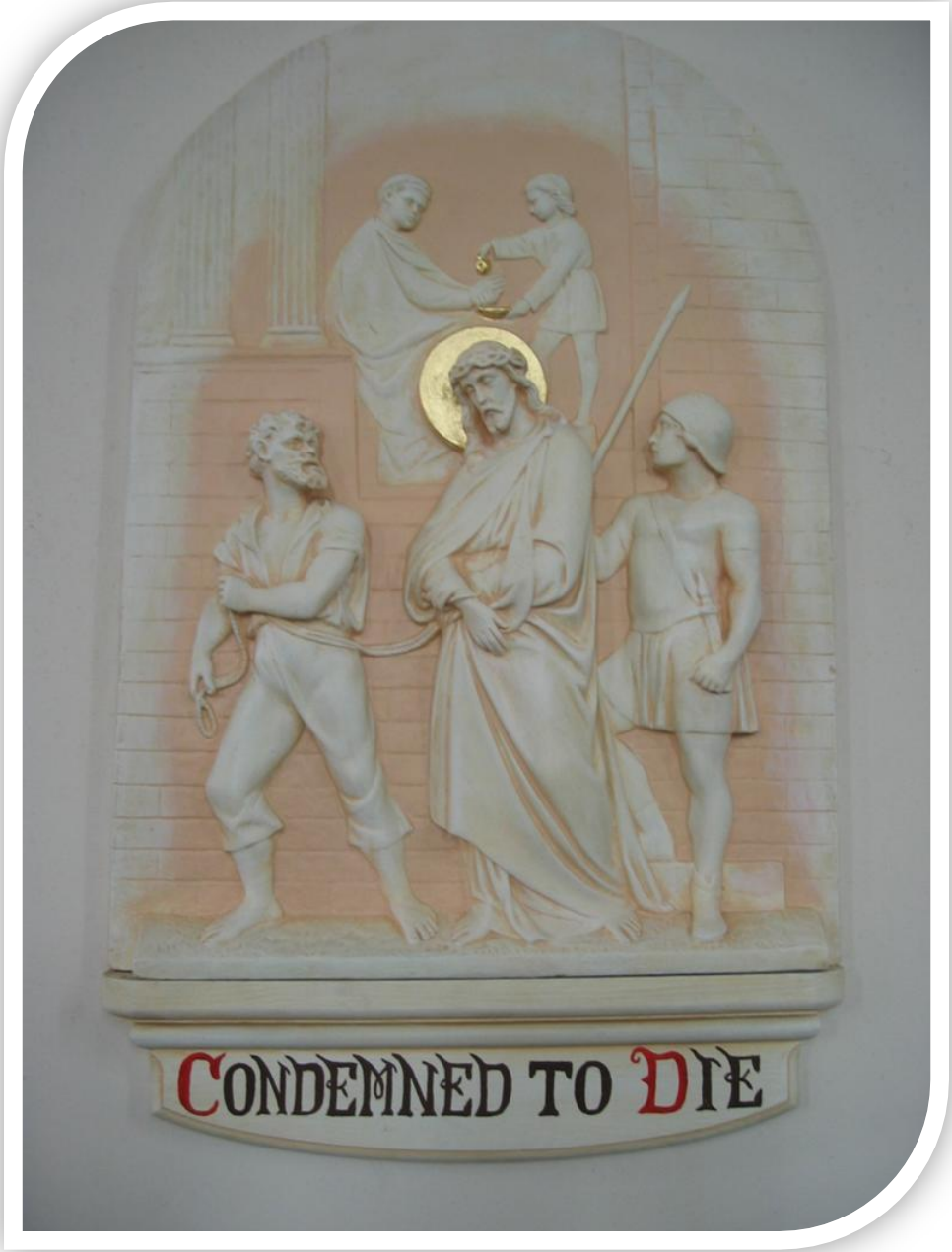
STATIONS OF THE CROSS

Stations are places where people take time to think about Jesus as he went to die on a cross. They show us how much Jesus loved us.

1st Station Jesus is condemned to death

Lord, as I come before you, I see you condemned. How often do I condemn others? Forgive me for the times when I reject others. Help me to forgive those who hurt me.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"



2nd Station Jesus carries His Cross

Lord, as I come before you I see you carry your heavy cross. I thank you for carrying all my sins under the weight of this cross. Help me when I feel I cannot shoulder my own worries and anxieties.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

3rd Station Jesus falls for the first time

Lord, as I come before you, I see you falling under your heavy load. I feel the pain of your battered, bruised and broken body. Open my eyes, Lord, to those in need. Open my heart to those in need of friendship and let me offer the healing touch of kindness.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

4th Station Jesus meets His Mother.

