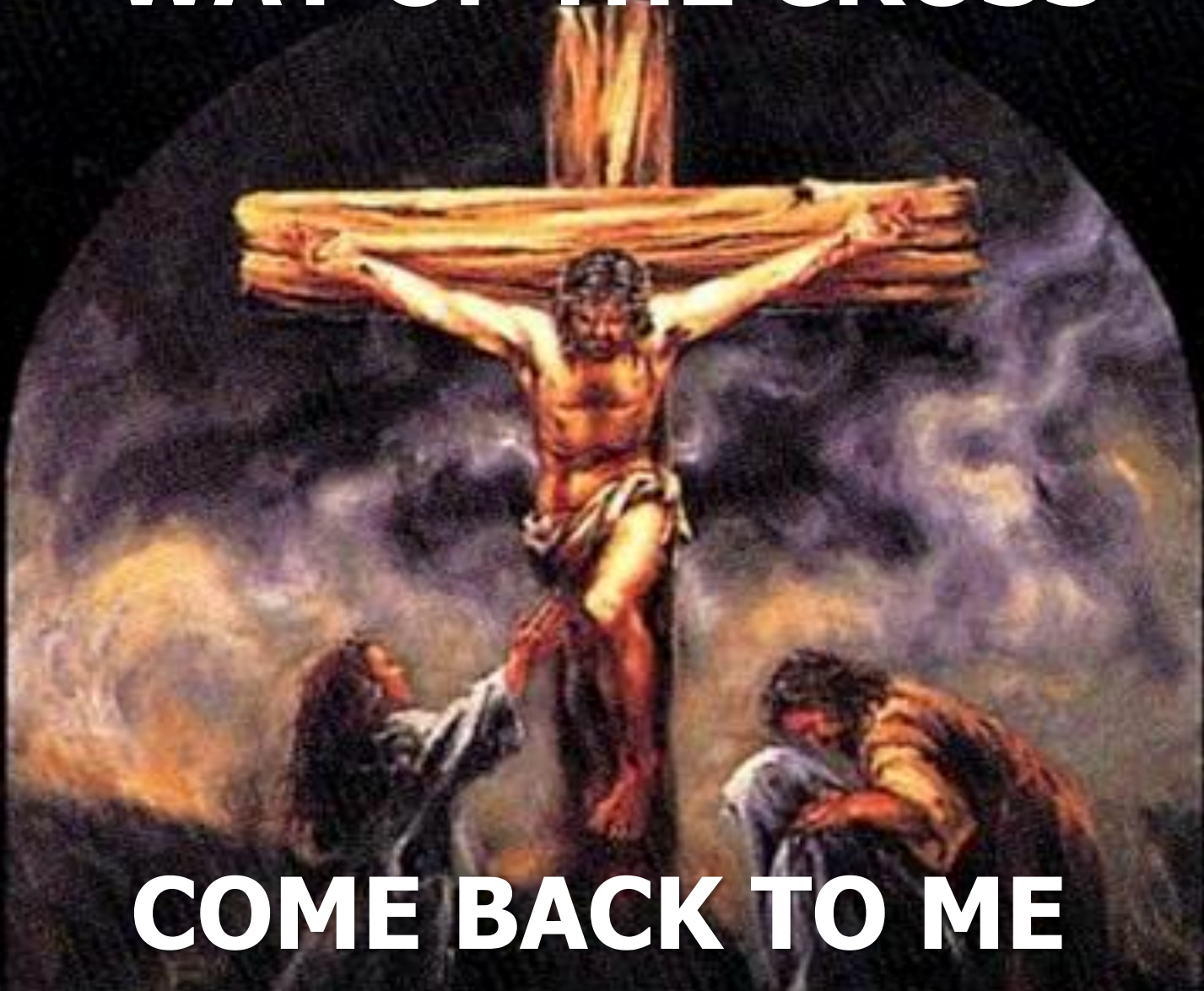


# WAY OF THE CROSS



**COME BACK TO ME  
WITH ALL YOUR HEART**

# Notice

For those who are not fit enough to kneel / stand throughout the Way of the Cross, you may choose to sit.

