



I. Jesus is condemned to death (Scriptural)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

“And the multitude crying aloud began to desire him to do as he had ever done unto them. But Pilate answered them, saying, ‘Will ye that I release unto you the King of the Jews?’ For he knew that the chief priests had delivered him for envy. But the chief priests moved the people, that he should rather release Barabbas unto them. And Pilate answered and said again unto them, ‘What will ye then that I shall do unto him whom ye call the King of the Jews?’ And they cried out again, ‘Crucify him.’ Then Pilate said unto them, ‘Why, what evil hath he done?’ And they cried out the more exceedingly, ‘Crucify him.’ And so Pilate, willing to content the people, released Barabbas unto them, and delivered Jesus, when he had scourged him, to be crucified.” - Mark 15:8-15

ALMIGHTY GOD, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through the same thy Son Jesus Christ our Lord. Amen. BCP, p, 138

OUR Father.
HAIL Mary.
GLORY be.

An Act of Contrition.

O God, we love thee with our whole hearts and above all things and are heartily sorry that we have offended thee. May we never offend thee any more. O, may we love thee without ceasing, and make it our delight to do in all things thy most holy will.



II. Jesus takes up His cross (scriptural)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

“And the soldiers led him away into the hall, called Praetorium; and they call together the whole band. And they clothed him with purple, and platted a crown of thorns, and put it about his head, And began to salute

him, ‘Hail, King of the Jews!’ And they smote him on the head with a reed, and did spit upon him, and bowing their knees worshipped him. And when they had mocked him, they took off the purple from him, and put his own clothes on him, and led him out to crucify him.” Mark 15:16-20

O LORD God, whose blessed Son, our Saviour, gave his back to the smiters and hid not his face from shame; Grant us grace to take joyfully the sufferings of the present time, in full assurance of the glory that shall be revealed; through the same thy Son Jesus Christ our Lord. Amen. - BCP, page 144



III. Jesus falls the first time (pious legend)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

“Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth: And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. Phil. 2:5-11

O GOD, who knowest us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright; Grant to us such strength and protection, as may support us in all dangers, and carry us through all temptations; through Jesus Christ our Lord. Amen.



IV. Jesus meets His Blessed Mother (pious legend)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

“What thing shall I take to witness for thee? What thing shall I liken to thee, O daughter of Jerusalem? What shall I equal to thee, that I may comfort thee, O virgin daughter of Zion? For thy breach is great like the sea: who can heal thee?” Lamentations 2:13

ALMIGHTY God, we entrust all who are dear to us to thy never-failing care and love, for this life and the life to come; knowing that thou art doing for them better things than we can desire or pray for; through Jesus Christ our Lord. Amen. - BCP, page 597



V. The cross is laid on Simon of Cyrene (scriptural)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

“And as they led him away, they laid hold upon one Simon, a Cyrenian, coming out of the country, and on him they laid the cross, that he might bear it after Jesus.” Luke 23:26

ALMIGHTY and merciful God, of whose only gift it cometh that thy faithful people do unto thee true and laudable service; Grant, we beseech thee, that we may so faithfully serve thee in this life, that we fail not finally to attain thy heavenly promises; through the merits of Jesus Christ our Lord. Amen. BCP, page 207



VI. Veronica wipes the face of Jesus (pious legend)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

“For he shall grow up before him as a tender plant, and as a root out of a dry ground: he hath no form nor comeliness; and when we shall see him, there is no beauty that we should desire him. He is despised and rejected of men; a man of sorrows, and acquainted with grief; and we hid as it were our faces from him; he was despised, and we esteemed him not. Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.” Isaiah 53:2-5

DIRECT us, O Lord, in all our doings, with thy most gracious favour, and further us with thy continual help; that in all our works begun, continued, and ended in thee, we may glorify thy holy Name, and finally, by thy mercy, obtain everlasting life; through Jesus Christ our Lord. Amen. - BCP, page 49



VII. Jesus falls a second time (pious legend)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

“All we like sheep have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth.” - Isaiah 53:6,7

ALMIGHTY and everlasting God, who, of thy tender love towards mankind, hast sent thy Son, our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility; Mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen. BCP, page 134



