

THE SACRED WAY



When praying the Sacred Way of the Cross, notice the black-stoned path that ribbons each station. It is a summary of the steps Jesus took. Let us take the steps with Jesus along our own way.

We came into this world with only one thing: Love. And God is Love. And we will leave this world with only one thing: Love.

1. JESUS IS CONDEMNED TO DEATH

*"We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world"*



The Holy, Just, and True was judged by sinners and put to death. Yet, while they judged, they were compelled to acquit Him. Judas, who betrayed Him said, "I have sinned in betraying the innocent blood." Pilate, who sentenced Him said, "I am innocent of the blood of this just person," and threw the guilt upon the Jews. The Centurion who saw Him crucified said, "This man was innocent beyond doubt."

Thus ever, O Lord, You are justified in Thy words, and do overcome when you are judged. And so much more, on the last day "They shall look up Him whom they have pierced;" and He who was condemned in weakness shall judge the world in power, and even those who are condemned will confess their judgment is just.

"Our Father . . . Hail Mary . . . Glory to the Father"

2. JESUS TAKES UP HIS CROSS

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



Jesus supports the whole world by His divine power, for us, He is God, but the weight was not as heavy as the cross of our sins. Our sins cost Him this humiliation. He had to take on Himself our nature, and to appear among us as a man, and to offer up for us the greatest sacrifice. He had to pass through life in penance, and then endure His passion and death for us.

O Lord God Almighty, Who bears the weight of the whole world and Who bore the weight of all our sins without tiring. You are the maker and protector of our bodies by Your Providence. You are the Savior of our souls by Your precious blood.

“Our Father . . . Hail Mary . . . Glory to the Father”

3. JESUS FALL THE FIRST TIME

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



Satan fell from heaven in the beginning by the just sentence of God, against whom he had rebelled. And when he had succeeded in gaining man to join him in his rebellion, in his brief hour of triumph, and he made the most of it. When the Holiest had taken flesh and was under his power, then in his revenge and malice, he struck a heavy blow at Him causing Jesus to fall down so suddenly.

O dear Lord, by this Your first fall, raise us all out of sin who have so miserably fallen under its evil power.

“Our Father . . . Hail Mary . . . Glory to the Father”

4. JESUS MEETS HIS MOTHER MARY

*"We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world"*



There is no part of the life of Jesus that Mary did not have a part. O Lord, we, the children of the Church, respect Your Mother as You do. She brought You into the Temple, she lifted You up in her arms when the wise men came to adore You, she carried You and fled to Egypt, she took You up to Jerusalem when you were twelve years old. You lived with her at Nazareth for thirty years. She was with You at the marriage-feast. Even when You left her to teach and minister, she was near You. At this moment and forever, she is pierced with a sword so that the thoughts of many hearts are laid bare.

Sweet Mother, let us ever think of you when we think of Jesus, and when we pray to Him. Please aid us by your powerful intercession.

"Our Father . . . Hail Mary . . . Glory to the Father"

5. SIMON OF CYRENE HELPS JESUS CARRY HIS CROSS

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



Jesus, You bear Your cross alone; but You permitted Simon to help, in order to remind us that we must take part in Your sufferings and have a fellowship in Your work. Your merit is infinite, yet You let us add our merit to it. The sanctity of the Blessed Virgin, the blood of the Martyrs, and the prayers and penances of the Saints, the good deeds of all the faithful: all these take part in your work. Lord, You save us by Your blood, but it is through our participation that You enable us to attain eternal life.

Dear Lord, teach us to suffer with You. Help us to suffer for Your sake, and sanctify all our sufferings by Your own merits.

“Our Father . . . Hail Mary . . . Glory to the Father”

6. FACE OF JESUS IS CLEANED BY VERONICA

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



Jesus let the pious women carry off an impression of His Sacred Countenance. You did this to remind us all that Your image must always be impressed on all our hearts. We bear the veil of St. Veronica because we will always mediate upon Your death and resurrection so we can always imitate Your divine excellence.

Lord, let our face be ever pleasing in Your sight, not defiled with sin, but bathed and washed white as snow in Your precious blood.

“Our Father . . . Hail Mary . . . Glory to the Father”

7. JESUS FALL A SECOND TIME

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



Satan had a second fall, when our Lord came upon the earth. He had usurped the dominion of the whole world – and called himself its king. He dared to take Jesus up to a very high mountain, and showed Him all kingdoms, said to him “I shall give to you if you will prostrate yourself and worship me.” Jesus answered, “Be gone, Satan...The Lord your God, shall you worship and Him alone shall you serve.” Satan fell down from the high mountain. The evil one remembered this second defeat, and so now he slammed down the Innocent Lord a second time.

