

**Opening Prayer:**

Dear Jesus,

what have we done to deserve so much of your love. You gave yourself totally to us and died on a cross because you love us. Through our sufferings within our family life, help us to come closer to you. We offer you this prayer by reflecting on the Stations of the Cross and specially praying for our family and all families around the world.

Mother Mary,

please hold our hand and take us with you, in the manner you followed Jesus on the way to the cross.

**1<sup>st</sup> Station – Jesus is Condemned to Death**

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Matthew chapter 26 vs 66:

**“What is your judgment?” They answered, “He deserves death.”.**

Reflection:

Jesus, though He was innocent, was falsely accused and unjustly judged. Yet, He trusted in His heavenly Father to rescue Him from the designs of the wicked. Let us imitate Jesus’ faith in God.

*Family Prayer:*

Dear Lord, many times in families, parents are misunderstood by children and children are misunderstood by parents. Husbands and wives misjudge each other; siblings falsely accuse each other. When we are falsely accused, dear Lord, give us the strength to bear the injustice with patience as our way of following You, on the way to the cross. We love you, Jesus.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

***O Jesus Crucified - for us you suffered - for us you died - On the Cross***

**2nd Station - Jesus Accepts His Cross**

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From John chapter 19 vs 17

**Jesus was led away, carrying the cross by himself. (Jn 19:17)**

Reflection:

Just as Jesus embraced the cross out of love for us so we must put up with the trials and contradictions we meet in following Him. Thus our individual cross can become a means of salvation for us.

*Family Prayer:*

When we are faced with a pressing family problem, like a seriously sick child or the loss of a job, we question, “Why me, God?” or “Why us?”. Help us like Jesus to accept the cross with love and bear our trials as a prayer for the salvation of souls. We love you God.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

***O Jesus Crucified - for us you suffered - for us you died - on the cross***

### 3rd Station - Jesus Falls the First Time

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Hebrews chapter 13 vs 12

**Jesus suffered outside the gate to sanctify his people with his blood.**

Reflection:

Jesus, our Lord, fell beneath the weight of His heavy cross. He knows we need His help when we stumble and fall in following Him. When we turn to Him in our distress, He will not fail to come to our aid.

*Family Prayer:*

Jesus, you took our human nature to know what it means to fall when one is weak. There are times among family members, that we just cannot bear the mistakes of others. That's the time Lord, we fall by giving in to our anger and pride. Yet we know Lord that with your help we are able to make peace and love again. We love you Jesus.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

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### 4th Station - Jesus Meets His Mother

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Isaiah chapter 51 vs 3

**For the Lord will comfort Zion; He will comfort all her waste places.**

Reflection:

How Mary must have grieved to see her Son, Jesus, being led to crucifixion. Our Lady shared the pain with her son, and so she also shares in His triumph over death. Our Savior gives us this same opportunity.

*Family Prayer:*

Mother Mary, only a mother could feel a glimpse of your sorrow that you carried in your heart, as you followed Jesus on the way to the cross. Please give our mothers the grace to have that trust in God, when things go wrong and they have to watch their children or husbands in pain. May all mothers surrender their loved ones totally to God, as you did with your agonizing son. We love you, Mother Mary.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

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### 5th Station - Simon of Cyrene Helps Jesus

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Matthew chapter 27 vs 32

**They meet a Cyrenean named Simon. This man they pressed into service to carry the cross.**

Reflection:

Christ's yoke is easy, and His burden light as Simon learned in helping Jesus. Though we naturally resist pain and hardship, we also will find that serving Christ will be a joy.

*Family Prayer:*

Jesus, we pray here for fathers of our families. Specially for those fathers who feel pressured to keep their difficult jobs going, in order to pay the bills, put food on the table, give a good education to their children and keep their families happy. Give our fathers the joy to know that by serving their families, they are serving Christ. We love you Jesus.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

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**6th Station - Veronica Wipes Jesus' Face**

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Matthew chapter 25 vs 40

**As often as you did it for one of my least brothers, you did it for me.**

*Reflection:*

Anything we can do for anyone, Our Lord counts as done for Him. To help those in pain or trouble is always an act pleasing to God, one that will not go without a reward.

*Family Prayer:*

Jesus, you rewarded Veronica with the imprint of your face. Imprint your face dear Lord in our hearts, so we together with our family will work among the suffering people in our communities. Specially the lonely, the sick, the disabled, the ones without a voice – the refugees, the aged and the unborn. We love you Jesus.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

***O Jesus Crucified - for us you suffered - for us you died - on the cross***

**7th Station - Jesus Falls a 2nd Time**

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Isaiah chapter 35 vs 3

**Strengthen the hands that are feeble, make firm the knees that are weak.**

*Reflection:*

Our Lord fell again under the weight of His cross. When we weaken, falter and fall, Our Saviour knows how hard our way is. He will strengthen us in sorrow, and come to help us. He will be our strength.

*Family Prayer:*

Dear Lord we pray for families who suffer the consequences of addictions. Alcohol, gambling, drugs, pornography, social websites and addiction for vanity have separated family members from each other. Lord, these families act like strangers at home and find it hard to get up again from their addiction. We hold them up to you Lord, and we know that with your blessings they can build their family relationships again. We love you Jesus.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

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## 8th Station - Jesus Speaks to the Women

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Luke chapter 23 vs 28

**Do not weep for me, but for yourselves and for your children.**

Reflection:

The heart of Jesus was full of pity for the sufferings His people were destined to undergo. So, too, does he have immense pity for us for whom He once suffered and died. Ask Him now to help you.

