed  
Of the sole Begotten One!

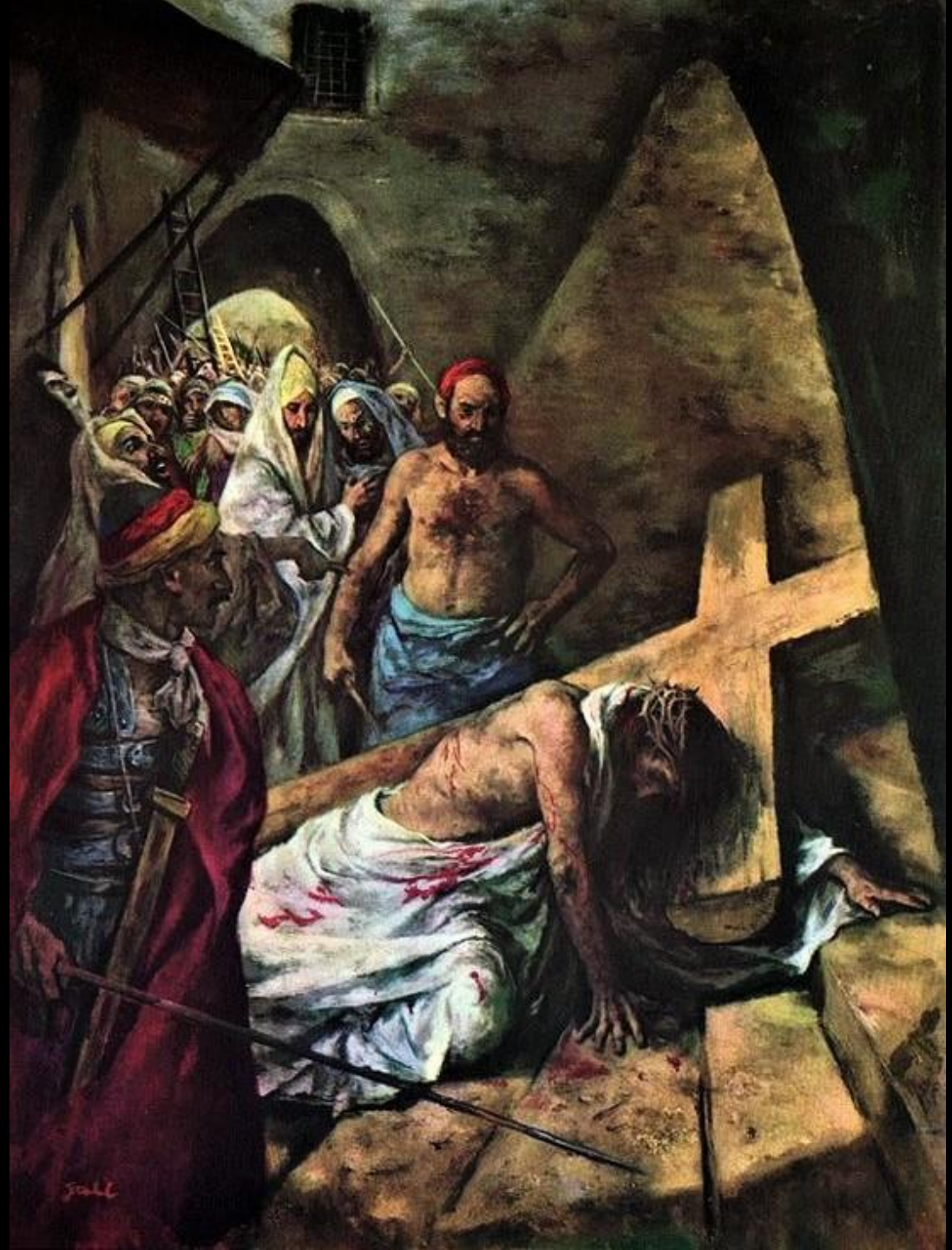




# The 3rd Station



Jesus Falls  
the  
First Time





**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

## Priest:

Consider this first fall of Jesus under the Cross. His flesh was torn by scourges, His head crowned with thorns. He has lost a great quantity of blood.

He was so weakened that he could scarcely walk, and yet he had to carry this great load upon His shoulders.

The soldiers struck Him rudely, and thus He fell several times in His journey.







**People:** O' My beloved Jesus,  
It's not just the weight of the  
Cross, but my sins which have  
made you suffer so much pain.

O, by the merits of Your first fall,  
deliver me from the misfortune of  
falling into mortal sin.

I love You, O my Jesus,  
with my whole heart;  
I repent of having offended You.

Never permit me to separate  
myself from You again.

Grant that I may love You always;  
and then do with me what You  
will.

Our Father...

Hail Mary...

Glory Be ...

3rd





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Quae moerebat, et dolebat,  
Pia Mater dum videbat  
Nati poenas inclyti.

Christ above in torment hangs,  
She beneath beholds the pangs  
Of her dying, glorious Son.

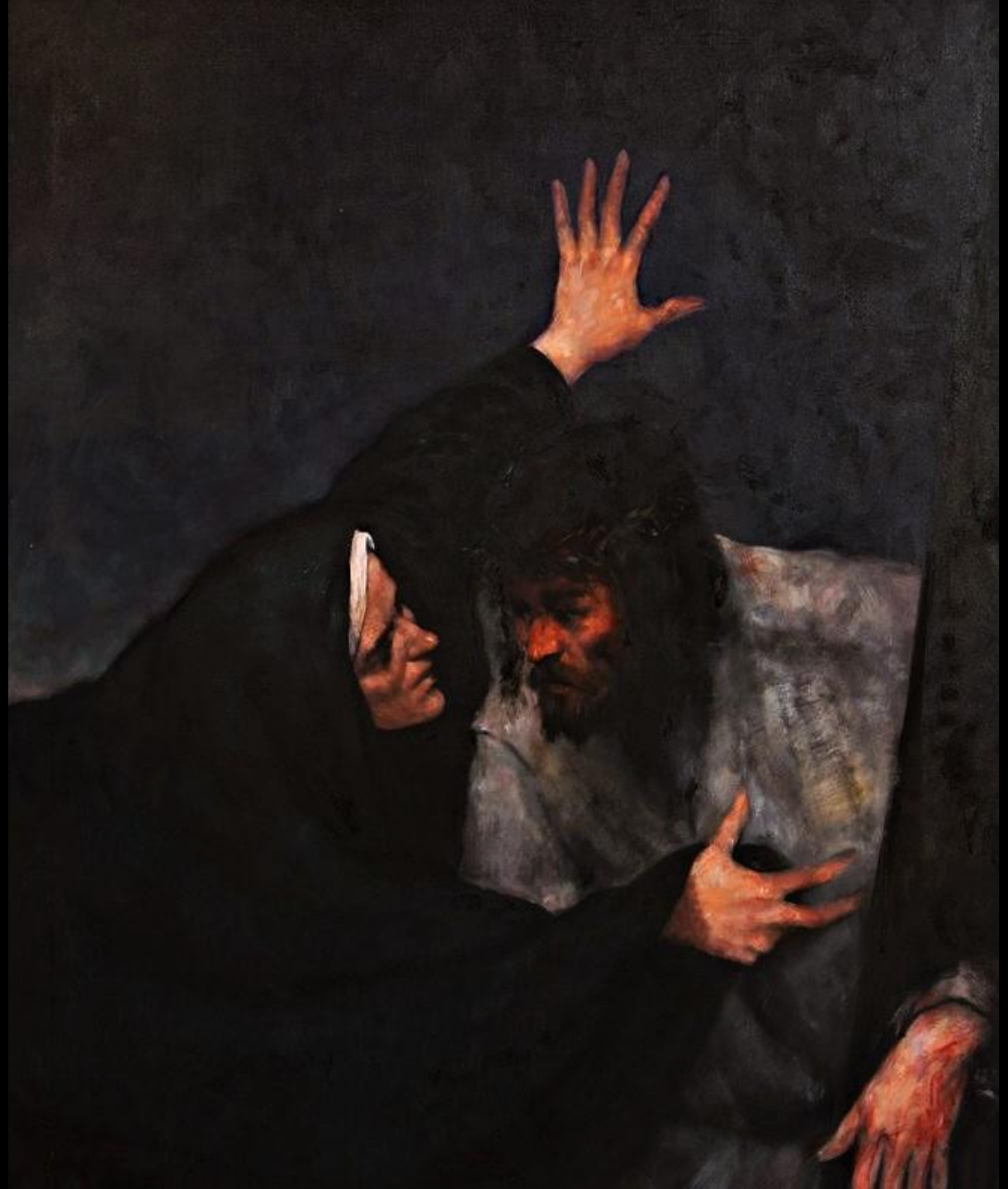




# The 4th Station



Jesus Meets  
His Sorrowful  
Mother





**V.** We adore You,  
O Christ, and we  
Glorify You.

**R.** Because by Your  
holy Cross, You have  
redeemed the world.

Priest:

Consider this meeting of the Son and the Mother, which took place on this terrible journey.

Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

Yet for this He was born, in that stable where she first saw him.







**People:** My most loving Jesus, by the sorrow you experienced in this meeting, grant me the grace of a truly devoted love for Your most holy Mother.

And you, my Queen, who were overwhelmed with sorrow, obtain for me by your intercession a continual remembrance of the Passion of your Son.

I love You, Jesus my love; I repent of ever having offended You.

Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

Our Father...

Hail Mary...

Glory Be...

4th





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Quis est homo qui non fleret  
Matrem Christi si videret  
In tanto supplicio?

Is there one who would not weep,  
'whelmed in miseries so deep  
Christ's dear Mother to behold?





# The 5th Station



Simon Helps  
Jesus to Carry  
the Cross





**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

**Priest:**

Consider how the Jews, seeing that at each step Jesus from weakness was on the point of expiring, and fearing that He would die on the way, when they wished Him to die the ignominious death of the Cross, constrained Simon the Cyrenian to carry the Cross behind our Lord.







**People:** My most sweet Jesus, I will not refuse the Cross, as the Cyrenian did; I accept it; I embrace it.

I accept in particular the death You have destined for me; with all the pains that may accompany it; I unite it to Your death, I offer it to You.

You died for love of me; I will die for love of You, and to please You. Help me by Your grace.

I love You, Jesus my love;  
I repent of having offended You.

Never permit me to offend You again.

Grant that I may love You always;  
and then do with me what You will.

Our Father...

Hail Mary...

Glory be...

5th  
Titian  
1565





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Quis non posset contristari,  
Christi Matrem contemplari  
Dolentem cum Filio?

Can the human heart refrain  
From partaking in her pain  
In that Mother's pain untold?





# The 6<sup>th</sup> Station



Veronica  
Wipes the  
Face of Jesus





**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

**Priest:**

Consider how the holy woman named Veronica, seeing Jesus so afflicted, and His face bathed in sweat and blood, presented Him with a cloth, with which He wiped that most adorable face, leaving forever on it the impression of His holy countenance.







**People:** My most beloved Jesus,  
Your face was beautiful before,  
but in this journey, it has lost it all.  
Wounds and blood have disfigured it.

Alas, my soul also was once beautiful,  
when I received Your grace in Baptism;  
and I have since disfigured by my own  
sins;

You alone, my Redeemer, can restore  
my soul to its former beauty.

Do this by Your Passion, O Jesus.

I repent of having offended You.  
Never permit me to offend You again.

Grant that I may love You always;  
and then do with me what You will.

Our Father...

Hail Mary...

Glory be...

6th





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Pro peccatis suae gentis,  
Vidit Jesum in tormentis,  
Et flagellis subditum,

Bruised, derided, cursed, defiled  
She beheld her tender Child  
All with bloody scourges rent,

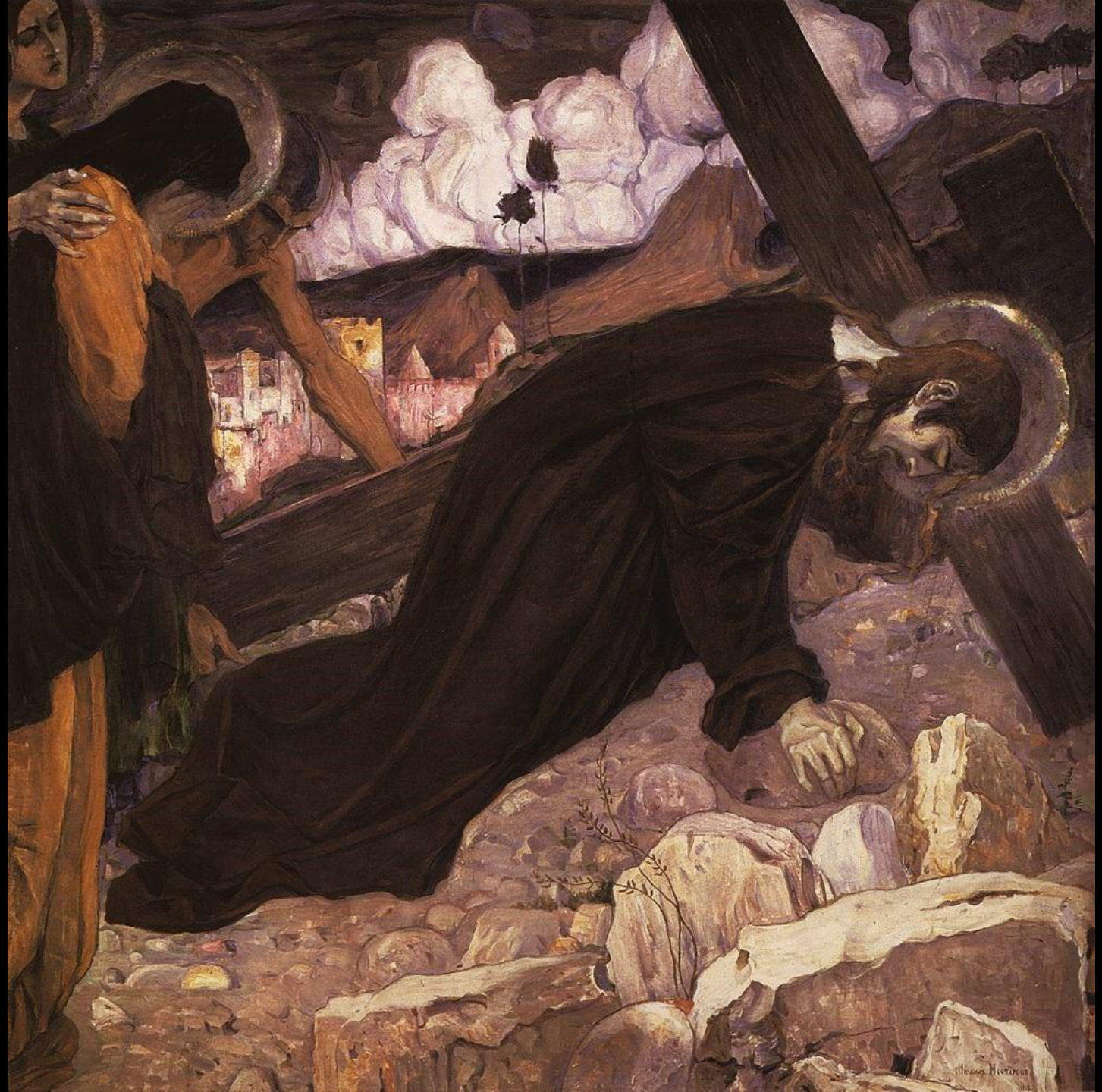




# The 7<sup>th</sup> Station



Jesus Falls  
the  
Second Time





**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

**Priest:**

Consider the second fall  
of Jesus under the Cross  
– a fall which renews  
the pain of all the wounds  
of the head and members  
of our afflicted Lord.  
And still so far to go.

7th







**People:** O' My Jesus, how many times You have pardoned me, and how many times have I fallen again, and begun again to offend You!

Oh, by the merits of this new fall, give me the necessary help to persevere in Your grace until death.

Grant that in all temptations which assail me I may always commend myself to You.

