

A TRADITIONAL WAY OF THE CROSS



Immaculata South Africa

Indulgences attached to the devotion:

A plenary indulgence is granted to those who piously make the Way of the Cross. The gaining of the indulgence is regulated by the following rules:

1. Must be done before stations of the cross legitimately erected.
2. 14 stations are required. Although it is customary for the icons to represent pictures or images, 14 simple crosses will suffice.
3. The common practice consists of fourteen pious readings to which some vocal prayers are added.. However, nothing more is required than a pious meditation on the Passion and Death of the Lord, which need not be a particular consideration of the individual mysteries of the stations.
4. A movement from one station to the next is required. But if the stations are made publicly and it is not possible for everyone taking part to go from station to station, it suffices if at least the one conducting the exercise goes from station to station, the others remaining in their places.
5. Those who are "impeded" can gain the same indulgence if they spend at least one half an hour in pious reading and meditation on the Passion and Death of our Lord Jesus Christ.

In order to gain the plenary indulgence the individual must be detached from sin, go to confession, receive Holy Communion, and pray for the intentions of the Sovereign Pontiff.



THE WAY OF THE CROSS

INTRODUCTORY PRAYER

To be said kneeling before the altar

✠ Sign of the Cross ✠

O Jesus, our adorable Saviour, behold us prostrate at Thy feet, imploring Thy mercy for ourselves, and for the souls of all the faithful departed. Vouchsafe to apply to us the infinite merits of Thy passion, on which we are now about to meditate. Grant that while we trace this path of sighs and tears, our hearts may be so touched with contrition and repentance, that we may be ready to embrace with joy all the crosses, sufferings, and humiliations of this our life and pilgrimage.

℣. Thou shalt open my lips, O Lord.

℟. And my mouth shall show forth Thy praise.

℣. O God, come to my assistance.

℟. O Lord, make haste to help me.

℣. Glory be to the Father, and to the Son, and to the Holy Spirit.

℟. As it was, in the beginning, is now and ever shall be. World without end.
Amen



FIRST STATION
JESUS CHRIST CONDEMNED TO DEATH

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

Leaving the house of Caiphas, where He had been blasphemed and the house of Herod, where He had been mocked, Jesus is dragged before Pilate, His back torn with scourges, His head crowned with thorns; and He, who on the last day will judge the living and the dead, is Himself condemned to a disgraceful death.

Prayer

It was for us that Thou didst suffer, O blessed Jesus; it was for our sins Thou wast condemned to die. Oh, grant that we may detest them from the bottom of our hearts, and by this repentance obtain Thy mercy and pardon.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Stabat Mater dolorósa,
Juxta crucem lacrimósa
Dum pendébat Filius.

℟. Sancta Mater, instud agas,
Crucifixi fige plagas
Cordi meo válide.



SECOND STATION

JESUS RECEIVES THE CROSS

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

A heavy cross is laid upon the bruised shoulders of Jesus. He receives it with meekness, nay, with a secret joy, for it is the instrument with which He is to redeem the world.

Prayer

O Jesus! Grant us, by virtue of Thy cross, to embrace with meekness and cheerful submission the difficulties of our state, and to be ever ready to take up our cross and follow Thee.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Cujus ánimam geméntem,
Contristátam, et doléntem.
Pertransívit gládius.

℟. Sancta Mater, instud agas,
Crucifixi fige plagas
Cordi meo válide.



THIRD STATION

**JESUS FALLS THE FIRST TIME UNDER THE WEIGHT OF THE
CROSS**

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

Bowed down under the weight of the cross, Jesus slowly sets forth on the way to Calvary, amidst the mockeries and insults of the crowd. His agony in the garden has exhausted His body; He is sore with blows and wounds; His strength fails Him; He falls to the ground under the cross.

Prayer

O Jesus! Who for our sins didst bear the heavy burden of the cross, and fell under its weight, may the thoughts of Thy sufferings make us watchful over ourselves, and save us from any grievous fall into sin.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. O quam tristis et afflícta:	℟. Sancta Mater, instud agas,
Fuit illa benedícta	Crucifíxi fige plagas
Mater Unigéniti!	Cordi meo válide.



FOURTH STATION

JESUS IS MET BY HIS BLESSED MOTHER

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

Still burdened with His cross, and wounded yet more by His fall, Jesus proceeds on His way. He is met by his Mother. What a meeting must that have been! What a sword of anguish must have pierced that Mother's bosom! What must have been the compassion of that Son for His holy Mother!