*Family Prayer:*

Dear Jesus, most probably the children of those women, were the church's early Christians who were persecuted for their faith. When we choose to follow you Jesus, we are persecuted in our schools, universities, work places, and even in our homes by family and friends. Non-believers make fun of us and ridicule us. When this happens Jesus, help us to remember to take up our cross and follow you to Calvary. We love you Jesus.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

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## 9th Station - Jesus Falls a 3rd Time

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Psalm 22 vs 12:

**Be not far from me for I am in distress; be near, for I have no one to help me.**

Reflection:

How frail at this stage is Christ in His human nature! Yet, He endured despite His weakness and failing strength. So must we carry on in spite of our infirmity and failings to do God's work.

*Family Prayer:*

Dear Lord, sometimes we feel so wretched and so weak with the burden of our sins, that we just don't have the strength or spirit to get up again. Help us then to remember you in that state, so weak and fallen by the burden of our sins. Give us the wisdom to know that it is in our utmost weakness, that we experience Your immense LOVE and MERCY for us. We love you Jesus.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

***O Jesus Crucified - for us you suffered - for us you died - on the cross***

## 10th Station - Jesus is Stripped of His Garments

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Mark chapter 15 vs 24:

**They divided up His garments by rolling dice for them to see what each should take.**

Reflection:

Just as Christ's clothing was taken away, so one day will we be separated from all the possessions given to us in life. Nothing we own belongs with us permanently, so we must each be generous with the gifts and talents God gives us.

*Family Prayer:*

Dear Jesus, we pray for the youth in our families. Please help them to know that all what is good in them belongs to God. Please help them to use their gifts and talents to work passionately for you. Bless them in their vocations. Help them to stand against the attacks on marriage and family life. Strip them of all vanities in the world that brings temporary pleasure to the body. Help them to build a whole new generation of zealous Christians. We Love you Jesus.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

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**11th Station - Jesus is Nailed to His Cross**

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Mark chapter 15 vs 27:

**With Him they crucified two insurgents, one at His right and one at His left.**

*Reflection:*

The soldiers nailed Christ to the cross so that he knew the pain and anguish of being unable to move hand or foot. In distress he cried out "My God, My God, why have you forsaken me?"

*Family Prayer:*

Dear God, we pray for those families in deep distress: Parents crying for their dying child in a hospital; children in distress watching their parents go through a divorce; parents who have lost their children for an addiction or in prison; children who have lost a parent for a mental illness; parents who have lost their unborn babies and families who have lost their loved one in war ... You know it all Lord.

When we cry in anguish, "My God, My God, why have you forsaken me?", help us to remember your agony on the cross. We love you Jesus.

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**12th Station - Christ Dies on the Cross**

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Mark chapter 15 vs 37:

**Then Jesus uttering a loud cry, breathed His last.**

*Reflection:*

When it comes to our turn to die, let us meet death as Jesus did, trusting in God for deliverance. Having suffered with Christ, and dying with Him, we shall rise to reign with Him forever.

*Family Prayer:*

Dear Lord, while our families choose to follow you on your way to the cross, we know that someday you will deliver us from the sufferings of this world. When that time of death comes close, please help us to remember that 'death' is only the entrance to our new life with you. Save us then from the distractions of the evil one, and help us to know that we are so close to experiencing your loving embrace. We love you Jesus.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

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**13th Station - Jesus is Taken Down from the Cross**

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Luke chapter 2 vs 35:

**And a sword will pierce through your own soul.**

Reflection:

Mary pondered on the words of Simeon... Christ's death is the final proof of His humanity. Unless He was human, he could not have died. Unless He was also God, His death would profit us nothing. "Ours were the sufferings He bore."

*Family Prayer:*

You gave yourself totally to us Jesus, and now your lifeless body lies in the hands of your sorrowful mother - Our Mother who bore the pain on behalf of us. As her heart agonised in sorrow, and as she held her son's dead body, we wonder .... what went on in her mind?

(Pause for a minute. Close your eyes and remember how Mary held her son's lifeless body in her arms).

As we look at her sorrowful eyes, Mary might say to us: "Here is my son who died FOR YOU". Mary our Mother, lead our families with your gentle hand towards Jesus. We love you Jesus and Mary.

*1 Our Father - 1 Hail Mary - 1 Glory Be ...*

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**14th Station - Jesus is Laid in the Tomb**

V. We adore you, O Christ, and we praise you;

R. Because by your holy cross you have redeemed the world.

From Mark chapter 15 vs 46:

**Joseph of Arimathea laid Him in a tomb, and rolled a stone across the entrance.**

Reflection:

Christ's lifeless body is laid to rest. The King of all universe, laid in a borrowed tomb.

*Family Prayer:*

"The King of all universe, laid in a borrowed tomb"! Even at that most sorrowful time – a mother's anguish was satisfied. Help us Lord as families to remain humble, even through the most sorrowful experiences. Help us to know and trust that God will take care of us. It is during the saddest times in our life – that we experience the love and care of family, friends and even strangers like Joseph of Arimathea. We love you God.

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