

Teacher's Manual for the *Way of the Cross*

Contents	Page no.
Acknowledgements	2
Article	
■ The Various Versions of the <i>Way of the Cross</i>	3-5
■ Teaching and Learning the <i>Way of the Cross</i>	6-7
■ Choosing texts for the <i>Way of the Cross</i>	8-10
Resources:	
■ <i>Way of the Cross</i> – 1: Traditional	11-18
■ <i>Way of the Cross</i> – 2: Abridged	19
■ <i>Way of the Cross</i> – 3: Reflect on Interpersonal Relationships	20-33
■ <i>Way of the Cross</i> – 4: Reflect on Justice and Peace	34-37
■ <i>Way of the Cross</i> – 5: Reflect on School Life	38-51
■ Alternative Scriptures	52-53

Acknowledgements

The article “The Various Versions of the Way of the Cross” is adapted from the introductory article in “The Way of the Cross with Our Neighbours”, published by Justice and Peace Commission of the Hong Kong Catholic Diocese and Hong Kong Catholic Commission for Labour Affairs.

The text for Way of the Cross – 1 is adapted from a traditional text, found on: <http://www.tianzhujiao.cn/catholic/200602/19712.html>.

The text for the Way of the Cross – 2 is adapted from a traditional text, found on <http://www.cwo.com/%7Epentrack/catholic/shortway.html>.

The text of Way of the Cross – 3 is written by Fr Henry Woo OFM, taken from <http://ofm.org.hk/100-Francis-Clare/160-prayers/stations-of-the-cross-admonitions.htm>.

The text of Way of the Cross – 4 is adapted from the text written by Franciscans International. http://www.franciscansinternational.org/resources/soc07/WayofCross_2007EN.pdf

The Way of the Cross – 5 is a contribution from Ma On Shan St Joseph’s Secondary School.

The Various Versions of the *Way of the Cross*

By: Br William Ng ofm (Adapted from the Chinese original by the author)

Christians in certain traditions, particularly the Roman Catholic and the Anglican ones, are familiar with a spiritual exercise known as the Stations of the Cross – *Via Crucis* in Latin, literally the Way of the Cross. It is a ritual in which one commemorates Jesus' journey to Mount Calvary. During Lent, this ritual is celebrated in many churches and parishes communally. The prayers can be used as a private devotion as well.

This ritual originated from making pilgrimages. Pilgrimages were part of an ancient tradition in the Church. Pilgrims made journey as a penance or as devotion. They would go to Jerusalem, places where saints used to live or simply churches where relics are kept. In the 15th Century, disturbances and violence made pilgrimages to the Holy Land difficult and inconvenient. A Franciscan friar in Milan, Blessed Bernardino Caimi, who used to serve in Palestine, returned to Italy and built a pilgrimage site in the countryside. He did this in order to allow the faithful ones to visit a place where it would be comparable to the Holy Land. There he set up several chapels – Stations – in which life-size statues were placed to represent episodes in the life of Jesus, especially events at his last journey of Christ's carrying the cross. By doing so, pilgrims needed not go to Palestine but were able to have an experience of being there. Therefore, this site came to be known as Sacro Monte, the Sacred Mountain. Another saint who was associated with the Stations was St Leonard of Port Maurice. He often preached about the spiritual benefits of using the Way of the Cross as a meditation on Christ's passion.

In 1975 and 1991, the Roman Catholic Congregation for Divine Worship (an administrative department of the church) and Pope John Paul II wrote a set of the Stations of the Cross (Biblical *Via Crucis*) respectively, which were different from the traditional one, as an effort to harmonize with the events presented in the Gospels. At that time, this change was seen to be a break from the tradition. However, in fact, there were various ways to identify these "stations" to commemorate the individual events that took place on Jesus' route to Mount Calvary to be crucified. (See Table 1.) The so-called traditional fourteen stations were only authorized by Pope Clement XII in the 17th Century and confirmed by Pope XIV in 1742.