**Please Stand**

## Introduction (LEADER)

**The Way of the Cross is our journey as individuals and as a community, to become a People of God. This is the only way for us to follow more intimately the life of Jesus.**

## Introduction (LEADER)

**Jesus' journey began with His commitment to say "Yes" to His Father – "Did you not know that I must be busy with my Father's affairs?"; and ends with His surrendering His Life – "Father, into Your hands, I commend my spirit." (*Luke 23:46*)**

## Introduction (LEADER)

**During this Season of Lent, we want to walk on His last journey to Calvary, to recall His Life and to examine our lives, so that we too will be able to continue living the life of Jesus in the world today.**

**Leader:** In the name of the  
Father, and of the Son,  
and of the Holy Spirit.

**All:** Amen.

**All**

**O God, You willed Your Son to undergo for us the humiliation of the Cross to deliver us from the power of evil. We pray You, fill our hearts with love for Christ and sorrow for sin,**



**All**

**and grant that we may gain the  
grace of His Resurrection.**

**Through the same Christ Our  
Lord and Saviour.**

**Amen.**

## Opening Hymn : HOSEA

**Come back to me with all your  
heart**

**Don't let fear keep us apart  
Trees do bend, though straight  
and tall**



**So must we to others' call...**

### REFRAIN

**Long have I waited for your  
coming home to me  
And living deeply our new life.**

# FIRST STATION

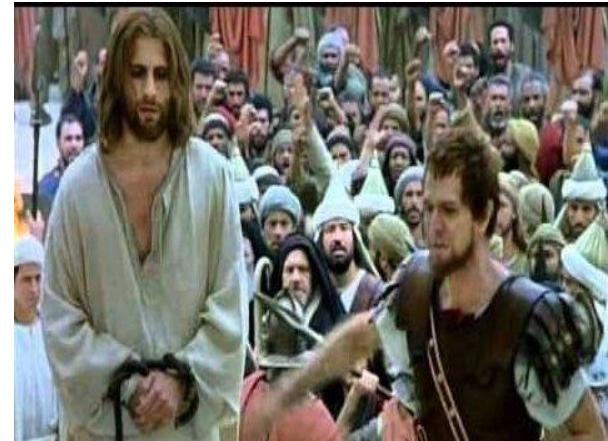
Jesus is condemned to death



## LEADER

**“He was insulted and did not retaliate with insults; when he suffered he made no threats. Instead he entrusted himself to Him who judges justly... Through his wounds we have been healed.”**

*(1 Peter 2:23-24)*



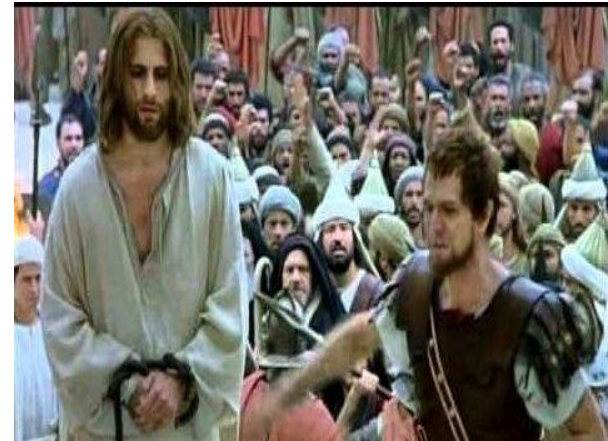
**Please kneel**

# Leader

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

## All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



## LEADER

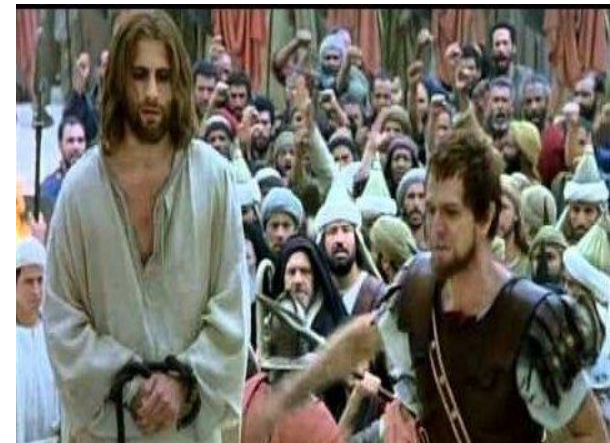
**Pilate's hands were washed clean, but the stain of sin remained. All denied responsibility for putting an end to the life of the Son of Man. He was sent to bring New Life but this threatened the powerful.**