Lord, as I come before you, I see your mother's grief and sorrow as you suffer and struggle. In times of pain and sorrow, help me to be aware of your constant loving presence. Help all in their journey through life's ups and downs.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

5th Station Simon of Cyrene helps Jesus carry His Cross

Lord, as I come before you, I see your pain and suffering as you carry the cross. Help me to carry my own cross, to support others and to lighten their burdens.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

6th Station Veronica wipes the Face of Jesus

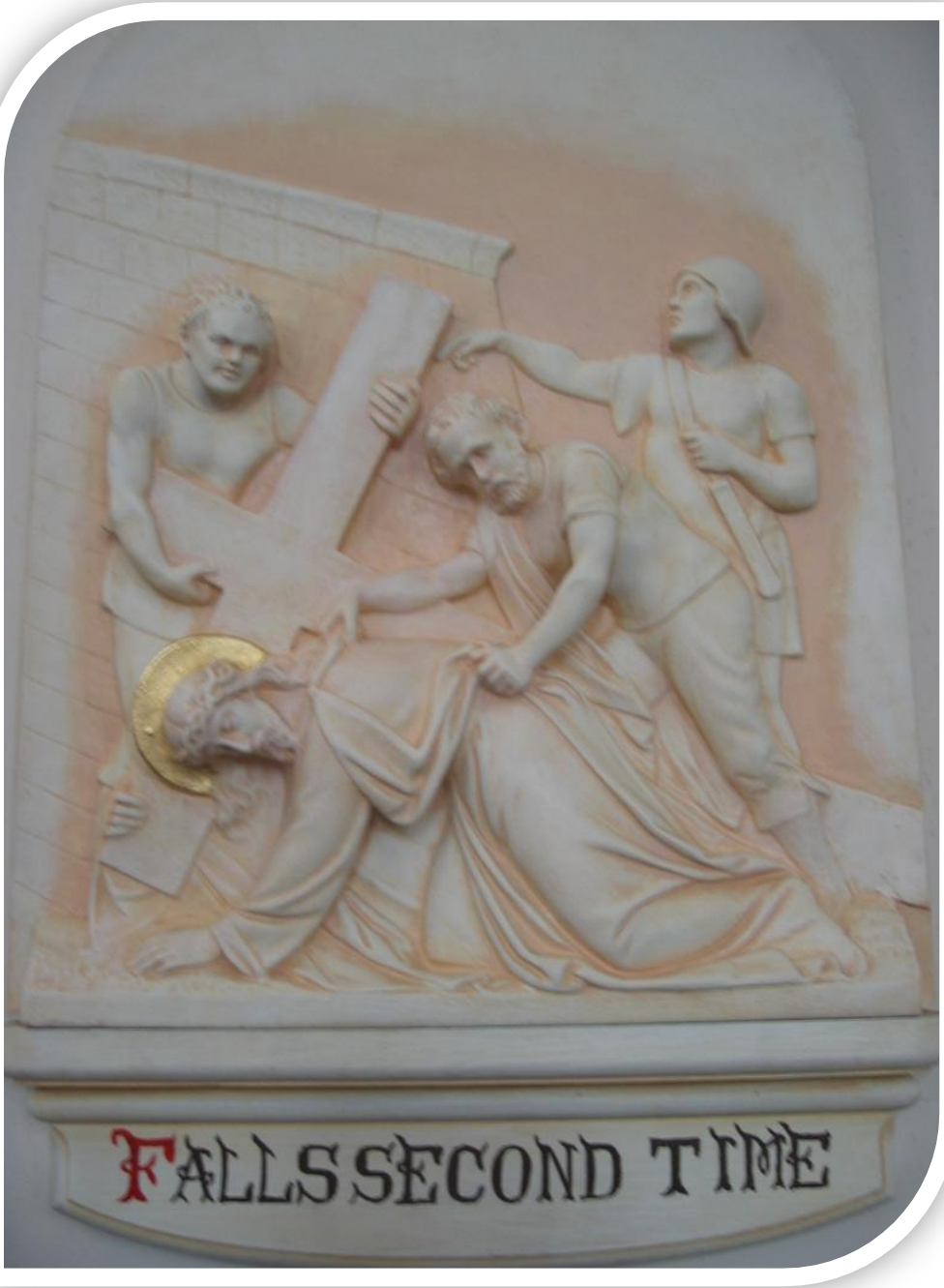
Lord, as I come before you, I see the gentle act of kindness by Veronica as she wipes your tortured face. Help me to welcome kindness and gentleness into my life and may I always share this with others.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

7th Station Jesus falls for the second time

Lord, as I come before you I see you weakened and falling. As the years pass by, life can become more difficult for us. We sometimes feel drained, tired and dulled by the difficulties of everyday life. Lord, help me to rise again and to continue with a new hope and energy.