VIII. Jesus meets the women of Jerusalem (scriptural)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

“And there followed him a great company of people, and of women, which also bewailed and lamented him. But Jesus turning unto them said, ‘Daughters of Jerusalem, weep not for me, but weep for yourselves, and for your children. For behold, the days are coming, in the which they shall say, Blessed are the barren, and the wombs that never bare, and the paps which never gave suck. Then shall they begin to say to the mountains, Fall on us; and to the hills, Cover us. For if they do these things in a green tree, what shall be done in the dry?’” Luke 23:27-31

O GRACIOUS Father, we humbly beseech thee for thy holy Catholic Church; that thou wouldst be pleased to fill it with all truth, in all peace. Where it is corrupt, purify it; where it is in error, direct it; where in anything it is amiss, reform it. Where it is right, establish it; where it is in want, provide for it; where it is divided, reunite it; for the sake of him who died and rose again, and ever liveth to make intercession for us, Jesus Christ, thy Son, our Lord. Amen. BCP, page 37



IX. Jesus falls the third time (pious legend)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

"I am the man that hath seen affliction by the rod of his wrath. He hath led me, and brought me into darkness, but not into light. He hath builded against me, and compassed me with gall and travail. He hath set me in dark places, as they that be dead of old. He hath hedged me about, that I cannot get out: he hath made my chain heavy. Also when I cry and shout, he shutteth out my prayer. He hath also broken my teeth with gravel stones, he hath covered me with ashes. Remembering mine affliction and my misery, the wormwood and the gall." Lam. 3:1, 2, 5-8, 16,19

O MOST loving Father, who willest us to give thanks for all things, to dread nothing but the loss of thee, and to cast all our care on thee, who carest for us; Preserve us from faithless fears and worldly anxieties, and grant that no clouds of this mortal life may hide from us the light of that love which is immortal, and which thou has manifested unto us in thy Son, Jesus Christ, our Lord. Amen. BCP, page 596



X. Jesus is stripped of his garments (scriptural)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

"Then the soldiers, when they had crucified Jesus, took his garments, and made four parts, to every soldier a part; and also his coat: now the coat was without seam, woven from the top throughout. They said therefore among themselves, 'Let us not rend it, but cast lots for it, whose it shall be': that the scripture might be fulfilled, which saith, 'They parted my raiment among them, and for my vesture they did cast lots.' These things therefore the soldiers did." John 19:23-24

O LORD God, whose blessed Son, our Savior, gave his back to the smiters and hid not his face from shame; Grant us grace to take joyfully the sufferings of the present time, in full assurance of the glory that shall be revealed; through the same Jesus Christ our Lord. Amen. BCP, page 144

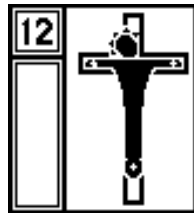


XI. Jesus is nailed to the cross (scriptural)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

"And they bring him unto the place Golgotha, which is, being interpreted, The place of a skull. And they gave him to drink wine mingled with myrrh: but he received it not. And when they had crucified him, they parted his garments. And with him they crucify two thieves; the one on his right hand, and the other on his left. And the scripture was fulfilled, which saith, 'And he was numbered with the transgressors.'" Mark 15:22-24a,27,28

O GOD, who sparest when we deserve punishment, and in thy wrath rememberest mercy; We humbly beseech thee, of thy goodness, to comfort and succour all prisoners, especially those who are condemned to die. Give them a right understanding of themselves, and of thy promises; that, trusting wholly in thy mercy, they may not place their confidence anywhere but in thee. Relieve the distressed, protect the innocent, awaken the guilty; and forasmuch as thou alone bringest light out of darkness, and good out of evil, grant to these thy servants, that by the power of thy Holy Spirit they may be set free from the chains of sin, and may be brought to newness of life; through Jesus Christ our Lord. Amen. BCP, page 46