# LEADER

**He preached salvation to the weak and powerless and was willing to die-to self and for others. But the power of Jesus was in his Prayer of fidelity to His Father: "Not My will but Thine be done."**



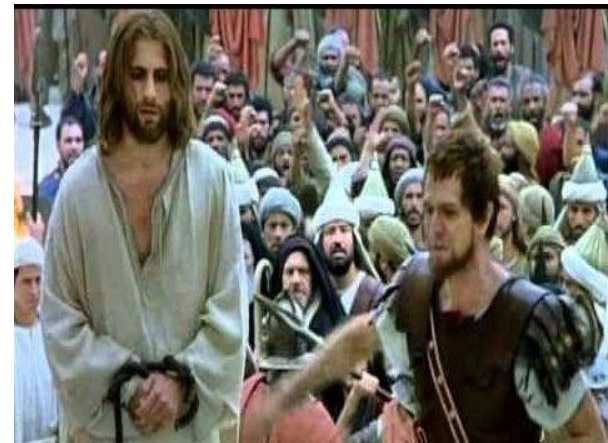


# Pause and reflect



**All**

**Jesus, O Lord, through your death you brought new life in obedience to your Father. I need to be moulded by your Word, so that I may grow in your “image and likeness”.**



**All**

**Let me follow your ways in and through each member of my family and my community to the Kingdom of Your Father.**



**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

**At the cross her station keeping**

**Stood the mournful mother  
weeping**



**Close to Jesus to the last.**



# SECOND STATION

Jesus accepts His Cross



# LEADER

**“His state was divine, yet he did not cling to his equality with God, but made himself nothing, taking the very nature of a slave, and became as men are.”**

*(Phil. 2:6-7)*



**Please kneel**



# Leader

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

# All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



# LEADER

**This cross, the symbol of humiliation is also the way to new life and resurrection. The way to salvation chosen by His Father was to walk the path of humanity.**



# LEADER

**“Do you not know that I must be about my Father’s business” made Jesus decide not to be a slave of this world but the servant of the Kingdom.**





# Pause and reflect



**All**

**Lord Jesus, let me freely and wholeheartedly accept my daily cross – my life, my realities. Let me welcome the little things that mark my day – my disappointments, tensions,**



# All

**setbacks and preoccupations.  
Help me deny myself, take up  
my cross and follow you.**



**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

**Through her heart, his sorrow  
sharing**

**All his bitter anguish bearing**

**Now at length the sword has  
passed.**



# THIRD STATION

Jesus falls the first time



## LEADER

**“But Jesus said to them (James and John), ‘Have you the strength to drink of the cup I am to drink of, to be baptised with the baptism I am to be baptised with?’ They said to him, ‘We have.’ ”**

*(Mark 10: 38-39)*



**Please kneel**

## Leader

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

## All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



# LEADER

**The Lord who made and rules the universe, falls under the weight of the cross but rises again. You stood amidst the people to preach the peace, joy and justice of your Father, and fell on your knees to be in prayerful union.**



# LEADER

**You were ready to renew your baptism and your faithfulness to the Will of Your Father, even till this moment when you have to rise again on your way to Calvary.**



# Pause and reflect





**All**

**Lord Jesus, help me to recognise my brokenness and to see the need to seek reconciliation with my brothers and sisters each time I fall.**





**All**

**Help me accept my weakness  
and limitations and have the  
humility to bear with the  
weaknesses of the members of  
my family and my Church.**



**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

**Oh, how sad and sore  
distressed**

**Was that mother  highly blest  
Of the Sole-begotten One!**

# FOURTH STATION

Jesus meets His Mother



# LEADER

**“Love is as strong as death.”**

*(The Song of Songs 8:6)*



**Please kneel**

# Leader

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

# All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**





# LEADER

**Your Mother sees you whipped,  
kicked and driven like a beast.  
She counts your wounds.  
Though her soul cries out in  
agony, no protest or complaint  
escapes her lips, or even enters  
her thoughts.**



# LEADER

**She shares your martyrdom  
and you share her pain.**



# LEADER

**This is the meaning of love.  
Your mother who asked the  
question, "My child, why have  
you done this to us?" knows  
now that true love is painful.**



# Pause and reflect



# All

**Lord, I pray that you will give me the strength each day to listen more closely to all the members of my family and to help become a channel of your peace and reconciliation.**