I love You, Jesus my love;  
I repent of having offended You.  
Never permit me to offend  
You again.

Grant that I may love You always;  
and then do with me what You  
will.

Our Father...

Hail Mary...

Glory be...

7th





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Vidit suum dulcem natum  
Moriendo, desolatum,  
Dum emisit spiritum.

For the sins of His own nation  
Saw Him hang in desolation  
Till His spirit forth He sent.



Our Lady,  
Mirror of Justice  
by Gasparro



יהושע בן נצרתי  
יהושע - ה-נאזרתי  
Ο βασιλεὺς τῶν Ἰουδαίων  
IESVS NAZARENVS  
REX IVDÆORVM

# The 8<sup>th</sup> Station



Women of  
Jerusalem Weep  
Over Jesus





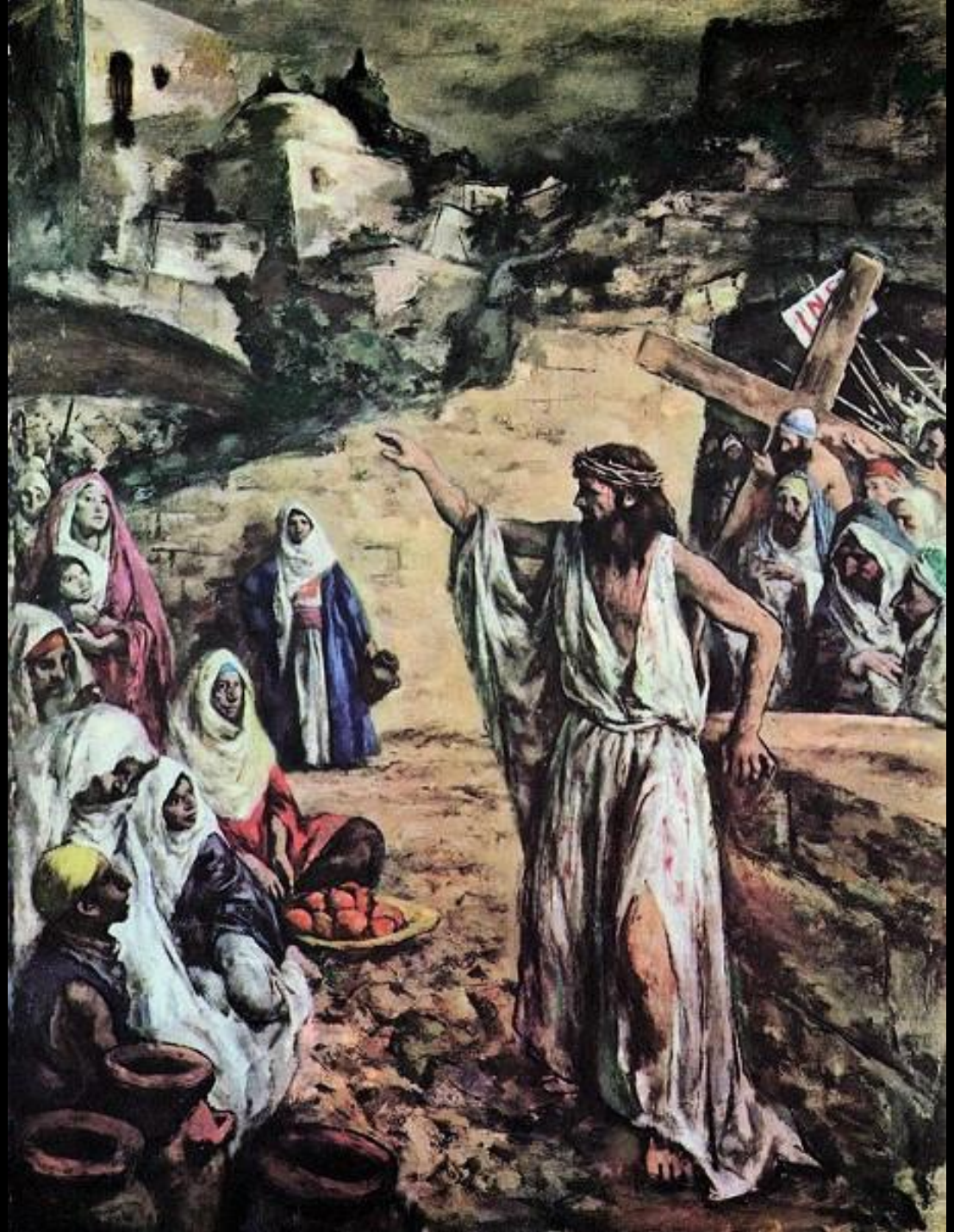
**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

## Priest:

Consider how those women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood, as He walked along. But Jesus said to them:

Daughters of Jerusalem, weep not for me; weep for yourselves and for your children. For behold, the day is coming, wherein they will say: Blessed are the barren and the wombs that never bore a child, and the paps that have never given suck. Then shall they say to the mountains: Fall upon us. And to the hills: Cover us. For if in the green wood they do these things, what shall happen when it is dry?







**People:** O my Jesus, laden with sorrows,  
I weep for the offences I have committed  
against You, because of the pains they  
have deserved, and still more because of  
the displeasure they have caused You,  
who have loved me so much.

It is Your love, more than the fear of hell,  
which causes me to weep for my sins.

My Jesus, I love You more than myself;  
I repent of having offended You.

Never permit me to offend You again.

Grant that I may love You always;  
and then do with me what You will.

Our Father...

Hail Mary...

Glory be...

8th





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Eia Mater, fons amoris,  
Me sentire vim doloris.  
Fac, ut tecum lugeam.

O thou Mother! fount of Love,  
Touch my spirit from above.  
Make my heart with yours accord:





# The 9<sup>th</sup> Station



Jesus Falls  
the  
Third Time





**V.** We adore you,  
O Christ, and we  
Glorify you.

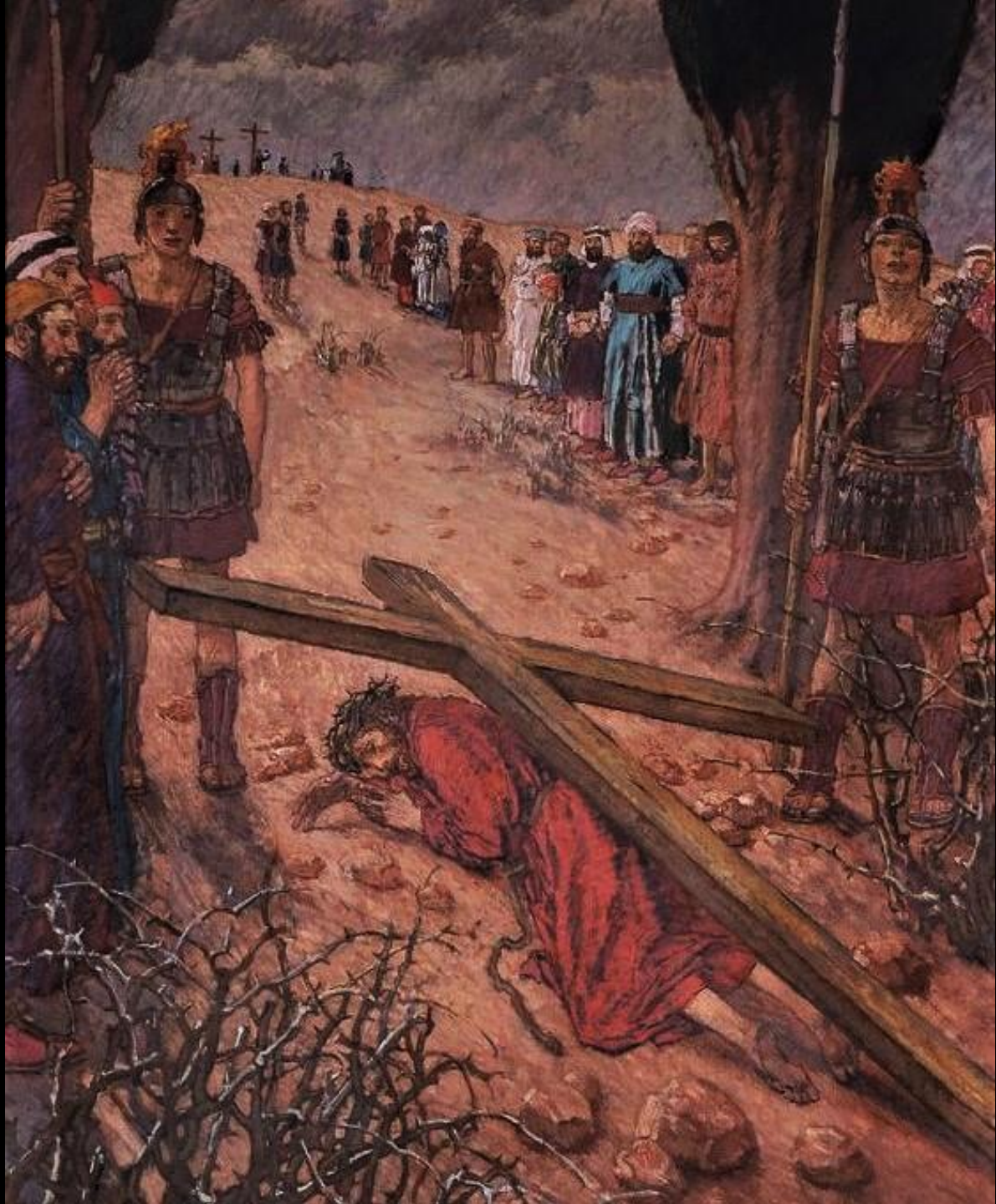
**R.** Because by your  
holy Cross, you have  
redeemed the world.