Prayer

O Jesus! By the compassion which Thou didst feel for Thy Mother, have compassion on us, and give us a share in her intercession. O Mary, most afflicted Mother! Intercede for us that, through the sufferings of Thy Son, we may be delivered from the wrath to come.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Quæ moerébat,	℟. Sancta Mater, instud agas,
Pia Mater, dum vidébat,	Crucifixi fige plagas
Nati pænas íncltyti.	Cordi meo válide.



FIFTH STATION

THE CROSS IS LAID UPON SIMON OF CYRENE

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

As the strength of Jesus fails, and He is unable to proceed the executioners seize and compel Simon of Cyrene to carry His cross. The virtue of that cross changed his heart, and from a compulsory task it became a privilege and a joy.

Prayer

O Lord Jesus! May it be our privilege to also bear Thy cross; may we glory in nothing else; by it may the world be crucified unto us, and we unto the world; may we never shrink from sufferings, but rather rejoice if we may be counted worthy to suffer for Thy name's sake.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Quis est homo qui non fletet,	℟. Sancta Mater, instud agas,
Matrem Christi si vidéret	Crucifixi fige plagas
In tanto supplicio?	Cordi meo válide.



SIXTH STATION

THE FACE OF JESUS IS WIPED BY VERONICA

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

As Jesus proceeds on the way, covered with the sweat of death, a woman, moved with compassion, makes her way through the crowd and wipes His face with a handkerchief. As a reward of her piety, the impression of His sacred countenance is miraculously imprinted upon the handkerchief.

Prayer

O Jesus! May the contemplation of Thy sufferings move us with the deepest compassion, make us to hate our sins, and kindle in our hearts more fervent love to Thee. My Thy image be graven on our minds, until we are transformed into Thy likeness.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Quis non posset contristári,	℟. Sancta Mater, instud agas,
Christi Matrem contemplári	Crucifixi fige plagas
Doléntem cum Filio?	Cordi meo válide.



SEVENTH STATION

JESUS FALLS A SECOND TIME

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

The pain of His wounds and the loss of blood increasing at every step of His way, again His strength fails Him, and Jesus falls to the ground a second time.

Prayer

O Jesus! Falling again under the burden of our sins, and of Thy sufferings for our sins, how often have we grieved Thee by our repeated falls into sin! Oh, may we rather die than ever offend Thee again!

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Pro peccátiis suæ gentis,	℟. Sancta Mater, instud agas,
Vidit Jesus in torméntis,	Crucifixi fige plagas
Et flagéllis súbditum.	Cordi meo válide.



EIGHTH STATION

THE WOMEN OF JERUSALEM MOURN FOR OUR LORD

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

At the sight of the sufferings of Jesus some holy women in the crowd were so touched with sympathy that they openly bewailed and lamented Him. Jesus knowing the things that were to come to pass upon Jerusalem because of their rejection of Him, turned to them and said: “Daughters of Jerusalem, weep not for Me, but weep for yourselves and your children.”

Prayer

O Lord Jesus! We mourn, and will mourn, both for Thee and for ourselves; for Thy sufferings and for our sins which caused them. Oh, teach us so to mourn, that we may be comforted, and escape those dreadful judgements prepared for all who reject or neglect Thee in this life.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Vidit suum dulcem Natum	℟. Sancta Mater, instud agas,
Moriéndo desolátum,	Crucifixi fige plagas
Dum emísit spiritum.	Cordi meo válide.



NINTH STATION

JESUS FALLS THE THIRD TIME UNDER THE CROSS

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

Jesus had now arrived almost at the summit of Calvary; but before He reached the spot where He was to be crucified, his strength again fails Him, and He falls the third time, to be again dragged and goaded onward by the brutal soldiers.

Prayer

O Lord Jesus! We entreat Thee, by the merits of this Thy third most painful fall, to pardon our frequent relapses and our long continuance in sin; and may the thought of these Thy sufferings make us to hate our sins more and more.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Eia, Mater, fons amóris
Me sentíre vim dolóris
Fac, ut tecum lúgeam.

℟. Sancta Mater, instud agas,
Crucifíxi fige plagas
Cordi meo válide.



TENTH STATION

JESUS IS STRIPPED OF HIS GARMENTS

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

Arrived at last at the place of sacrifice, they prepare to crucify Him. His garments are torn from His bleeding body, and He, the Holy of Holies, stands exposed to vulgar gaze of the rude and scoffing multitude.