The fourteen stations and their contents had undergone a lot of re-interpretations. The traditional way of the cross has fourteen stations, illustrating events preceding the passion as recorded in the Bible. But there are several stations that only belong to the oral tradition, such as Jesus falls for a total of three times or Veronica wipes the face of Jesus. Although these events are extra-biblical, it is not difficult to imagine such scenarios. However, in order to let the Word of God nourish prayer life, it is understandable to have alternative stations of the cross that are the events recorded in Scriptures.

In the 16th Century, people did go to the Holy Land to find out the "correct" stations and "discovered" there could be as many as 31 stations. By comparing various prayer manuals and booklets passed on

throughout the ages, one can see that there have been different versions of these Stations of the Cross, varying from 19 or 25 or even 37 stations. Events such as Jesus praying in the garden, Jesus falling for a total of seven times, Jesus being crowned with thorns and scourged were identified as stations in some other versions. Yet these were not included in the 17th Century version which has now become the “official” one.

So the question as to the number of stations and what they are is open-ended. At its core, the content is the same: the unconditional love of God, despite all the rejection, violence and affliction cast on Christ by humans. If one prays sincerely, meditating the Stations of the Cross from the viewpoints of justice and peace or focusing on various personal issues, then no matter which version of the Way of the Cross is used, one is reminded that even today, Jesus is still suffering, walking the way of the cross, among and through the least of the brothers and sisters, who are marginalized and afflicted in society.

[Table 1] A comparison of the fourteen stations

	Traditional (since 17 th Century)	Introduced by Roman Catholic Congregation for Divine Worship in 1975	Introduced by Pope John Paul II in 1991 (used in 1991, 1992, and 1994)
1.	Jesus is condemned to death	Jesus institutes the Eucharist	Jesus in the Garden of Gethsemani
2.	Jesus receives the cross	Jesus prays in Gethsemane	Jesus is betrayed by Judas and arrested
3.	Jesus falls the first time	Jesus before the Sanhedrin	Jesus is condemned by the Sanhedrin
4.	Jesus meets His Mother	Jesus is scourged and crowned with thorns	Jesus is denied by Peter
5.	Simon of Cyrene carries the cross	Jesus carries the cross to Calvary	Jesus is judged by Pilate
6.	Veronica wipes Jesus' face with her veil	Jesus falls under the weight of the cross	Jesus is scourged and crowned with thorns
7.	Jesus falls the second time	Jesus is helped by Simon of Cyrene to carry his cross	Jesus takes up his cross
8.	Jesus meets the daughters of Jerusalem	Jesus meets the pious women of Jerusalem	Jesus is helped by Simon of Cyrene to carry his cross
9.	Jesus falls the third time	Jesus is nailed on the cross	Jesus meets the women of Jerusalem
10.	Jesus is stripped of His garments	Jesus promises his kingdom to the repentant thief	Jesus is crucified
11.	Crucifixion: Jesus is nailed to the cross	Jesus entrusts Mary and John to each other	Jesus promises his kingdom to the repentant thief
12.	Jesus dies on the cross	Jesus suffers and dies on the cross	Jesus entrusts Mary and John to each other
13.	Jesus' body is taken down from the cross	Jesus is laid in the tomb	Jesus dies on the cross
14.	Jesus is laid in the tomb and covered in incense	Jesus rises from the dead	Jesus is laid in the tomb

Teaching and Learning the Way of the Cross

To maximize the education value of the Way of the Cross, the following points are noted when it is celebrated:

The main objectives of teaching the Way of the Cross

- Students would understand the details in the Gospel passages about Jesus' passion
- Students would understand the role of Jesus' passion in his mission and its meaning of in our daily life
- Students would understand and experience a Christian rite with ancient roots
- It is customary to celebrate the Way of the Cross during Lent (the forty days preparatory season before Easter) to commemorate the passion that Jesus endures before his death and resurrection.
- Before the actual celebration of the Way of the Cross, a general explanation should be made.
- Although the Way of the Cross is best celebrated usually during Lent, in particular situation, such as after a lesson on the passion of Jesus, the Way of the Cross can be celebrated anytime during the year to complement a teaching plan.
- The celebration of the Way of Cross can be modified according to the particular circumstances of the school, bearing in mind the customary way of celebration as time and space permits.
- The ritual of the Way of Cross generally includes:
 - The images of the 14 "stations" are hanged / placed / shown appropriately in the space to be celebrated (school hall, school yard or classroom).
 - All participants gather at a place to say the opening prayer.
 - One of the participants carrying a processional cross, accompanied by two participants carrying candles, leads the participants (or representatives) to a station and the prayers of that station are said.
 - Afterwards, the procession move to the next station. The rest of the participations who do not participate in the procession may look at the images from a distance from where they are seated and make appropriate responses.
 - Prayers can be read by one or more students and teachers. Care should be taken to train the students in proclaiming the Word clearly.
- The Way of the Cross can be celebrated in the classroom during a RE lesson, during assembly by the whole school, or being spread over a few morning assemblies.
- Songs, verses, scripture readings, quiet moments, meditation reflections, can be interchanged, added, omitted as time permits.
- The use of music, visual images, procession with the cross and candles increases the ritual quality thus enhancing the level of participation of the students.
- Images of the Stations can be bought at religious goods suppliers. Alternatively, assistance can be solicited from the Art and Design / Home Economics Panels to make paintings with picture frames or banners to represent the images. Such images can be on permanent display in the school or are only shown during the way of the cross.

- Students may be taught to write several meditations or prayers for each station in order for them to reflect further about the events. By doing so, each student group or class can celebrate the stations with its own way of the cross.

Choosing texts for the *Way of the Cross*

The customary way to celebrate the Way of the Cross includes responses, scripture readings, meditation and prayer for each of the fourteen stations. Before starting the stations and after all the stations are finished, it is customary to add an opening prayer and a final prayer. In this resource pack, five sets thematic alternative texts of the Way of the Cross are provided to suit the particular needs of the school or the class.

(These texts are modified from the actual ones used by the faithful in the ordinary parochial church, bearing in mind that most students may not be baptized Christians. The modifications are made so that students who use the text can have a better sense of participation.)

Traditional Way of the Cross

- *All gather together and say the introduction prayer*

Opening Prayer

All: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader: O Lord Jesus Christ, you are the image of the unseen God. You are the first-born of all, you are our Teacher. By your death and resurrection, you have saved us and everyone and everything can be re-united with God through you.

All: **To remember your love for us, we come together to follow your footsteps and to walk your way of the cross, remembering the suffering you endure for the love of us. We pray that by praying at these stations, we would be on the way of loving God and loving others as you do.**

- *Participants (or representatives) move to the place where the image of the first station is hanged. All participants who cannot walk close to the image should be able to look at the image from a distance.*
- *Leader announces the name of the station*
- Opening Responses for each station:
 - Leader: We adore you, O Christ, and we bless you, (All may bow)
 - **All: Because by your holy cross, you have redeemed the world. (All may rise)**
- The assigned scripture passage and meditation / reflection are read by one or more readers. (All may sit or stand while listening)
- An appropriate length of silence is best observed before reading the prayer (All may stand or kneel for the prayer).
- Closing responses at each station:
 - Leader: We glory in your cross, O Lord,
 - **All: for through your cross joy has come to the whole world.**Or,
 - Leader: Lord, by your passion,
 - **All: Have mercy on us!**Or,
 - Leader: Lamb of God, who takes away the sin of the world,
 - **All: Have mercy on us!**
- *A short song can be sung while moving from one station to the next. Repeat the above until all fourteen stations are finished.*
- *All gather and say the final prayer.*

Final prayer

Leader: Lord Jesus, by your love to the Father, you are willing to walk the entire Way of the Cross. By the same love, you are raised up by the Father, seated at his right hand.

All: **Lord Jesus, may the way of the cross that we have just commemorated make us be in**

union with your suffering and rising, so that one day we may enjoy your glory and eternal life. We make this prayer, for you are *God*, you live and reign forever and ever. Amen.

Blessing

Leader: May the Lord bless you and keep you.

All: Amen.

Leader: May the Lord's face shine upon you and be merciful to you.

All: Amen.

Leader: May the Lord turn his face towards you and give you peace.

All: Amen.