**Priest:**

Consider this third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners was so excessive, who tried to hasten His steps when He had scarcely strength to move.







**People:** O, my outraged Jesus, by the merits of the weakness You suffered in going to Calvary, give me strength sufficient to conquer all human respect, and all my wicked passions, which have led me to despise Your friendship.

I love You, Jesus my love, with my whole heart;

I repent of having offended You.

Never permit me to offend You again.

Grant that I may love You always; and then do with me what You will.

Our Father...

Hail Mary...

Glory be...

9th





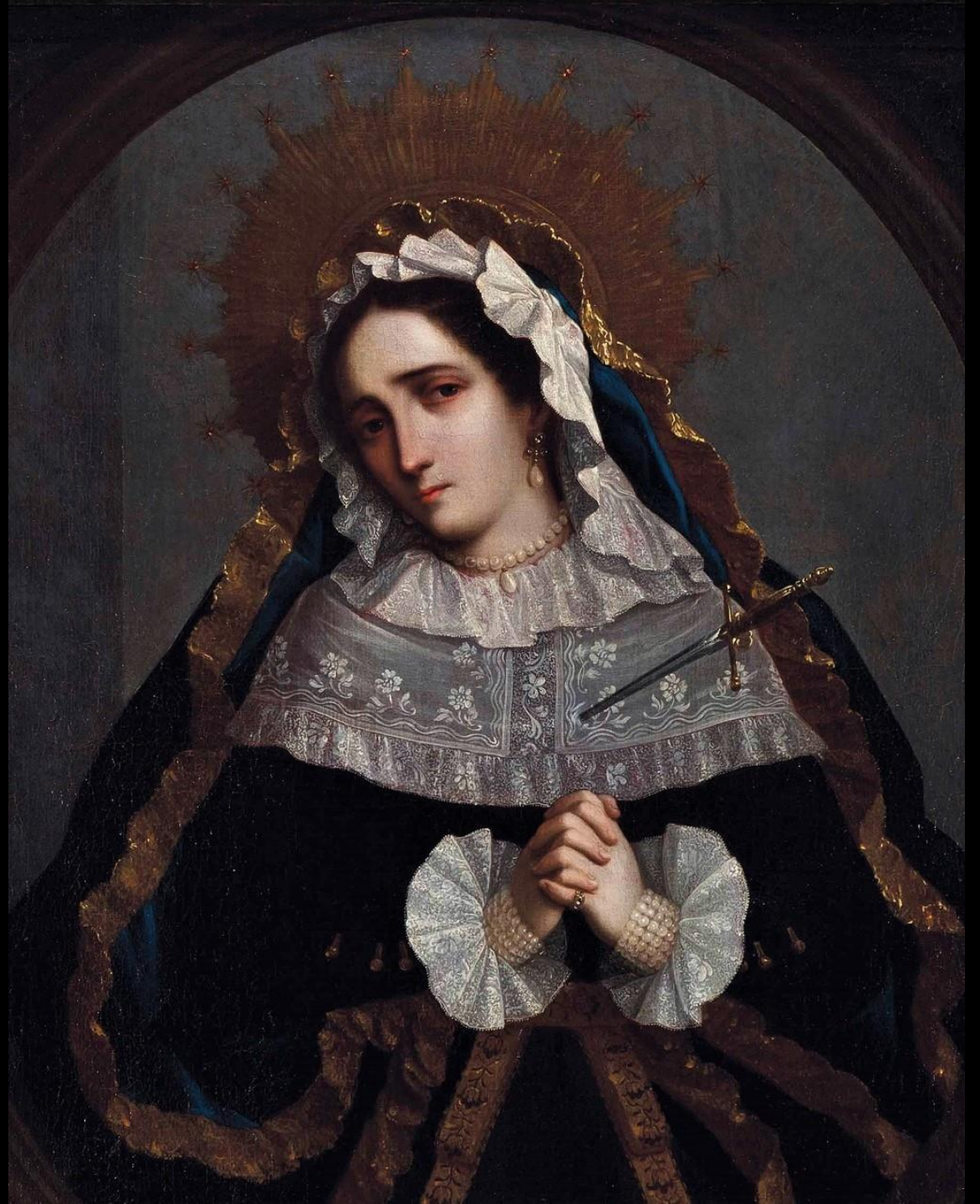
Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Fac, ut ardeat cor meum  
In amando Christum Deum,  
Ut sibi complaceam.

Make me feel as thou hast felt;  
Make my soul to glow and melt  
With the love of Christ, my  
Lord.