# All

**Teach me to reach out with a  
compassionate heart. May my  
family also reach out in love to  
other families.**





**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

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

# FIFTH STATION

Simon helps Jesus to carry the  
Cross



## LEADER

**“Carry each other’s burden, and in this way you will fulfill the law of Christ.”**

*(Galatians 6:2)*



**Please kneel**

# Leader

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

# All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**





## LEADER

**Your strength was gone and you could no longer bear the cross alone. You, who even on the Sabbath, was moved by your compassion to remove the “yoke of suffering” from the people you ministered to was made to walk alone.**



# LEADER

**The people who see you on the way to Calvary just watch you go by since they don't have the courage to give a helping hand, instead Simon was asked to help you.**



# Pause and reflect



**All**

**Open my eyes O Lord, and  
renew me O Lord. Allow me to  
listen to Your cries of anguish  
of the voiceless and the weak.  
Help me reach out in love to  
those in pain,**



**All**

**those who are suffering and to lift the burdens from their backs. Help me carry Your cross to Calvary by dying to my selfishness and pride.**



**Please Stand**



## Hymn

# AT THE CROSS HER STATION KEEPING

**Is there one who would not  
weep**

**Whelm'd in miseries so deep**

**Christ's dear mother to behold?**

# SIXTH STATION

Veronica wipes the face of Jesus



# LEADER

**“Your face, Lord, I seek. Do not  
hide your face from me.”**

*(Psalm 27:8-9)*



**Please kneel**

# Leader

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

## All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



## LEADER

**A woman comes forward bravely to wipe the sweat and blood from Your face. The women to whom You ministered and brought a new liberating power to them must have truly experienced your love, kindness and gentleness.**





# LEADER

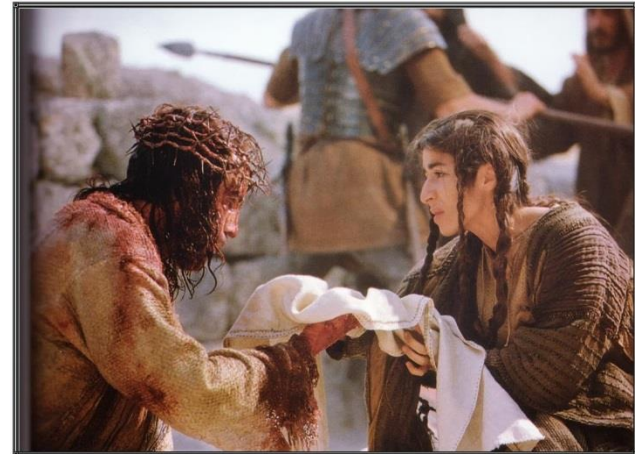
**You had through your being “witness” and “word” made known the Kingdom of the Father. You walked in communion with women, called also to live with dignity and in self respect.**





# LEADER

**Your mother, the model woman spoke through her life and her witness of truly being your co-worker.**



# Pause and reflect



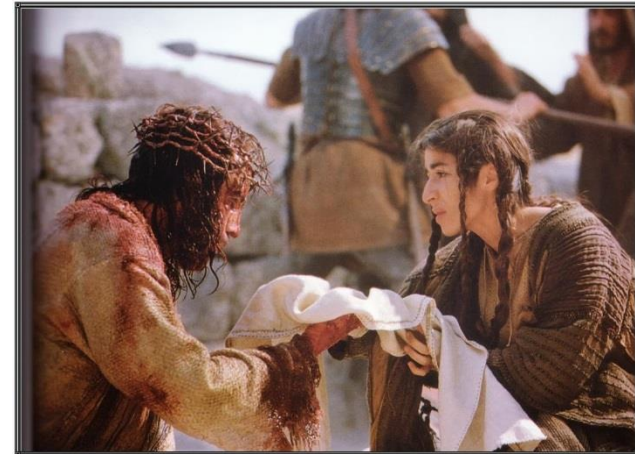
**All**

**Give me the wisdom to  
recognise the manifold talents  
present within my family and  
Church especially among  
women and to nurture a  
greater mutual respect.**