All: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Way of the Cross – 1: Traditional

First Station: Jesus is condemned to death

Reading: Matthew 27: 11-12, 21-23 (GNB)

Jesus stood before the Roman governor, who questioned him. "Are you the king of the Jews?" he asked. "So you say," answered Jesus. But he said nothing in response to the accusations of the chief priests and elders.

Pilate asked the crowd, "Which one of these two do you want me to set free for you?" "Barabbas!" they answered. "What, then, shall I do with Jesus called the Messiah?" Pilate asked them. "Crucify him!" they all answered. But Pilate asked, "What crime has he committed?" Then they started shouting at the top of their voices: "Crucify him!"

Meditation

When Jesus witnessed to the truth, he himself was not judged fairly but instead he was accused wrongly by the elders. When he should be getting a fair trial, he was condemned without justice. Have we also accused others wrongly for our own selfish benefits? When others should be treated fairly, have we turned a blind eye? Whenever we do this, we would too become the elders, Pilate and that ignorant crowd who would condemn Jesus again.

Prayer

Leader: Lord Jesus, please give us your wisdom and courage to witness to your truth.

All: Lord, have mercy.

Leader: Lord Jesus, may our community be built on justice, so that your kingdom may come.

All: Lord, have mercy.

Second Station: Jesus receives the cross

Reading: John 19 16-17 (GNB)

So they took charge of Jesus. He went out, carrying his cross, and came to "The Place of the Skull", as it is called. (In Hebrew it is called "Golgotha".)

Meditation

We complain the heavy crosses that we have to bear in daily life. Yet, Jesus did not say a word and was willing to bear his own cross for us.

When we do want to complain the weight of the cross on our back, maybe we should take a look of the cross bore by those who are terminally-ill, the lepers, people with AIDS and the poor.

Bearing crosses is the best opportunity for us to imitate Jesus. Are we willing to follow the example of Jesus to bear the cross silently in order to do the will of God?

Prayer

Leader: Lord Jesus, when we are crushed under the cross of our daily life, we ask you to help us to follow your example of persistence in following the will of God.

All: Lord, have mercy.

Leader: Lord Jesus, we ask you to lead us to help those in society to bear their heavy crosses together

All: Lord, have mercy.

Third Station: Jesus falls the first time

Reading: Isaiah 53:3-8 (GNB)

We despised him and rejected him; he endured suffering and pain. No one would even look at him — we ignored him as if he were nothing. “But he endured the suffering that should have been ours, the pain that we should have borne. All the while we thought that his suffering was punishment sent by God.

Meditation

Because of our sins, Jesus was humiliated, marginalized and rejected. On this way of the cross, he fell and was afflicted. Do I ever show gratitude to Jesus, lamenting his suffering?

Maybe we should be reminded that we are called to follow his footsteps to be a suffering servant too. Are we willing to bear the pain and suffering of others in the world?

Prayer

Leader: Lord Jesus, thank you for enduring our suffering and pain for us, so that we are healed by the punishment you have suffered and we are made whole by the blows you have received.

All: Lord, have mercy.

Leader: Lord Jesus, please grant us wisdom and courage, endurance and gratitude to follow you willingly in how you have fulfilled the mission to be the Lamb of God, who takes away the sins of the world.

All: Lord, have mercy.

Fourth Station: Jesus meets His Mother

Reading: John 19: 26-27 (GNB)

Jesus saw his mother and the disciple he loved standing there; so he said to his mother, “He is your son.” Then he said to the disciple, “She is your mother.” From that time the disciple took her to live in his home.

Meditation

At the end of his life, Jesus could not take care of his beloved mother and would entrust her to his disciples. Today, God gives us ability and conscience to take care of the weak and the little ones, the lonely and the sick. Do we welcome with joy and love our brothers and sisters who are in need?

Prayer

Leader: Lord Jesus, many are those around the world who face war, famine, poverty. We ask you to console their broken hearts and give them hope and courage.

All: Lord, have mercy.

Leader: Lord Jesus, please lead us to your cross and listen to your words. In this way, we may hear your

command to look at our brothers and sisters as mother.

All: Lord, have mercy.