Prayer

O Lord Jesus, Thou didst endure this shame for our most shameful deeds. Strip us, we beseech Thee, of all false shame, conceit, and pride, and make us so humble ourselves voluntarily in this life, that we may escape everlasting ignominy in the world to come.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Fac, ut árdeat cor meum	℟. Sancta Mater, instud agas,
In amándo Christum Deum	Crucifixi fige plagas
Ut sibi compláceam.	Cordi meo válide.



ELEVENTH STATION

JESUS IS NAILED TO THE CROSS

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

The cross is laid upon the ground, and Jesus is stretched upon His bed of death. At one and the same time He offers His bruised limbs to His Heavenly Father on behalf of sinful man, and to His fierce executioners to be nailed by them to the disgraceful wood. The blows are struck! The blood gushes forth!

Prayer

O Jesus, nailed to the cross, fasten our hearts there also, that they may be united to Thee until death shall strike us with its fatal blow, and with our last breath we shall have yielded up our souls to Thee.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Sancta Mater, instud agas,	℟. Sancta Mater, instud agas,
Crucifixi fige plagas	Crucifixi fige plagas
Cordi meo válide.	Cordi meo válide.



TWELTH STATION
JESUS DIES UPON THE CROSS

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

For three hours has Jesus hung upon His transfigured hands; His blood has run in streams down His body, and bedewed the ground; and, in the midst of excruciating sufferings, He has pardoned His murderers, promised the bliss of paradise to the good thief, and committed His blessed Mother and beloved disciple to each other's care. All is now consummated; and meekly bowing down His head, He gives up the spirit.

Prayer

O Jesus! We devoutly embrace that honoured cross where Thou didst love us even unto death. In that death we place all our confidence. Henceforth let us live only for Thee; and in dying for Thee, let us die loving Thee, and in Thy sacred arms.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Tui Nati vulneráti,	℟. Sancta Mater, instud agas,
Tam dignáti pro me pati,	Crucifíxi fige plagas
Pænas mecum dívide.	Cordi meo válide.



THIRTEENTH STATION

JESUS IS LAID IN THE ARMS OF HIS BLESSED MOTHER

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

The multitude have left the heights of Calvary, and none remain save the beloved disciple and the holy women, who, at the foot of the cross, are striving to stem the grief of Christ's inconsolable Mother. Joseph of Arimathea and Nicodemus take down the body of her Divine Son from the cross and deposit it in her arms.

Prayer

O thou, whose grief was boundless as an ocean that hath no limits, Mary Mother of God, give us a share in thy most holy sorrow in the sufferings of thy Son, and have compassion on our infirmities. Accept us as thy children with the beloved disciple. Show thyself a mother unto us; and may He, through thee, receive our prayer, who for us vouchsafed to be thy Son.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Fac me tecum pie flere,	℟. Sancta Mater, instud agas,
Crucifixo condolére,	Crucifíxi fige plagas
Donec ego víxero.	Cordi meo válide.



FOURTEENTH STATION

JESUS IS LAID IN THE SEPULCHRE

℣. We adore Thee, O Christ, and we bless Thee.

℟. Because by Thy holy cross Thou hast redeemed the world.

Meditation

The body of dearly beloved Son is taken from His Mother, and laid by the disciples in the tomb. The tomb is closed, and there the lifeless body remains until the hour of its glorious resurrection.

Prayer

We, too, O God, will descend into the grave whenever it shall please Thee, as it shall please Thee, and wheresoever it shall please Thee. Let Thy just decrees be fulfilled; let our sinful bodies return to their parent dust, but do Thou, in Thy great mercy, receive our immortal souls, and when our bodies have risen again, place them likewise in Thy kingdom that we may love and bless Thee for ever and ever R. Amen.

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. Oh, may we love Thee without ceasing, and make it our delight to do in all things Thy most holy will.

Our Father – Hail Mary – Glory be to the Father.

℣. Have mercy on us, O Lord. ℟. Have mercy on us.

℣. May the souls of the faithful departed, through the mercy of God rest in peace. ℟. Amen.

℣. Juxta Crucem tecum stare,	℟. Sancta Mater, instud agas,
Et me tibi sociare	Crucifixi fige plagas
In planctu desidero.	Cordi meo valide.



CLOSING PRAYERS

℣. We pray for the intentions of the Sovereign Pontiff

℟. Our Father – Hail Mary – Glory be to the Father.

Prayer for the Sovereign Pontiff

Almighty and everlasting God, have mercy upon Thy servant, N, our Sovereign Pontiff and direct him according to Thy clemency into the way of everlasting salvation: that, by Thy grace, he may desire those things which are pleasing to Thee, and accomplish them with all his strength. Amen

✠ Sign of the Cross ✠