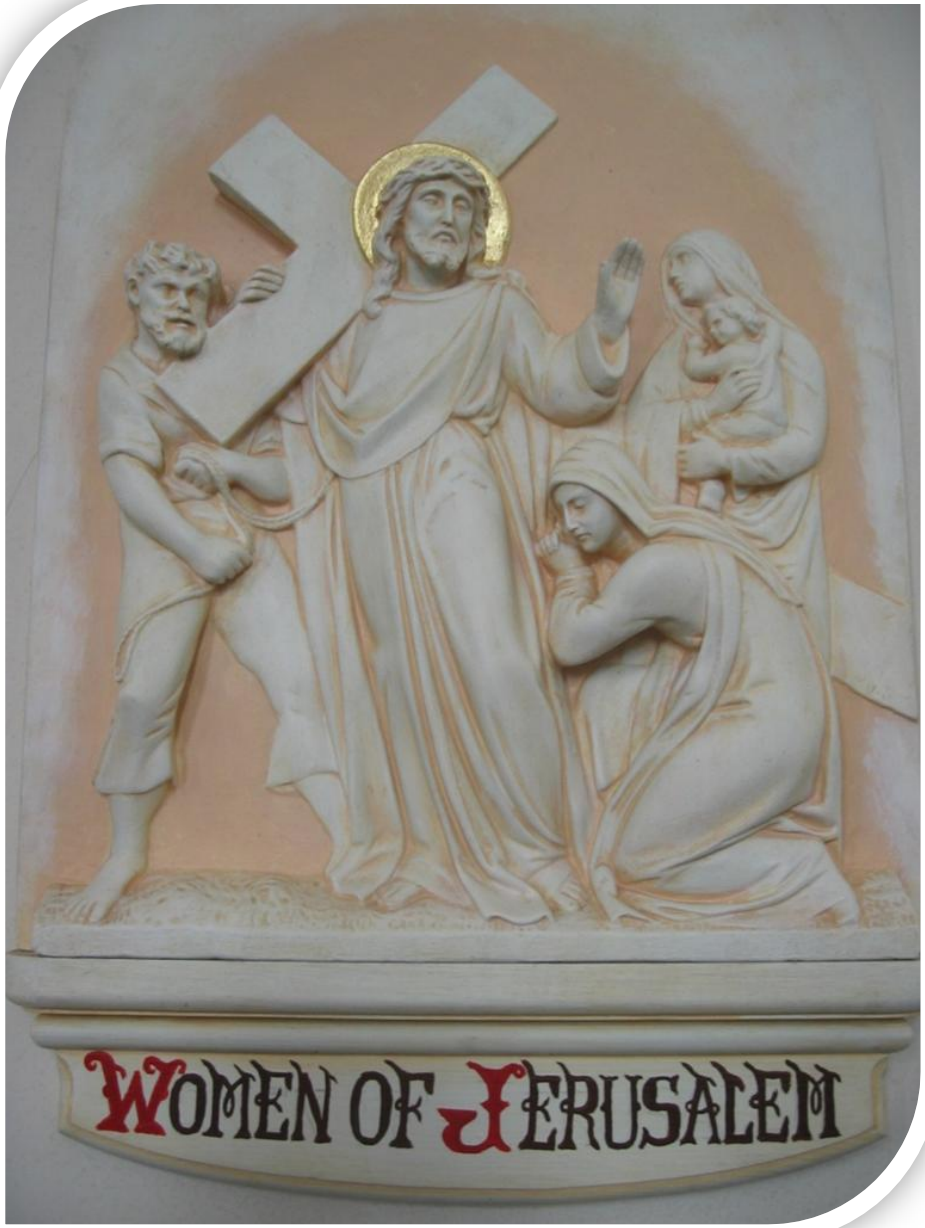
"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"



8th Station Jesus meets the Women of Jerusalem

Lord, as I come before you I see the courageous women who helped and supported you on your journey to Calvary. They weren't afraid to let you know that they cared. You accepted their care and returned it. May our own experience of suffering make us compassionate towards others who suffer.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"



9th Station Jesus falls the third time

Lord, as I come before you I see you fall again. I am reminded of the many times I fall and how sometimes I find it difficult to get up and keep going. I pray that when I fail I can always start again with your help and your grace.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