Fifth Station: Simon of Cyrene carries the cross

Reading: Luke 23: 26 (GNB)

The soldiers led Jesus away, and as they were going, they met a man from Cyrene named Simon who was coming into the city from the country. They seized him, put the cross on him, and made him carry it behind Jesus.

Meditation

Do we run away from those who need our help just as we do not dare to touch the cross of Jesus? When we cannot run away from pain and suffering, are we like those who are forced to take up the cross unwillingly? Remember that when we clothe the naked, feed the hungry and lend a helping hand, we would become Simon who helps Jesus to take up the cross to follow him.

Prayer

Leader: Lord Jesus, thank you for calling many people to help me to take up my cross in the many difficulties that I face.

All: Lord, have mercy.

Leader: Lord Jesus, we ask you to call more people to bear crosses for you so as to build a new world of true happiness.

All: Lord, have mercy.

Sixth Station: Veronica wipes Jesus' face with her veil

Reading: Psalm 22:6-11 (GNB)

But I am no longer a human being; I am a worm, despised and scorned by everyone! All who see me jeer at me; they stick out their tongues and shake their heads. "You relied on the Lord," they say. "Why doesn't he save you? If the Lord likes you, why doesn't he help you?" It was you who brought me safely through birth, and when I was a baby, you kept me safe. I have relied on you since the day I was born, and you have always been my God. Do not stay away from me! Trouble is near, and there is no one to help.

Meditation

The Bible does not record the name of the woman who was supposed to have wiped the face of Jesus. Possibly she was like us, someone ordinary and usual. She had no way to stop the conspiracy of the chief priest. Nor was she able to help Jesus to carry the cross. Yet she did choose what she could do and what she thought she should do – that is to wipe the sweat off Jesus' face, giving him the dignity to face death. Today, although we are limited in what we can do, perhaps we can try our best within our limits to build a society of justice, fairness and human dignity.

Prayer

Leader: Lord Jesus, many nameless heroes contribute themselves silently for justice. We ask you to bless them and give them peace and joy, especially when they are tired and painful.

All: Lord, have mercy.

Leader: Lord Jesus, sinfulness makes us unable to see your holy face. Please give us courage and enthusiasm to build a society of fairness so all may see the glory of your face.

All: Lord, have mercy.

Seventh Station: Jesus falls the second time

Reading: Romans 14: 13 (GNB)

So then, let us stop judging one another. Instead, you should decide never to do anything that would make another stumble or fall into sin.

Meditation

We often judge others based on stereotypes, their appearance or preconceived concepts. We jump to the conclusion that “he is bad” or “she is stupid”. Such premature judgments do not give people any chance nor give us the opportunity to understand someone. Sometimes, such judgment gives others unnecessary self criticism or even restlessness of the heart. They will be unable to feel the mercy of God.

Prayer

Leader: Lord Jesus, we often see the speck in others’ eyes and pay no attention to the log in our own eyes. Please teach us to be humble and considerate, so as to respect and appreciate others.

All: Lord, have mercy.

Leader: Lord Jesus, when you fell under the weight of the cross, you must know how easy it is for us to fall as well due to stress and temptation. Please give us the same opportunity to be understanding towards those who have fallen and to help them rise.

All: Lord, have mercy.

Eighth Station: Jesus meets the daughters of Jerusalem

Reading: Luke 23:27-28(GNB)

A large crowd of people followed him; among them were some women who were weeping and wailing for him. Jesus turned to them and said, “Women of Jerusalem! Don't cry for me, but for yourselves and your children.

Meditation

It is natural for anyone, including the women, to weep for Jesus’ suffering. However, he would rather want us to see the reason why he suffers, which is our sins. Imagine how many women weep because of the sins of their children, husbands, or fathers? Mother Earth has also suffered due to our selfishness. Do we have to cling to our selfish desires, harming the Mother Earth?

Prayer

Leader: Lord Jesus, we ask you to console those women who weep for their children, husbands or fathers,

leading them away from sins.

All: Lord, have mercy.

Leader: Lord Jesus, we pray that everyone would place importance on environmental protection, so that we can live with the Mother Earth in harmony and prosperity.