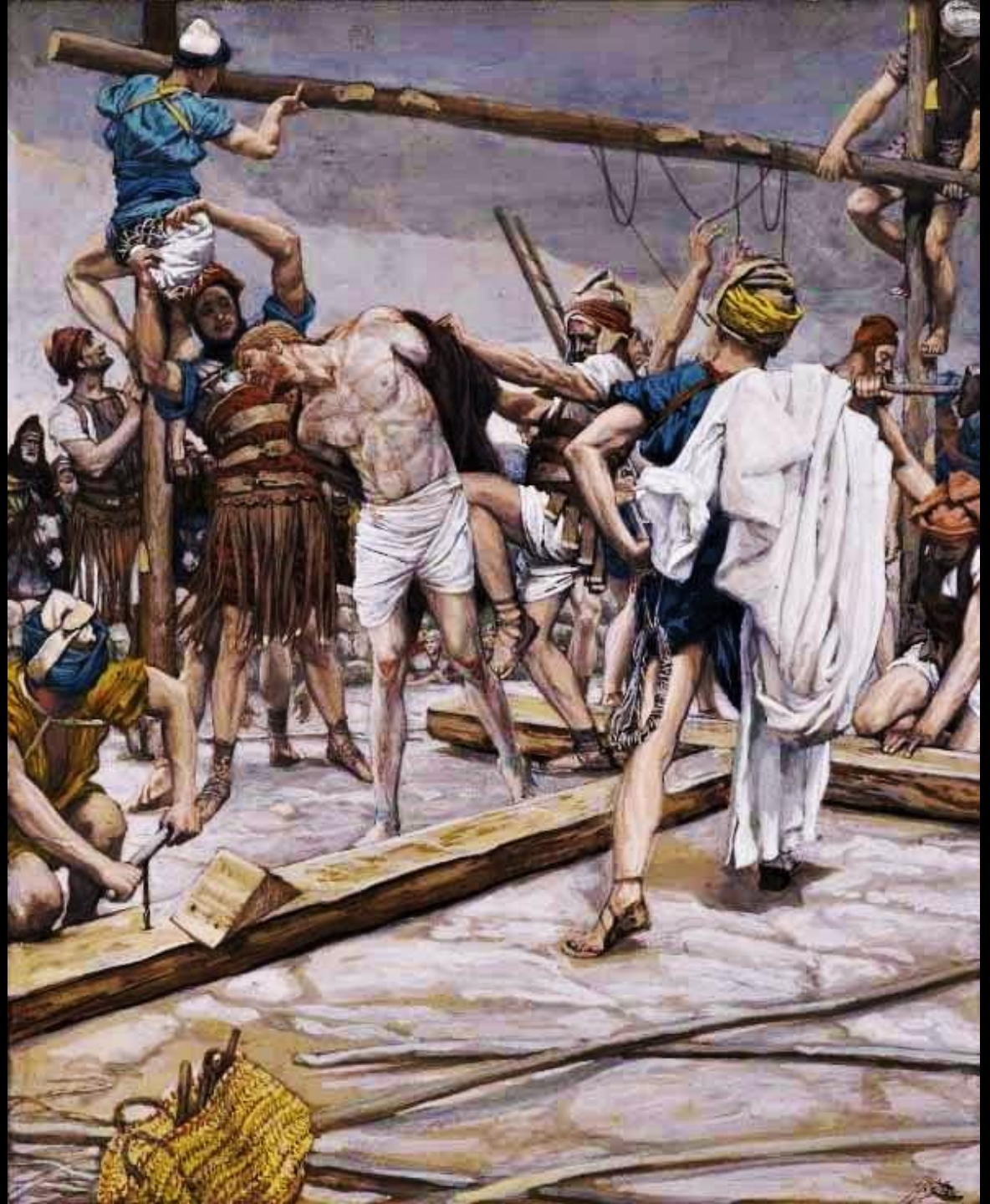




# The 10<sup>th</sup> Station



Jesus is  
Stripped of  
His Garments





**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

**Priest:**

Consider the violence with which the executioners stripped Jesus.

His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them.

Compassionate your Savior thus cruelly treated, and say to Him:

10<sup>th</sup>







**People:** O My innocent Jesus, by the merits of the torment You felt, help me to strip myself of all affection to things of this earth, in order that I may place all my love in You, who are so worthy of my love.

I love You, O Jesus, with my whole heart; I repent of having offended You.

Never permit me to offend You again.

Grant that I may love You always; and then do with me what You will.

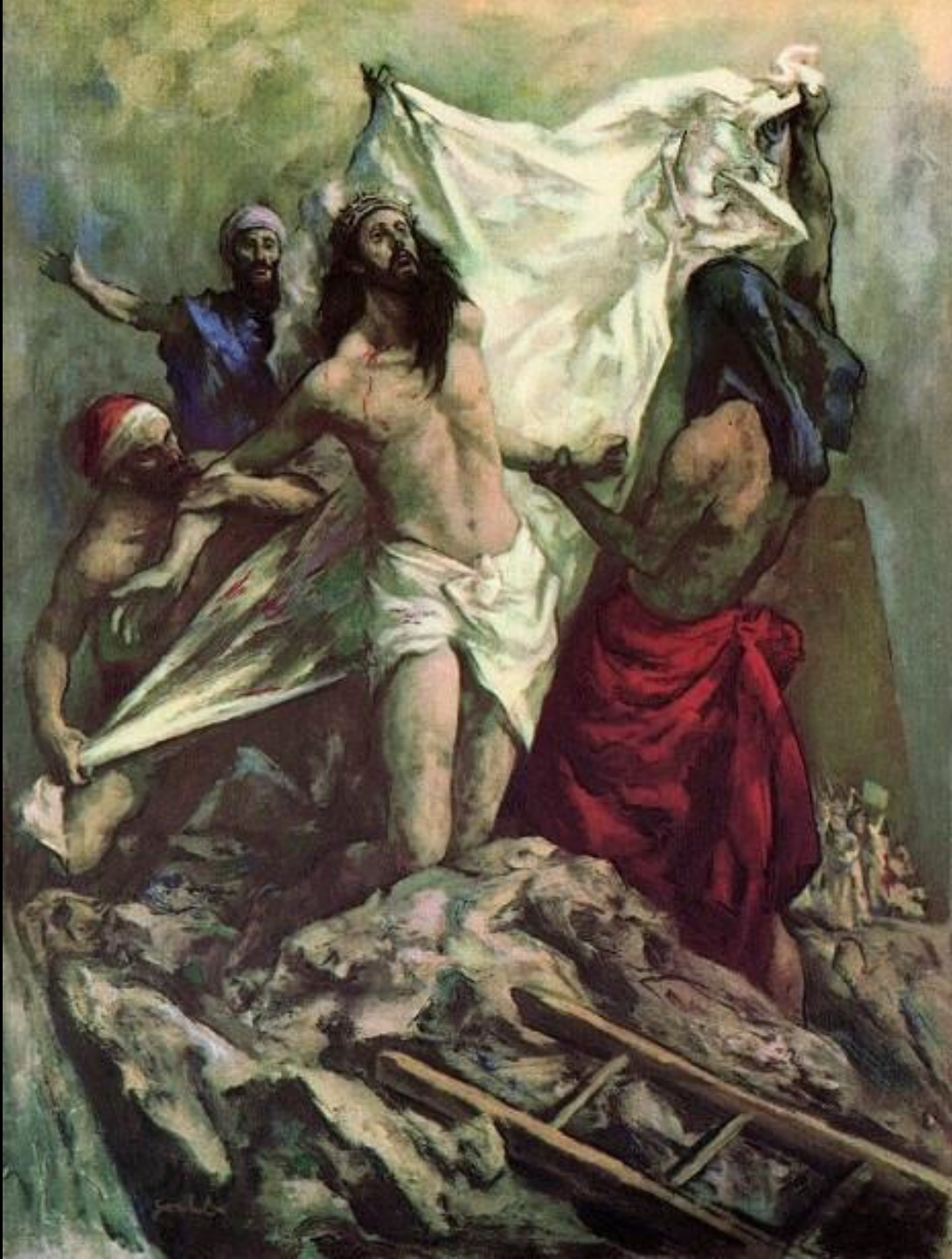
Our Father...

Hail Mary...

Glory be...

10<sup>th</sup>





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Sancta Mater istud agas,  
Crucifixi fige plagas  
Cordi meo valide.

Holy Mother, pierce me through!  
In my heart each wound renew  
Of my Savior crucified.