O dear Lord, teach us to suffer with You, and not be afraid of Satan’s buffetings, especially when they come on us from resisting him.

“Our Father . . . Hail Mary . . . Glory to the Father”

8. WOMEN OF JERUSALEM MOURN FOR JESUS

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



Lord, ever since the prophecy that the Savior of man was to be born of a woman from the family of Abraham, the Jewish women had desired to bear You. Yet, now that You had really come, the Gospel tells us, it was far different from what they had expected. You said to them “the days are surly coming when they will say, ‘Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.’”

O Lord, we know not what is good for us, and what is bad, We cannot foretell the future, nor do we know, when You will come to visit us, or in what form You will come. And therefore we leave it all to You. Do to us and in us whatever pleases you. Let us always look at You and give us the grace of Your bitter cross and passion, and console us in Your own way and at Your own time...Your will be done.

“Our Father . . . Hail Mary . . . Glory to the Father”

9. JESUS FALLS A THIRD TIME

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



Satan will have a third and final fall at the end of time in the everlasting fiery prison. He knows this will be his end – he has no hope, only despair. He knows that no suffering which he could inflict upon You, the Savior of mankind, could rescue him from that inevitable doom. So, in horrible rage filled with hatred, he determined to insult and torture You, the great King whose throne is everlasting. Therefore a third time he smote You down fiercely to the ground.

O Jesus, Only begotten Son of God, we are with fear, trembling, and deep thankfulness for Your awful humiliation. You are the Holiest. Our sin made You the sport and prey at the hands of the Evil One.

*Lord, have mercy on us;
Christ, have mercy on us;
Lord, have mercy on us. Forgive us.*

“Our Father . . . Hail Mary . . . Glory to the Father”

10. JESUS IS STRIPPED OF HIS GARMENTS

*"We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world"*



Jesus, You gave up everything of this world before You left it. You exercised the most perfect poverty. When You left the holy house of Nazareth, and went out to preach, You knew not where to lay Your head. You lived on the poorest food, and on what was given to You by those who loved and served You. And therefore You chose a death in which not even Your clothes were left. You parted with what seemed most necessary, even by the law of human nature.

O Lord, grant me in like manner to care for nothing in this world, and to bear the loss of all things, and to endure even shame, reproach, contempt, and mockery. I would rather give my garment of possessions than have You be ashamed of me on the last day.

"Our Father . . . Hail Mary . . . Glory to the Father"

11. JESUS IS NAILED TO THE CROSS

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



Jesus, You are pierced through each hand and each foot with a sharp nail. Your eyes are dimmed with blood, are closed by the swollen lids and broken brows caused by the blows of Your executioners. Your mouth is filled with vinegar and gall. Your head is encircled with sharp thorns. Your heart is pierced with a spear. Thus, all Your senses are mortified and crucified. Only You can make atonement for every kind of human sin.

O Jesus, mortify and crucify us with You. Let us never sin by hand or foot, by eyes or mouth, or by head or heart. Let all our senses be a sacrifice to You; let us sing Your praise. Let the sacred blood which flowed from Your five most precious wounds anoint us with such sanctifying grace that we may die to the world, and live only in You forever.

“Our Father . . . Hail Mary . . . Glory to the Father”

12. JESUS DIES ON THE CROSS

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*

[Psalm 22 link](#)



“Consumme est.” It is completed – it has come to a full end. The mystery of God’s love for us is accomplished. The price is paid, and we are redeemed. The Eternal Father determined not to pardon us without a price, in order to show us His especial favor. He lowered Himself to us making us valuable to Him. He might have saved us without a price by the mere fiat of His will. But to show His love for us He put a price. If there was to be price set upon us at all, if there was any ransom at all to be taken for the guilt of our sins, it could be nothing short of the death of His Son in our nature.

O my God and Father, You have valued us so much as to pay the highest of all possible prices for our sin. Shall we not love and choose You above all things in Heaven and on earth as the one necessary and final act for our salvation?

“Our Father . . . Hail Mary . . . Glory to the Father”

13. JESUS IS TAKEN DOWN FROM THE CROSS

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



O Virgin Mother, He is your property now in your arms, for He and the world have met and parted. He went out from you to do His Father's work – and He has suffered for it. Satan and evil men no longer have any claim upon Him – too long has He been in their grip. Satan took Him up to calvary; evil men lifted Him up on the cross. He has not been in your arms, O Mother of God, since He was a child – but now you have a claim upon Him, when the world has done its worst.

For you are the all-favored, all-blessed, all-gracious Mother of the Highest. We rejoice in this great mystery. He was hidden in your womb, He was comforted in your bosom, had nursed at your breasts, He was carried in your arms; and now He is dead, placed upon your lap. Virgin Mother of God, pray for us.