All: Lord, have mercy.

Ninth Station: Jesus falls the third time

Reading: 1 Corinthians 10: 12-13 (GNB)

Those who think they are standing firm had better be careful that they do not fall. Every test that you have experienced is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out.

Meditation

On our life journey, it is natural that we would grow tired or even fall down. Even so, God does not stop taking care of us, renewing our strength so we can continue our journey. Jesus fell again and again but would rise up each time, reminding us that he would share our burden in life, accompanying our difficult life journeys. No matter how circumstances change, Christ is still our ultimate source of strength.

Prayer

Leader: Lord Jesus, you fell again and again and your blood was splattered along the way to Golgotha. At that time, I could not hold you up. Yet now, help me not to sin, or else my sin will increase your suffering. Please allow me to see your love in your wounds.

All: Lord, have mercy.

Leader: Lord Jesus, when I am depressed, hopeless and complaining that I do not see you, please remind me that it is you who are holding me up.

All: Lord, have mercy.

Tenth Station: Jesus is stripped of His garments

Reading: Hebrews 1:11-12 (GNB)

They will disappear, but you will remain; they will all wear out like clothes. You will fold them up like a coat, and they will be changed like clothes. But you are always the same, and your life never ends.”

Meditation

The Christian faith is not about obtaining the grace of health or wealth but how we can discover the meaning of life and eternal happiness. Only when we rely on the Divine Providence, freeing ourselves from material then we can be truly free and have happiness. This is the meaning of being poor in the spirit. Jesus has lived a simple life and was even stripped off his clothes.

Prayer

Leader: Lord Jesus, please remind us that all goodness comes from God and that true happiness awaits us

in your eternal kingdom. We pray that your passion and resurrection allows us to understand that only you outlive the present world.

All: Lord, have mercy.

Leader: Lord Jesus, we all have things we hold on to – be it material wealth or personal achievements. We pray that we can learn from you to distinguish what is temporal and what is eternal, freeing ourselves from both spiritual and material burden.

All: Lord, have mercy.

Eleventh Station: Crucifixion-Jesus is nailed to the cross

Reading: John 19: 23~24 (GNB)

After the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one part for each soldier. They also took the robe, which was made of one piece of woven cloth without any seams in it. The soldiers said to one another, “Let's not tear it; let's throw dice to see who will get it.” This happened in order to make the scripture come true: 19:24: Ps 22.18““They divided my clothes among themselves and gambled for my robe.” And this is what the soldiers did.

Meditation

Jesus is nailed on the cross. Can we feel that pain? We may be angered by how the soldiers humiliate Jesus. Yet, in our daily lives, maybe we too have humiliated Jesus when we do not respect others, discriminate against the weak, indulge in pleasure, turn a blind eye to the needs other others and when we are selfish,.

Prayer

Leader: Lord Jesus, we ask you to dispel all our selfishness so that we may know the will of the Father.

All: Lord, have mercy.

Leader: Lord Jesus, we ask you to protect those who are humiliated, persecuted or exploited in any way so that their dignity can be restored.

All: Lord, have mercy.

Twelfth Station: Jesus dies on the cross

Reading: John 19:28~30 (GNB)

Jesus knew that by now everything had been completed; and in order to make the scripture come true, he said, “I am thirsty.” A bowl was there, full of cheap wine; so a sponge was soaked in the wine, put on a stalk of hyssop, and lifted up to his lips. Jesus drank the wine and said, “It is finished!” Then he bowed his head and died.

Meditation

During crucifixion, Jesus practised what he had previously preached on loving and blessing one's enemies. Seemingly, Jesus' death was a failure. But that he was willing to show his love till the last moment shows that the power of love always wins. It is never easy to love one's enemies but doing so is a true sign of following Christ.

Prayer

Leader: Lord Jesus, by your passion and suffering for our sake, you give us new life.

All: Lord, have mercy.

Leader: Lord Jesus, we ask you to give us a generous heart, not to be mindful of the trespasses of others but to be loving towards all.

All: Lord, have mercy.