**All**

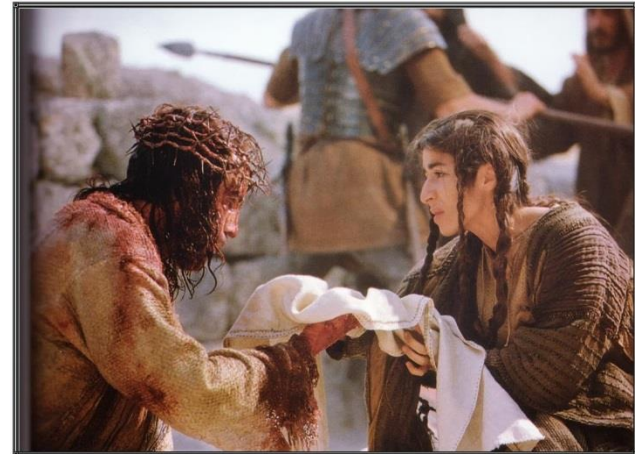
**Let me be conscious of injustices and hurts and seek to bring healing and reconciliation.**





**All**

**Give me the strength to speak  
with courage and compassion  
following the example of the  
women who stood by you on  
your way to the Cross.**




**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

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





# SEVENTH STATION

Jesus falls the second time



## LEADER

**“My palate is drier than a  
potsherd and my tongue is  
stuck to my jaw. I am lying in  
the dust of death.”**

*(Psalm 22:16)*



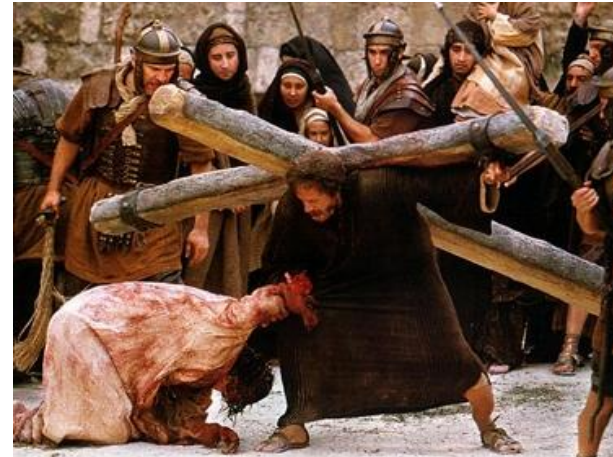
**Please kneel**

# Leader

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

## All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



## LEADER

**This seventh step was a test of Your courage, to persevere in doing good. You knew that you had to go on till the last ounce of strength. Your teaching to forgive “seventy times seven times” meant “Love is an Always-Come-Back.”**





# LEADER

**To rise again in spite of failure, to come back with hope, to continue loving although hurt and disappointed. You never failed to reach out with kindness and justice to the sick,**



# LEADER

**the abandoned and  
marginalised irrespective of  
race, creed and religion.**





# Pause and reflect



**All**

**Lord, to be a Christian today is to follow you and to participate in all that brings new life. It is the burden that I desire and my unwillingness to resort to your strength, from my innermost being that holds me down.**



**All**

**Let me be strengthened by  
Your selflessness so that I can  
become the sign of your  
presence and purpose in the  
world today. Help me to  
continue walking humbly,  
loving tenderly and  
acting justly in your  
footsteps.**



**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

**Bruised, derided, cursed,  
defiled**

**She beheld her tender Child**

**All with bloody scourges rent.**



# **EIGHTH STATION**

Jesus consoles the women of Jerusalem who weep for Him



## LEADER

**“Daughters of Jerusalem, weep not for me but for yourselves and for your children.”**

*(Lk. 23:28)*





**Please kneel**

## Leader

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

## All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



# LEADER

**You know that this way of the cross is for you the way to the resurrection. You tried to gather the children and offered them as models of service and humility.**



# LEADER

**Indeed your heart weeps especially for them and the women and dread the times when more pain and suffering await them because of the unwillingness of sinful humanity to return to your love.**



# Pause and reflect



**All**

**Lord, may I become the leaven of communion for all those among whom I live. Let me become your hands to wipe every tear dry and also to experience your joy and peace that you promised.**



**All**

**Let me learn to be humble,  
poor in spirit and simple in my  
lifestyle through the love you  
have shown me. Give me the  
courage to be prepared to fall  
in the eyes of the world and not  
to cling to power, privilege or  
prestige.**