XII. Jesus dies on the cross (scriptural)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

"And when the sixth hour was come, there was darkness over the whole land until the ninth hour. And at the ninth hour Jesus cried with a loud voice, saying, 'Eloi, Eloi, lama sabachthani?' which is, being interpreted, 'My God, my God, why hast thou forsaken me?' And some of them that stood by, when they heard it, said, 'Behold, he calleth Elias.' And one ran and filled a sponge full of vinegar, and put it on a reed, and gave him to drink, saying, 'Let alone; let us see whether Elias will come to take him down.' And Jesus cried with a loud voice, and gave up the ghost." Mark 15:33-37

ALMIGHTY and everlasting God, who, of thy tender love towards mankind, hast sent thy Son, our Saviour Jesus Christ, to take upon him our flesh, and to suffer death

upon the cross, that all mankind should follow the example of his great humility; Mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen. BCP, page 134



XIII. Jesus is taken down from the cross (scriptural)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

"Mine eyes do fail with tears, my bowels are troubled, my liver is poured upon the earth, for the destruction of the daughter of my people; because the children and sucklings swoon in the streets of the city. They say to their mothers, Where is corn and wine? When they swooned as the wounded in the streets of the city, when their soul was poured out into their mother's bosom." Lamentations 2:11-12

O LORD Jesus Christ, who by thy death didst take away the sting of death: Grant unto us thy servants so to follow in faith where thou hast led the way, that we may at length fall asleep peacefully in thee, and wake up after thy likeness; through thy mercy, who livest with the Father and the Holy Ghost, one God, world without end. Amen. BCP, page 336



XIV. Jesus is laid in the tomb (scriptural)

We adore thee, O Christ, and we bless thee.
Because by thy Holy Cross thou hast redeemed the world.

"When the even was come, there came a rich man of Arimathaea, named Joseph, who also himself was Jesus' disciple: He went to Pilate, and begged the body of Jesus. Then Pilate commanded the body to be delivered. And when Joseph had taken the body, he wrapped it in a clean linen cloth, And laid it in his own new tomb, which he had hewn out in the rock: and he rolled a great stone to the door of the sepulchre, and departed." - Matthew 27:57-60

GRANT, O Lord, that as we are baptized into the death of thy blessed Son, our Saviour Jesus Christ, so by continual mortifying our corrupt affections we may be buried with him; and that through the grave, and gate of death, we may pass to our joyful resurrection; for his merits, who died, and was buried, and rose again for us, the same thy Son Jesus Christ our Lord. Amen. BCP, page 161

STATIONS OF THE CROSS A LENTEN EXERCISE

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(Note: The biblical passages of this work are from the Authorized - King James - Version, and the prayers are from the 1928 Book of Common Prayer.)

The Stations of the Cross can be used weekly on Fridays throughout the whole of the Church seasons, as it is the day on which we remember our Lord's Crucifixion.

However, it is especially poignant during the Lenten season, and when used daily throughout Lent can be a powerful aid to the user's spiritual growth in Grace during this most holy season.

With that in mind, a unique and daily Lenten regimen is added, as follows (Note: this approach can be used as a six week experience at any time throughout the year, also):

First, on a daily basis, (1) read the narratives, (2) reflect and meditate on them, and (3) pray the prayers. Then, also add the following devotional work for a week's period of time, as noted below:

The First Week of Lent

Compare the passages of scripture (which are the Authorized, or King James, Version) with those of the Revised Standard Version.

Second Week of Lent

For the scriptural lessons noted from the gospels, try to find the parallel passages in the other gospels, and note the differences you find. Use an annotated Bible.

Third Week of Lent

Look up the prayers (all are from the 1928 Book of Common Prayer) and note in what context they are found - with what lessons, in what rite, etcetera. Do two prayers a day.

Fourth (Rose Sunday) Week of Lent

Focus on how each station's happenings reflect God's love.

Passiontide Week

Focus on how each station's happenings reflect the 7 deadly sins (one each day) - Pride, Greed, Lust, Envy, Gluttony, Anger, Sloth.

Holy Week

Focus on how each station's happenings reflect the 7 virtues (one each day) - Faith, Hope, Charity, Justice, Prudence, Temperance, Fortitude.

Throughout this most holy season, may our minds be raised from things on earth, and may we be renewed, strengthened, and rewarded with manifold blessings from God - all for His greater glory

Bishop David McMannes