Thirteenth Station: Jesus' body is removed from the cross

Reading: Mark 15: 42~47 (GNB)

It was towards evening when Joseph of Arimathea arrived. He was a respected member of the Council, who was waiting for the coming of the Kingdom of God. It was Preparation day (that is, the day before the Sabbath), so Joseph went boldly into the presence of Pilate and asked him for the body of Jesus. Pilate was surprised to hear that Jesus was already dead. He called the army officer and asked him if Jesus had been dead a long time. After hearing the officer's report, Pilate told Joseph he could have the body. Joseph bought a linen sheet, took the body down, wrapped it in the sheet, and placed it in a tomb which had been dug out of solid rock. Then he rolled a large stone across the entrance to the tomb. Mary Magdalene and Mary the mother of Joseph were watching and saw where the body of Jesus was placed.

Meditation

After Jesus' death, the centurion regretted and the crowd came back to their senses. Even a timid follower would have the courage to ask for the body of Jesus. Everything seemed to have a sudden change at Jesus' death. But how long would such change last? This is too much like us. Each time after a disaster, we would reflect and evaluate and even promise to improve. But how long would such change last?

Prayer

Leader: Lord Jesus, please help us have a closer look at our own faults and failures through your sacrifice.

All: Lord, have mercy.

Leader: Lord Jesus, please give us courage, endurance and wisdom to repent and to overcome our human weakness and ignorance.

All: Lord, have mercy.

Fourteenth Station: Jesus is laid in the tomb

Reading: John 19: 41~42 (GNB)

There was a garden in the place where Jesus had been put to death, and in it there was a new tomb where no one had ever been buried. Since it was the day before the Sabbath and because the tomb was close by, they placed Jesus' body there.

Meditation

Jesus died because of our sins and he was buried with all our sins.

What have we buried in our daily lives? Have we buried our greed, anger, selfishness, desires, pride, ignorance or laziness? Or have we buried the will of God, respect for others, humility, understanding and self-control? Is it sins that have been buried or is it ourselves that have been buried by sins?

Prayer

Leader: Lord Jesus, you have buried our sins and we ask you to help us not to be buried by sins but to continue to have them buried.

All: Lord, have mercy.

Leader: Lord Jesus, your death was a death to sin, which you died once for all; your life is life with God. Help us to see that we too have to die to sin and to live your life with God.

All: Lord, have mercy.

Way of the Cross – 2: Abridged

	Theme	Short Prayer
I.	Jesus is condemned to death	O Jesus! You are so meek and uncomplaining, teach me resignation in trials.
II.	Jesus receives the cross	O Jesus! This cross should be mine, not yours; my sins crucified you.
III.	Jesus falls the first time	O Jesus! By this first fall, never let me fall into mortal sin.
IV.	Jesus meets His Mother	O Jesus! May no human tie, however dear, keep me from following the road of the cross.
V.	Simon of Cyrene carries the cross	O Jesus! Simon was forced to assist you; may I with patience suffer all for you.
VI.	Veronica wipes Jesus' face with her veil	O Jesus! you imprinted your sacred features upon Veronica's veil; stamp them also upon my heart forever.
VII.	Jesus falls the second time	O Jesus! By your second fall, preserve me, dear Lord, from relapse into sin.
VIII.	Jesus meets the daughters of Jerusalem	O Jesus! My greatest consolation would be to hear you say: "Many sins are forgiven you, because you have loved much."
IX.	Jesus falls the third time	O Jesus! When weary upon life's long journey, be my strength and my perseverance.
X.	Jesus is stripped of His garments	O Jesus! My soul has been robbed of its robe of innocence; clothe me with the garb of penance.
XI.	Crucifixion: Jesus is nailed to the cross	O Jesus! You forgave your enemies; my God, teach me to forgive injuries and forget them.
XII.	Jesus dies on the cross	O Jesus! You are dying but your sacred heart still throbs with love for your sinful children.
XIII.	Jesus' body is removed from the cross	O Jesus! Your Sorrowful Mother received you into her arms; teach me perfect contrition for my sins.
XIV.	Jesus is laid in the tomb and covered in incense.	O Jesus! Make my heart a fit abiding place for you. Amen.