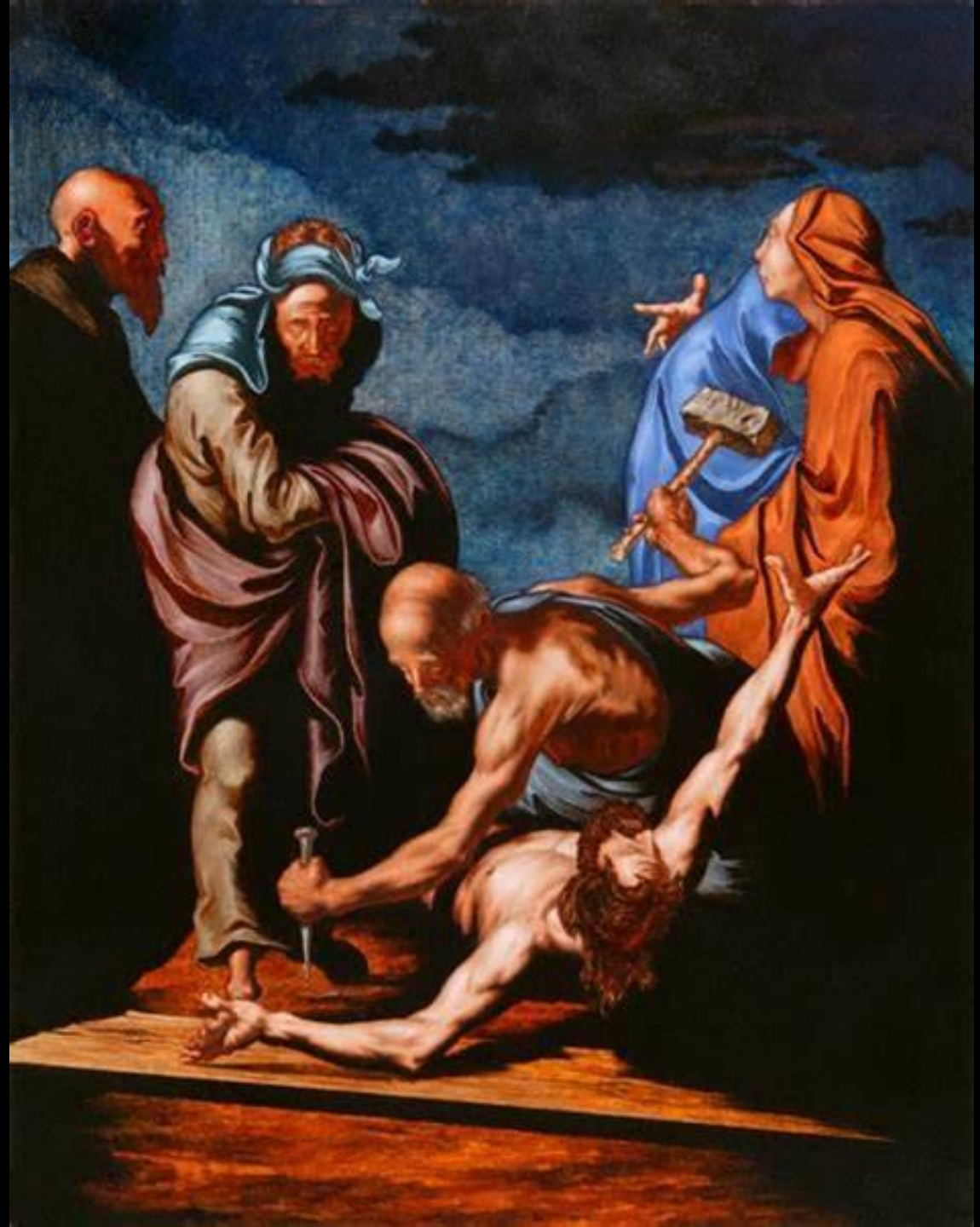




# The 11<sup>th</sup> Station



Jesus is  
Nailed to  
the Cross





V. We adore Thee,  
O Christ, and we  
praise Thee.

R. Because by Thy  
holy Cross, Thou  
hast redeemed the  
world.

**Priest:**

Consider how Jesus, after being thrown on the Cross extended His hands, and offered to His Eternal Father the sacrifice of His life for our salvation.

These cruel, implacable men fastened Him with nails, and then, raising the Cross, allowed Him to die with anguish on this infamous gibbet.







**People:** O' My Jesus!  
loaded with contempt,  
nail my heart to Your  
feet, that it may ever  
remain there, to love  
You, and never quit You  
again.

I love You more than  
myself; I repent of  
having offended You.

Never permit me to  
offend You again.

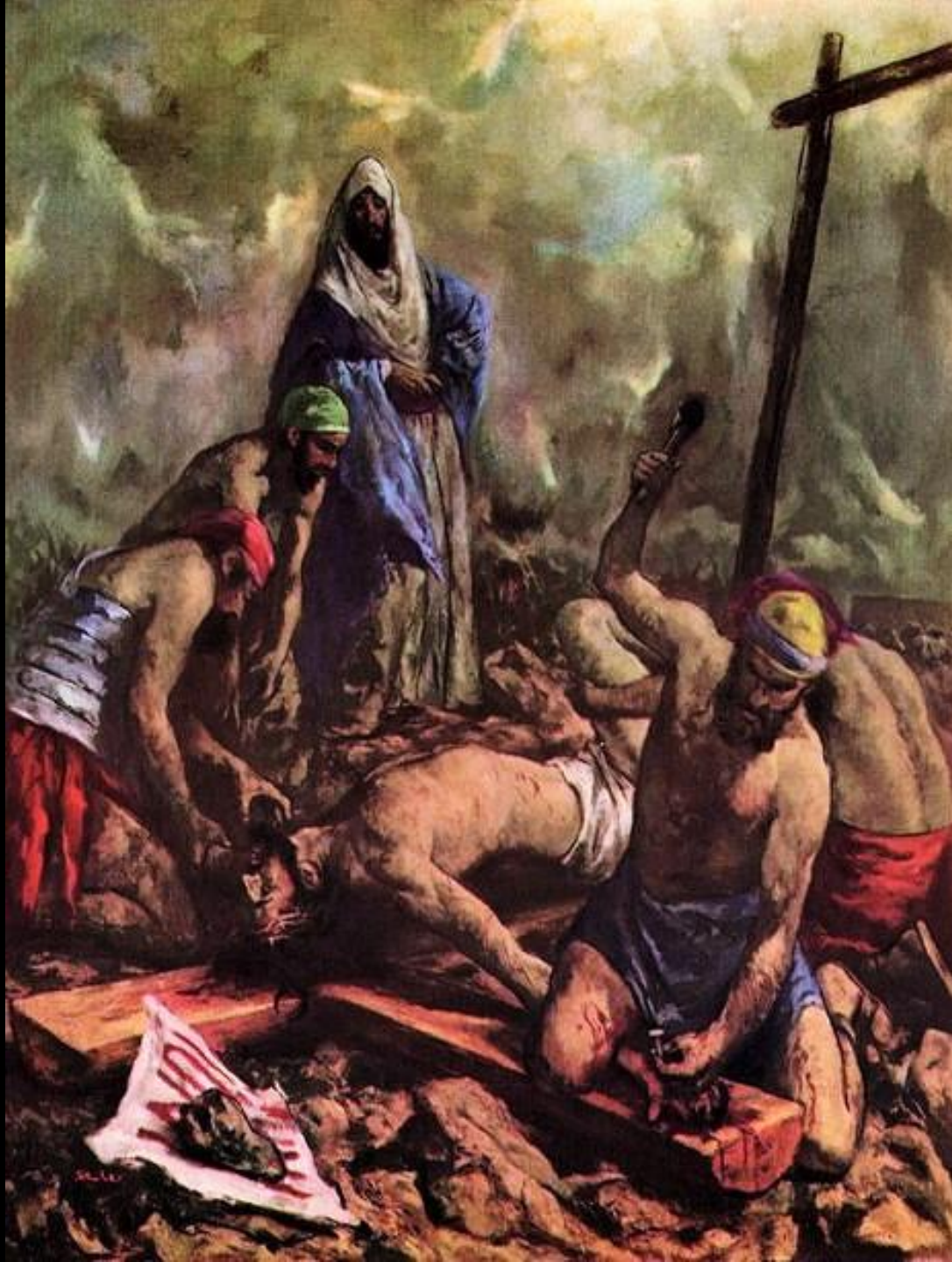
Grant that I may love  
You always; and then do  
with me what You will.

Our Father...

Hail Mary...

Glory be...