**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

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

# NINTH STATION

Jesus falls the third time



## LEADER

**“In my own body I make up what is still to be undergone by Christ for the sake of his body, which is the Church.”**

*(Colossians 1:24)*



**Please kneel**

## Leader

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

## All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



# LEADER

**Completely drained of strength you lie collapsed, on the ground. Your body may be broken but no force on earth, no actions of man can prevent you from fulfilling the will of your father.**





# LEADER

**You denied the devil and its powers and lived in total self-giving during the temptation in the desert. You transformed the shame of the cross to become the sign of our Salvation.**



# Pause and reflect



**All**

**Lord, lead me to an openness  
beyond myself. To be your  
presence wherever I am, in my  
family, my work place, my  
neighbourhood and with my  
friends.**



# All

**Let me reflect your light  
wherever I am so that all  
people will recognise that you  
are our Lord and Saviour.**



**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

**O thou mother fount of love!**

**Touch my spirit from above**

**Make my heart with thine  
accord.**



# TENTH STATION

Jesus is stripped of his garments



## LEADER

**“There they are staring at me,  
gloating: they divide my  
garments among them and cast  
lots for my clothing.”**

*(Psalm 22: 17-18)*



**Please kneel**

# Leader

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

# All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



# LEADER

**You came poor into this world and leave it without anything to call your own. You told us not to be too concerned about our food, clothes and life and you proved this is possible only in a total gift of self in love.**



# LEADER

**Your very last earthly possessions are being shared and divided. Those who are not around are not satisfied with the suffering and pain imposed on you but continue to divide your very last possessions.**



# Pause and reflect





**All**

**Dear Lord Jesus, I cannot remain silent when the possessions that you have given to the whole of humanity are kept for the few and in the process hurt our sisters and brothers.**



**All**

**Help me keep you in view and  
not allow possessions to stifle  
and separate me from others.**



**All**

**Help me and the members of my family live a simple lifestyle so that we can become stewards of your gifts meant for all the people of the world. Lord, You alone are my light.**



**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

**Make me feel as thou hast felt  
Make my soul to grow and melt  
With the love of Christ our  
Lord.**



# ELEVENTH STATION

Jesus is nailed to the Cross



# LEADER

**“Today you will be with me in  
Paradise.”**

*(Luke 23:43)*





**Please kneel**

# Leader

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

# All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



# LEADER

**The executioners stretch your hand and wrist against the wood and press the nails until it pierces your flesh. You who never used harsh words on others**



# LEADER

**or do no harm are subject to such an inhuman way. You did not deserve it but bore it with patience and calm.**





# Pause and reflect



**All**

**Lord, give me the courage and hope to see your crucified image in other people despite the injustices and wrongs society continue to do.**



# All

**May I have the trust and simplicity of the thief with whom you were crucified, and who placed his trust in you and then be ready for your kingdom.**





**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

**Holy mother! Pierce me  
through**

**In my heart each  wound renew**

**Of my Saviour crucified.**

# TWELFTH STATION

Jesus is raised upon the Cross, and dies



# LEADER

**“Father into your hands I  
commend my spirit.”**

*(Luke 23:46)*



**Please kneel**

# Leader

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

# All

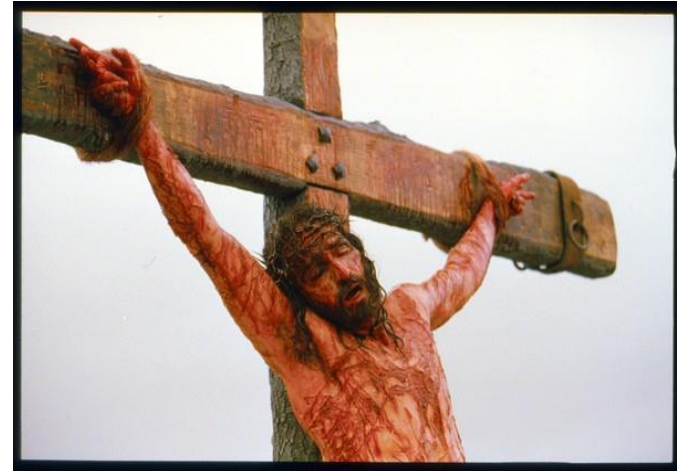
**Because by Your Holy Cross,  
You have brought new life to  
the world.**





