

# Stations of the Cross

By Til Dallavalle

I received a little booklet from the Priests of the Sacred Heart. It was a "Pocket way of the Cross". It is a way for anyone to pray the stations of the cross at any time. What I liked the most about this approach was the way it invited me into a personalized way of the cross. In this season of Lent, make your own way of the Cross.

## **Before His death, Jesus told His followers:**

"When I am lifted up from the earth, I will draw everyone to myself."

Jesus calls you and me to Himself  
And asks us to follow Him.  
Let us walk in His footsteps and  
Pray for family, friends  
And all those in need today.

## **Jesus is condemned to Death.**

Jesus prayed, "Father, not My will but Yours be done." He is obedient unto death.

Pray for all those who are near death today.

## **Jesus takes up His Cross.**

Jesus shoulders the heavy weight of the world's sins. He begins His way of the Cross..

Pray for all those who are burdened with difficult decisions.

## **Jesus falls the first time.**

Scourged and crowned with thorns, Jesus staggers beneath the cross. He is alone.

Pray for all those who are alone and for those who feel abandoned.

## **Jesus meets His sorrowful Mother.**

The heart of Jesus remains united even in suffering with the heart of Mary.

Pray for all grieving parents and sorrowing children.

## **Simon helps Jesus carry His cross.**

A stranger is compelled to assist, while those whom Jesus loved are nowhere to be found.

Pray for all those who lend a helping

hand or say an encouraging word.

## **Veronica wipes the face of Jesus.**

One holy woman offers compassion in the name of all who believe in Jesus.

Pray for all those who are care-givers for the sick and dying.

## **Jesus falls a second time.**

Jesus grows weaker with each agonizing step. He suffers for each one of us.

Pray for all shut-ins and those confined to bed.

## **Jesus consoles the women of Jerusalem.**

Jesus reaches out through His pain and comforts those who weep for Him.

Pray with those in need of consolation.

## **Jesus falls the third time.**

Jesus collapses from exhaustion, but rises to continue His painful Way to Calvary.

Pray for all those who feel their situation is hopeless.

## **Jesus is stripped of His garments.**

Jesus, mocked and insulted, is left with nothing but His own trust in God.

Pray for the homeless, the hungry and for those who give them shelter and food.

## **Jesus is nailed to the Cross.**

The body of Christ is pierced. Jesus is obedient unto death, death on a cross.

Pray for all those who are in great physical or emotional pain.

## **Jesus dies on the cross.**

Jesus forgives His ene-

mies and commends His Spirit to His Father's hands.

Pray for all those who cannot find it in their hearts to forgive.

## **Jesus is taken down from the cross.**

The body of Jesus is lovingly placed in the arms of His grieving Mother.

Pray, in union with Mary, for those who are burying someone they love today.

## **Jesus is laid in the tomb.**

Joseph, Nicodemus and the holy women lay Jesus' body to rest.

Pray for all the faithfully departed, especially for those close to you.

We adore You, O Christ, and we bless You,

because by Your Holy Cross

You have redeemed the world.