“Our Father . . . Hail Mary . . . Glory to the Father”

14. JESUS IS LAID IN THE TOMB

*“We Adore Thee O Christ and we bless Thee, because by Thy Holy Cross,
You have redeemed the world”*



“Our Father . . . Hail Mary . . . Glory to the Father”

Jesus, when You were nearest to Your everlasting triumph, You seemed to be farthest from triumphing. When You were nearest to entering into Your kingdom and exercising all power in heaven and earth, You were lying dead in a cave of the rock. You were wrapped in burying-clothes, and confined within a sepulcher of stone, where You descended to the dead and ascended with a glorified body, which could penetrate all substances, move quicker than thought, and sit at the Father’s right hand where He will make your enemies a footstool forever.

Make us trust in You, O Jesus, that You will remove any doubt and grant us a similar confidence in You during our death. Assure us, O Lord, that the greater is our distress, the nearer we are to You. The more men scorn us, the more You honor us. The more men insult and hate us, the higher You will exalt us. The more they forget us, the more You keep us in mind. The more they abandon us, the more You bring us closer to Yourself.

THE SACRED WAY

Mosaic of the Stations of the Cross

Author Unknown

Mt. Angel Abbey Crypt

*Prayer and meditation taken from Cardinal
Newman in his "Meditations and Devotions,"*

Longman's and Green (1893) pp 155-68

Edited by John Martin

Version 16 (added Psalm 22)



PSALM 22

I. MY GOD, MY GOD, WHY HAVE YOU ABANDONED ME? BUT I AM A WORM, NOT A MAN

1. For the leader; according to “The deer of the dawn.” A psalm of David.
2. My God, my God, why have you abandoned me? Why so far from my call for help, from my cries of anguish?
3. My God, I call by day, but you do not answer; by night, but I have no relief.
4. Yet you are enthroned as the Holy One; you are the glory of Israel.
5. In you our fathers trusted; they trusted and you rescued them.
6. To you they cried out and they escaped; in you they trusted and were not disappointed.
7. But I am a worm, not a man, scorned by men, despised by the people.
8. All who see me mock me; they curl their lips and jeer; they shake their heads at me:
9. “He relied on the LORD—let him deliver him; if he loves him, let him rescue him.”
10. For you drew me forth from the womb, made me safe at my mother’s breasts.
11. Upon you I was thrust from the womb; since my mother bore me you are my God.
12. Do not stay far from me, for trouble is near, and there is no one to help.



PSALM 22

II. THEY HAVE PIERCED MY HANDS AND MY FEET. I CAN COUNT ALL MY BONES. . . FOR MY CLOTHING THEY CAST LOTS

13. Many bulls surround me; fierce bulls of Bashan encircle me.
14. They open their mouths against me, lions that rend and roar.
15. Like water my life drains away; all my bones are disjointed. My heart has become like wax, it melts away within me.
16. As dry as a potsherd is my throat; my tongue cleaves to my palate; you lay me in the dust of death.
17. Dogs surround me; a pack of evildoers closes in on me. They have pierced my hands and my feet
18. I can count all my bones. They stare at me and gloat;
19. They divide my garments among them; for my clothing they cast lots.
20. But you, LORD, do not stay far off; my strength, come quickly to help me.
21. Deliver my soul from the sword, my life from the grip of the dog.
22. Save me from the lion's mouth, my poor life from the horns of wild bulls.



PSALM 22

III. I WILL PRAISE YOU, O GOD. MAY YOU ENJOY LIFE FOREVER

23. Then I will proclaim your name to my brethren; in the assembly I will praise you:

24. "You who fear the LORD, give praise! All descendants of Jacob, give honor; show reverence, all descendants of Israel!

25. For he has not spurned or disdained the misery of this poor wretch, did not turn away from me, but heard me when I cried out.

26. I will offer praise in the great assembly; my vows I will fulfill before those who fear him.

27. The poor will eat their fill; those who seek the LORD will offer praise. May your hearts enjoy life forever.



PSALM 22

IV. I WILL LIVE FOR THE LORD, MY DESCENDANTS WILL SERVE YOU, O GOD

28. All the ends of the earth will remember and turn to the LORD; all the families of nations will bow low before him.

29. For kingship belongs to the LORD, the ruler over the nations.

30. All who sleep in the earth will bow low before God; all who have gone down into the dust will kneel in homage.

31. And I will live for the LORD; my descendants will serve you.

32. The generation to come will be told of the Lord, that they may proclaim to a people yet unborn the deliverance you have brought.

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