# LEADER

**To the end of your life you continue to pray to your Father by asking forgiveness for all your wrong doers and hand your mother over to be cared for.**



# LEADER

**In spite of all the pain and humiliation you are still capable of continuing your obedience and submission to your Father's will. You give your life completely to the Father.**



# Pause and reflect



**All**

**“Father into your hands I commend my spirit” was your prayer. Lord, let my prayer each day be “Lord, Your Kingdom come, Your will be done”. Let me each day recall the need to be in communion with You**



**All**

**through your Words of Life.**

**Through this will I become your  
true disciple and your  
instrument of evangelization.**



**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

**Let me share with thee his pain  
Who for all my sins was slain  
Who for me in torments died.**



# THIRTEENTH STATION

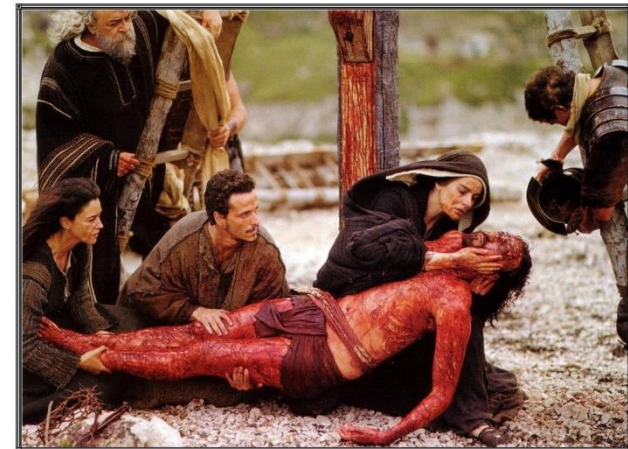
Jesus is taken down from the Cross



# LEADER

**“I am the Lord’s servant, let it be done as you have said.”**

*(Luke 1:38)*



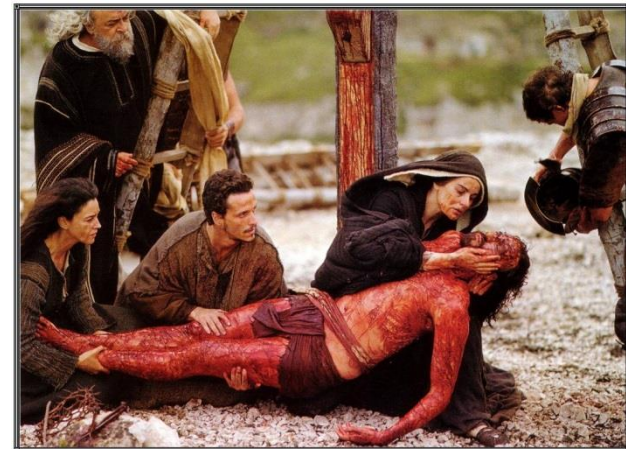
**Please kneel**

# Leader

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

# All

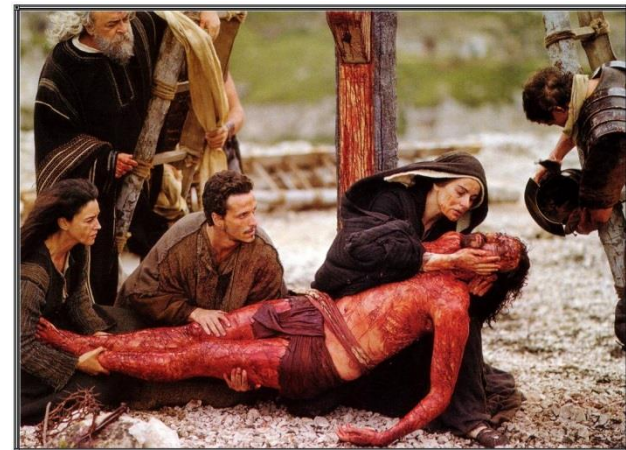
**Because by Your Holy Cross,  
You have brought new life to  
the world.**