11<sup>th</sup>





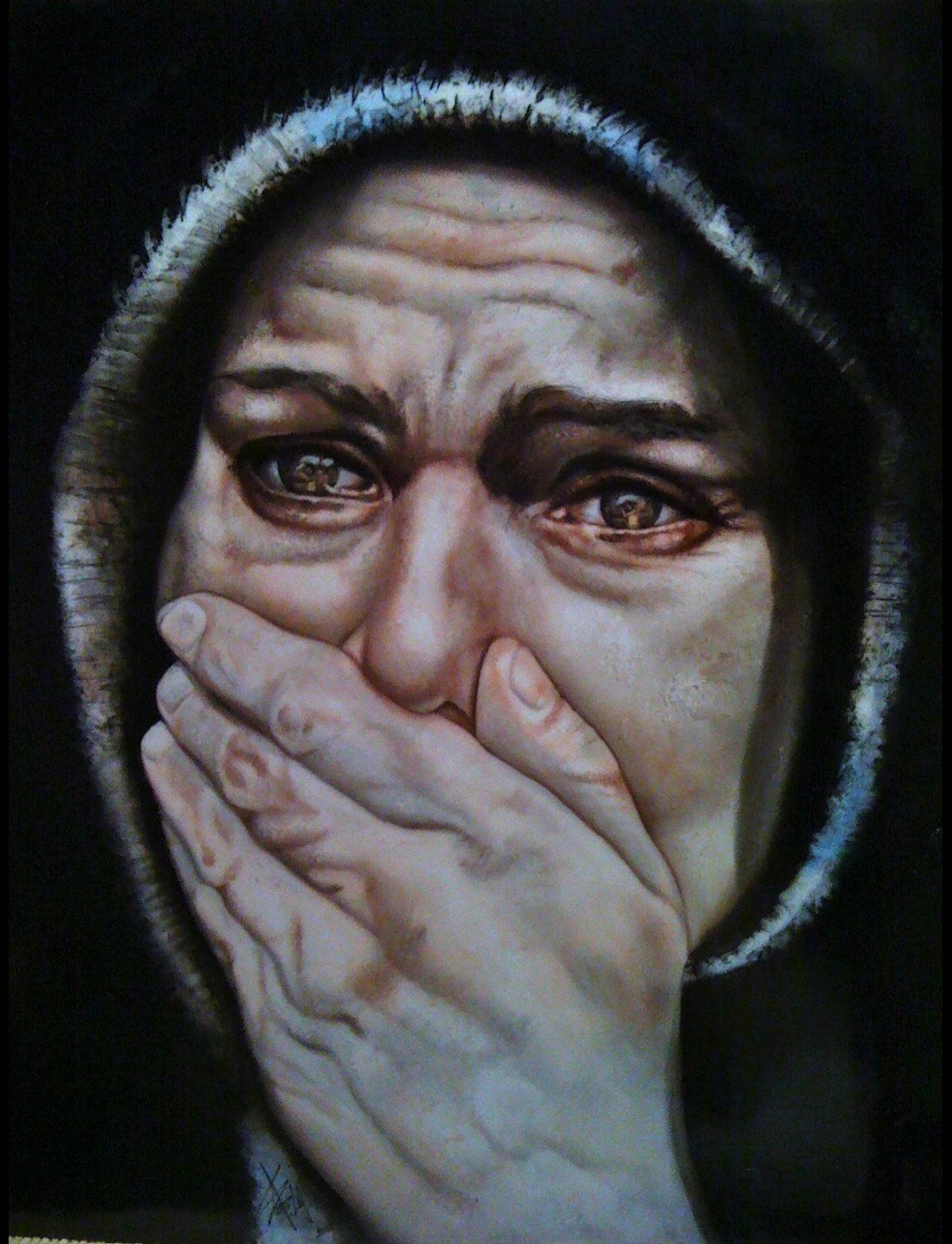
Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Tui nati vulnerati,  
Tam dignati pro me pati  
Poenas mecum divide.

Let me share with thee His pain,  
Who for all our sins was slain.  
Who for me in torments died.





# The 12<sup>th</sup> Station



Jesus is Raised  
upon the Cross,  
and Dies





**V.** We adore you,  
O Christ, and we  
Glorify you.

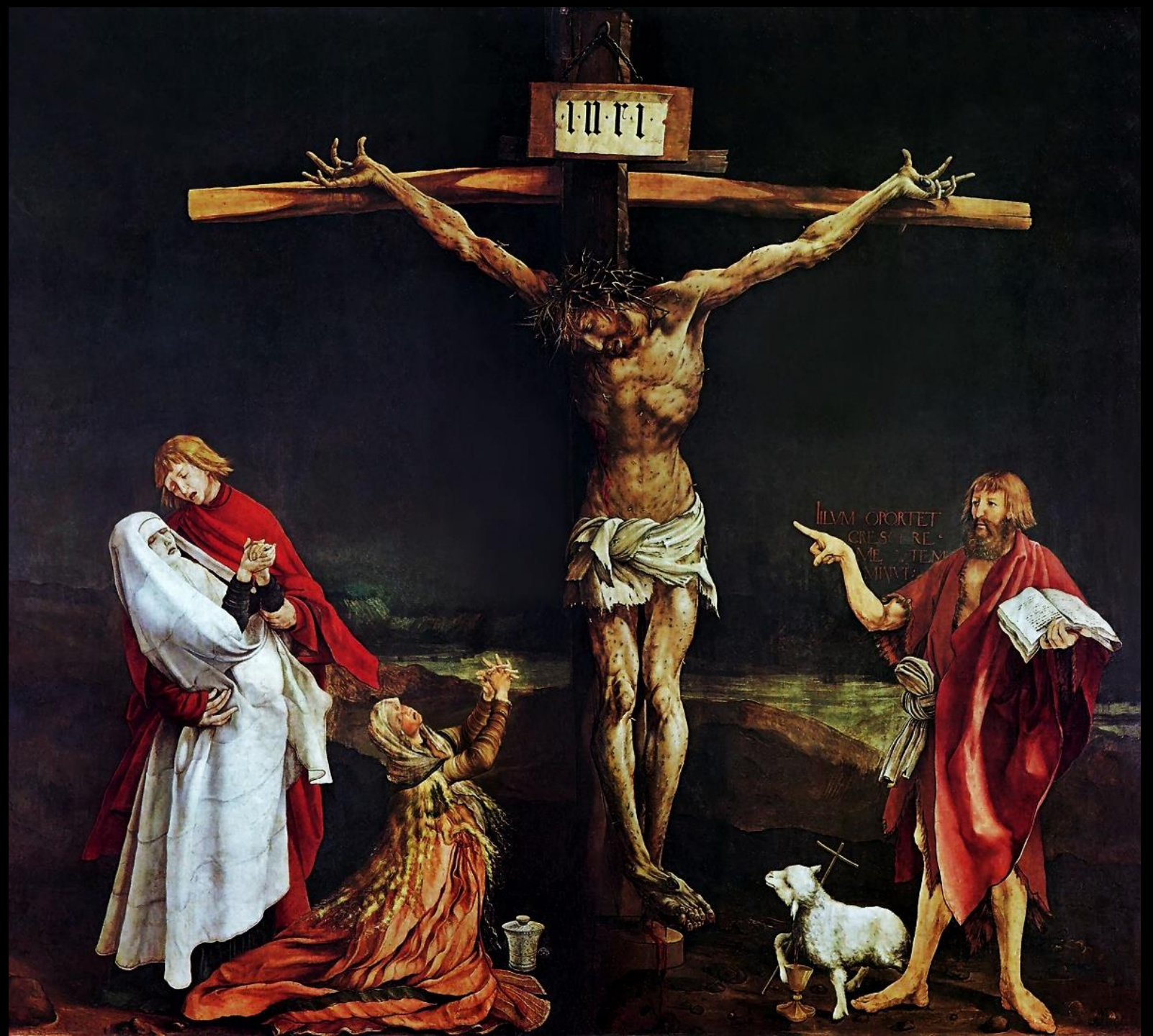
**R.** Because by your  
holy Cross, you have  
redeemed the world.

Priest:

Consider how Jesus, after three hours' Agony on the Cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

(All pause and kneel one moment.)

12<sup>th</sup>







**People:** O my dying Jesus, I kiss devoutly the Cross on which you die for love of me.

I have merited by my sins to die a miserable death; but Your death is my hope. Ah, by the merits of Your death, give me grace to die, embracing Your feet, and burning with love for Thee.

I yield my soul into Your hands.

I love You with my whole heart;  
I repent of ever having offended You.

Never permit me to offend You again.  
Grant that I may love You always;  
and then do with me what You will.

Our Father...

Hail Mary...

Glory be ...

12<sup>th</sup>



It is Accomplished  
by Tissot



Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

12<sup>th</sup>

“Truly This Man was  
the Son of God”  
by Pordenone 1521

Fac me tecum pie flere,  
Crucifixo condolere,  
Donec ego vixero.

Let me mingle tears with thee,  
Mourning Him who mourned for me,  
All the days that I may live.





