

# THE WAY OF THE CROSS

The Way of the Cross is a school of faith, the faith which by its very nature  
“works through love” (Galatians 5:6).

The Way of the Cross leads us to contemplate the Passion of our Lord and Savior Jesus Christ, to consider His great love for us, His humility, and the glory of the perfect offering He made in the work of our redemption.

The Way of the Cross, as a devotion, has its origin in the faithful’s retracing of Christ’s steps in the City of Jerusalem. Throughout the centuries, believers have walked the streets and hills of Jerusalem, recalling the saving mysteries of Christ in the very place where they were accomplished. In time, the Church raised shrines and images representing the Holy Places of Jerusalem throughout the Christian world, so that those unable to make the long pilgrimage to Judea could nevertheless commemorate Christ’s Passion by tracing the Way of the Cross.

There are a number of methods for praying the Way of the Cross and a legitimate and holy variety of prayers, meditations and hymns that may be employed according to the devotion of the Church. This form of the Way of the Cross is a simple method which includes prayers adapted from The Way of the Cross at the Roman Coliseum with Pope John Paul II, presiding on Good Friday, 2001.

According to the *Handbook of Indulgences* (n. 63),

*a plenary indulgence is granted once daily under the usual conditions (sacramental Confession, Holy Communion, prayers for the Pope, and detachment from even venial sin) to the faithful who devoutly follow the Way of the Cross. Ordinarily this means walking from station to station, but with large groups it suffices for the leader to walk from place to place. Those prevented by poor health or other circumstances from praying the Way of the Cross in the ordinary manner may obtain the same indulgence by spending some time, perhaps 15 minutes, in reading and meditation on the Passion. No particular readings or prayers are prescribed for the fourteen Stations.*

*(portions of this text is adapted from CIS booklet, The Way of the Cross (363), available at [www.kofc.org/cis](http://www.kofc.org/cis))*

## OPENING PRAYERS

In the name of the Father, ✠and of the Son, and of the Holy Spirit. Amen.

### **An Act of Contrition**

My Lord Jesus Christ,  
You have made this journey to die for me with love unutterable,  
and I have so many times unworthily abandoned You;  
but now I love You with my whole heart,  
and because I love You I repent sincerely for having ever offended You.  
Pardon me, my God, and permit me to accompany You on this journey.  
You go to die 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.

Let us pray.

*Brief pause in silence.*

Let us pray.

Lord Jesus Christ,  
fill our hearts with the light of your Spirit,  
so that by following you on your final journey  
we may come to know the price of our Redemption  
and become worthy of a share  
in the fruits of your Passion, Death and Resurrection.  
You who live and reign for ever and ever. Amen.

*Each station is announced followed by this verse:*

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

**R.** Because by Your Thy holy cross You have redeemed the world.

THE FIRST STATION:	Jesus is condemned to death
THE SECOND STATION:	Jesus takes up His cross
THE THIRD STATION:	Jesus falls for the first time
THE FOURTH STATION:	Jesus meets His Mother
THE FIFTH STATION:	Jesus is helped by Simon the Cyrene to carry His cross
THE SIXTH STATION:	Veronica wipes the face of Jesus
THE SEVENTH STATION:	Jesus falls for the second time
THE EIGHTH STATION:	Jesus meets the women of Jerusalem
THE NINTH STATION:	Jesus falls for the third time
THE TENTH STATION:	Jesus is stripped of His garments
THE ELEVENTH STATION:	Jesus is nailed to the cross
THE TWELFTH STATION:	Jesus dies on the cross
THE THIRTEENTH STATION:	Jesus is taken down from the cross
THE FOURTEENTH STATION:	Jesus is laid in the tomb

## CONCLUDING PRAYER

Let us pray.

*Brief pause in silence.*

Lord Jesus Christ,  
by the power of the Holy Spirit,  
you were drawn by the Father  
from the darkness of death  
to the light of a new life in glory.  
Grant that the sign of the empty tomb  
may speak to us and to future generations  
and become a wellspring of living faith, generous love, and unshakeable hope.  
To you, O Jesus, whose presence, hidden and victorious,  
fills the history of the world, be honor and glory for ever and ever. Amen.

*(depart in silence)*