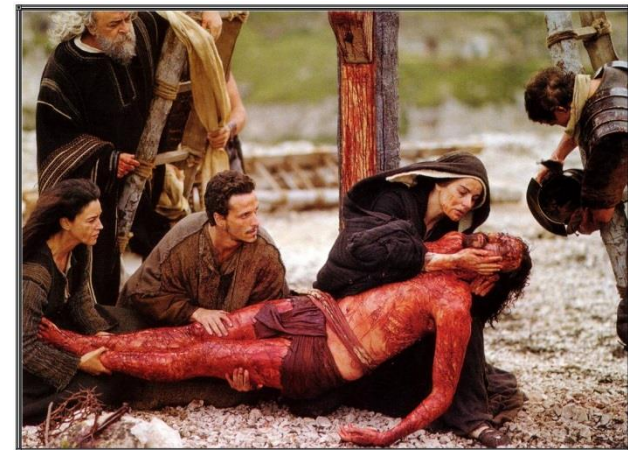
## LEADER

**Your sacrifice on the Cross is complete. Your mother still must cradle in her arms Your body. You too must part from those you love, and grief will come to you. Your death has brought new life only through sorrow and pain.**



# LEADER

**As you walked through life with people, you showed us how to be together especially in moments of sorrow.**



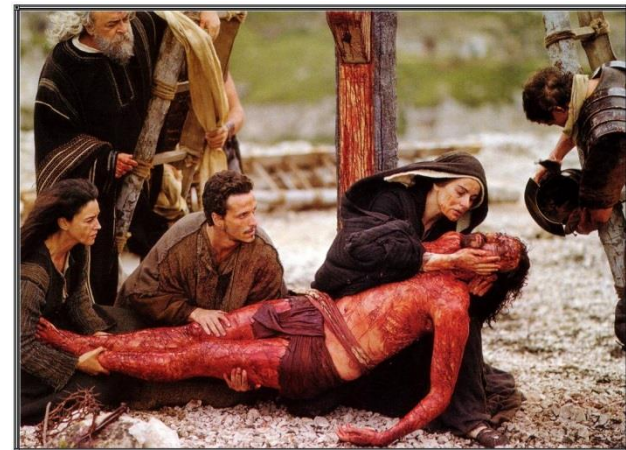
# Pause and reflect





**All**

**Lord, give me the courage and hope and teach me the cost of being Your follower. To walk with sorrow and to continue to love and care so that I can continue your mission of saving and freeing from this sin and darkness.**



**Please Stand**

## Hymn

# AT THE CROSS HER STATION KEEPING

**Let me mingle tears with thee**

**Mourning Him who mourned  
for me**



**All the days that I may live.**

# FOURTEENTH STATION

Jesus is laid in the tomb



## LEADER

**“If we become united with Christ through a death like His, we will certainly be united with Him in His resurrection.”**

*(Roman 6:5)*



**Please kneel**



## Leader

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

## All

**Because by Your Holy Cross,  
You have brought new life to  
the world.**



## LEADER

**As your mortal life ends  
another life begins for Mary  
and for Magdalene, for Peter  
and for John, and for you. Your  
work as man has been  
completed and you entrusted  
to the Church the task  
of being at the  
service of life.**



# LEADER

**You told us that “Greater love has no man than this, that one lays down his life for his friends”.**



# Pause and reflect



**All**

**Lord Jesus being nurtured by your Word and the Eucharist, allow me to reach out to those in need. Let the Bread that I break together with others be the means to break from my selfishness and become the Bread of Life in the world.**



**Please Stand**



## Hymn

# AT THE CROSS HER STATION KEEPING

**By the cross with thee to stay**

**There with thee to weep and  
pray**

**Is all I ask of thee to give.**

**All**

**Closing Prayer**

**Have mercy on us O Lord, in your kindness, through your compassion, you have removed all our sins through the suffering of Jesus. You have washed us clean from our guilt and enabled us to love truth in our hearts.**

**All**

**With joy and gladness we cry out to you, Lord and ask you to open our hearts, to sing your praises and announce your goodness and truth before all the nations by serving one another. We ask this through Christ our Lord. Amen.**

**Leader:**

**Let us pray for the Holy  
Father's intentions.**

**All:**

**Our Father (X1)**

**Hail Mary (X1)**

**Glory be (X1)**

## Closing Hymn : HOSEA

**The wilderness will lead you  
To your heart where I will  
speak**

**Integrity and justice**

**With tenderness you shall know**

### REFRAIN

**Long have I waited for your  
coming home to me**

**And living deeply our new life.**

**Leader:** In the name of the  
Father, and of the Son,  
and of the Holy Spirit.

**All:** Amen.