# The 13<sup>th</sup> Station



Jesus is Taken  
Down from  
the Cross





**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

**Priest:**

Consider how, after the death of our Lord, two of His disciples, Joseph and Nicodemus, took Him down from the Cross, and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness, and pressed Him to her bosom.

13<sup>th</sup>







**People:** O Mother of sorrow, for the love of this Son, accept me for your servant, and pray to Him for me.

And You, my Redeemer, since You have died for me, permit me to love You; for I wish but You Yourself, and nothing more.

I love You, my Jesus, and I repent of ever having offended You.

Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

Our Father...

Hail Mary...

Glory be...

13<sup>th</sup>





Priest & People:

Jesus, for you  
I live, Jesus,  
for you I die,

Jesus, I am  
Yours in life  
and in death.  
Amen.

Juxta crucem tecum stare,  
Et me tibi sociare,  
In planctu desidero

By the cross with you to stay,  
There with you to weep and pray,  
Is all I ask of you to give.





# The 14<sup>th</sup> Station



Jesus is  
Laid in the  
Sepulchre





**V.** We adore you,  
O Christ, and we  
Glorify you.

**R.** Because by your  
holy Cross, you have  
redeemed the world.

Priest:

Consider how the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulchre with her own hands.

They then closed the tomb, and all withdrew.







**People:** Oh, my buried Jesus,  
I kiss the stone that encloses You.  
But You rise again on the third day.  
I beseech You, by Your resurrection,  
make me rise glorious with You at the  
last day, to be always united with You  
in heaven, to praise You and love You  
forever.

I love You, and I repent of ever having  
offended You.

Never permit me to offend You again.  
Grant that I may love You always;  
and then do with me what You will.

Our Father...

Hail Mary...

Glory be...

14<sup>th</sup>



**Priest & People:**  
Jesus, for you I live,  
Jesus, for you I die,

Jesus, I am yours  
in life and in  
death. Amen.





Virgo virginum praeclara,  
Mihi jam nos sis amara,  
Fac me tecum plangere.

Virgin of all virgins blest!  
Listen to my fond request:  
Let me share your grief divine.





## Prayer to Jesus Crucified

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul, I pray and beseech You, that You will impress upon my heart lively sentiments of faith, hope, and charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul, I ponder within myself and mentally contemplate Your five wounds, having before my eyes the words which David the prophet put on Your lips concerning You: “They have pierced My hands and My feet, they have numbered all My bones.”

At the end,  
one *Our Father* and  
*Hail Mary*, at least,  
for the intention  
of the Sovereign  
Pontiff for a  
plenary indulgence.



## History of the Stations of the Cross

Today's Devotion of the Stations of the Cross came into their fixed form after an already varied but venerable history and practice by Catholics contemplating the passion & suffering of Our Lord on the actual sites. Today's use of 14 stations, from Pilate's condemnation to Christ's burial, has been in wide use since the early 1700's. Before that time, there were many different ways and methods of approaching them, as shown by Catholic art, as drawn from local recollections, then to the brief descriptions in the Gospels, to early Catholics quietly marking the locations of key events involving Christ in Jerusalem. At one point there were as many 36 of these sites in Jerusalem, and the order of their visiting varied with a pilgrim group's particular focus. Eventually Jewish and then Roman persecution lapsed enough to allow a public commemoration of the previously hidden markings.

Shrines, and then eventually, Churches now marked the Holy places.

However, in the 2000 years since the Crucifixion, Jerusalem of today would be unrecognizable to those who witnessed the actual events. At least 4 times since Christ, the city and its streets have been razed and rebuilt again as new streets, set on new patterns.

The current route of the Via Dolorosa dates from the 1200's when Franciscan guides were trying to make sense of these overlapping ruins, and the memory of streets that were no longer there. A grave danger was also present. After 638 AD, Islam dominated the region. At times Muslim harassment prevented Catholics for visiting the sites at all. Sometimes the Muslim keepers would welcome pilgrims, but enriched themselves by charging high rates for access, while at other times they would destroy the shrines. At least the ruins could give evidence of where they once were.

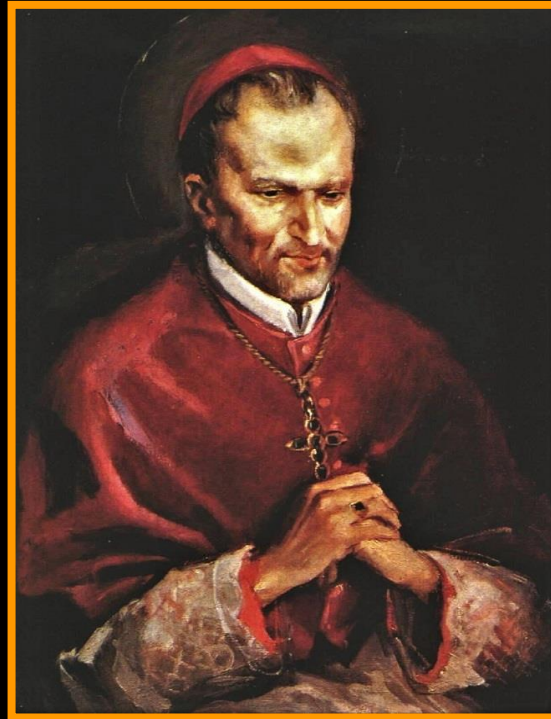
As access was unpredictable, Pilgrims returning home to Europe or elsewhere brought with them the idea of dramatically reproducing the shrines for contemplation or procession. Usually temporary, these artistic or even living tableaux of the stations were erected or enacted outside the Church for the edification of the Parish, especially during Lent.

Over time, and from devotional experience, the stations came to be standardized to the number and order we see today.



The famous founder of the Franciscans Visited the Holy places in Jerusalem & came back inspired to reproduce them in smaller form for the Faithful, from Christmas Creches, to scenes of the Passion. The Franciscans created their own devotional form of the stations which was based on their long experience as Guides & caretakers of the Holy Places in Jerusalem. This was the foundational framework for the standard method.

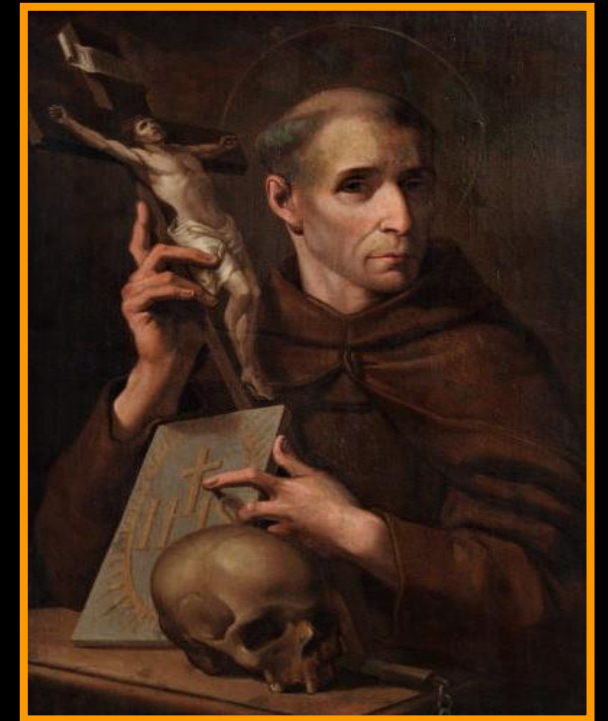
St. Alphonsus Liguori  
(1696-1787)



The Franciscan St. Leonard of Port Maurice made widespread the devotion of the Stations of the Cross in the 18<sup>th</sup> century. Wherever he went he promoted the Via Crucis. Not a mission went by without him leading the people in this pious meditation on the Passion of our Lord. St. Leonard from 1731 thru 1751, erected over 571 Stations of the Cross throughout Europe, including the famous Stations at the Colosseum in Rome.



Alphonsus Liguori reworked the Franciscan approach to the Stations, incorporating into it the Stabat Mater with additional prayers & reflections. It was first published in 1732. Today it's probably the most widespread version of devotion.



St. Francis of Assisi  
(1181-1226)

St. Leonard of Port Maurice  
(1676-1751)



*Finis*