10th Station Jesus is stripped

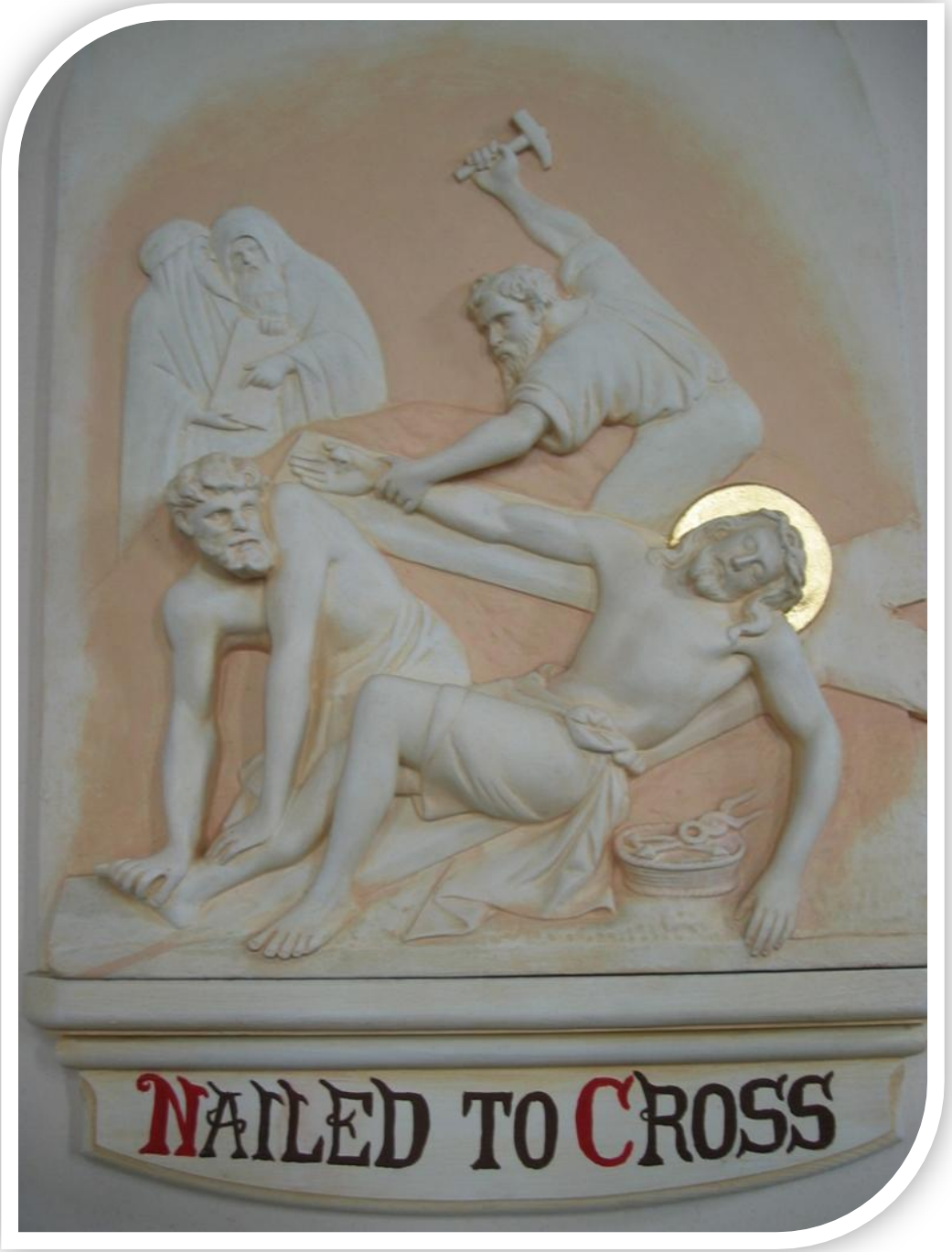
Lord, as I come before you I see you stripped and humiliated. Jesus, clothe us with your care. Help all who suffer humiliation and isolation and those whose dignity is damaged at the hands of others.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

11th Station Jesus is nailed to the Cross

Lord, as I come before you, I am aware of you pain as the soldiers nail you to the wood of the cross. Give me courage to accept the pains that come my way, for you have gone before me and you will show me the path to take.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"



12th Station Jesus dies on the Cross

Lord, as I come before you, I see the acceptance of all you suffered for me. Your love is more than I can ever imagine. Help me when I am filled with fear and doubt and to join my struggles with you and trust in you love.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

13th Station Jesus is taken down from the Cross

Lord, as I come before you I look at your broken and lifeless body and I am filled with love for you. Help me to embrace the trials that come my way. When my time to die comes I ask you to be by my side that I may come to you with certain faith and trust in your love and compassion for all your people.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

14th Station Jesus is laid in the Tomb.

Lord, as I come before you, I see your broken body laid to rest and I am filled with sadness, yet I realise the price you paid was because of your love of all people. May I never take the sacrifices made for me and the love of others for granted.
"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

15th Station Jesus is raised to New Life

Lord, as I come before you, it looks as if it is all over, but I know it's not. This is how it feels sometimes, but because of your resurrection I am filled with hope and joy. Help me to see that my ways are not always your ways. May I be aware of your loving presence in my life and in the world today, tomorrow and always.

"Lord Jesus, open my heart. Lord Jesus, in your mercy hear me"

My
Lord

And

my
God !

Armagh Prayer and Spirituality Group 2009