



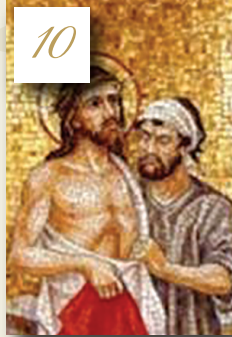
JESUS FALLS A THIRD TIME

The hand of Jesus scarcely has strength to lift him from the ground, yet he rises again and continues on his way.

Lord, I am weak and helpless without you, but you give me your strength and I will move mountains.

For the times I have lost heart and been tempted to give up.

Lord have mercy.



JESUS IS STRIPPED OF HIS GARMENTS

The soldiers strip Jesus of his garments and throw dice for his robe.

We worry about our life and what we are to eat, about our body and how we are to clothe it. But life means more than food, and the body more than its clothing. You humbled yourself to become like us: may we become more like you.

For the times I have set my heart on this world rather than on you.

Lord have mercy.



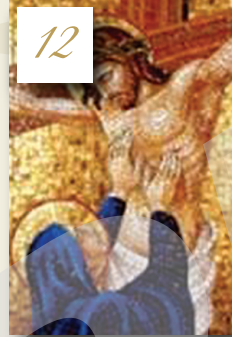
JESUS IS NAILED TO THE CROSS

The nails are hammered with a noise that echoes throughout the universe.

There are many who are 'nailed' as it were to their crosses of sickness, pain and suffering. It is this reality that Jesus shares as he remains nailed to the cross. It is in this suffering that he calls us to also transform others, by giving hope, giving our time, by sharing with those in need. Only love can give heart to our wounded sisters and brothers.

For my fear to suffer in the cause of right

Lord have mercy.



JESUS DIES ON THE CROSS

Father, into your hands I entrust my spirit

Lord, you died as you lived with a heart close to the Father and open to everyone. Soften our hearts towards those who make life difficult for us. Safe us from self-pity and despair.

For my sins and the sins of the whole world.

Lord have mercy.



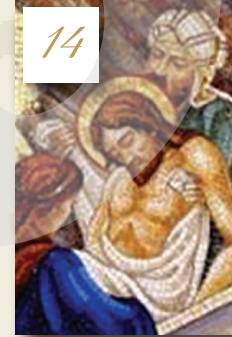
JESUS IS TAKEN FROM THE CROSS

Mary stood by the cross of Jesus when others had deserted him and run away. Now she receives his body into her loving arms.

Lord, on the cross you gave us Mary your mother to be our mother too. May she love and protect us now and at the hour of our death.

For the times I have failed in love.

Lord have mercy.



JESUS IS LAID IN THE TOMB

At rest in the tomb, Jesus awaits his resurrection, when the wounds of pain will be transformed into the wounds of glory.

Lord, the ordeal is over, the victory is won. Remember me when you come into your kingdom.

For the times I have feared death and forgotten the resurrection.

Lord have mercy.

The Way of the Cross



The Way of the Cross is a truly pilgrim way, a journey in faith with Jesus into the mystery of God's love for us.

Jesus did not take up the Cross in order to show us how to die, but to help us discover how to live.

As we mediate on this journey, let us become for others a sign of hope in our world, community and homes.

We adore you, O Christ and we bless you, because by your cross you have redeemed the world.



1

JESUS IS CONDEMNED TO DEATH

Pilate washes his hands in front of the crowd.

'I am innocent of this man's blood.'

Then he hands over Jesus to be crucified.

Lord, I am like that every time I fail to do what is right or allow injustice to happen or blame others for my failures.

For the times I have washed my hands of my responsibilities.

Lord have mercy.



3

JESUS FALLS FOR THE FIRST TIME

Jesus' foot slips on the rough cobbled street and he falls heavily to the ground, crushed beneath the weight of the cross.

There are times Lord, when I cannot hide my weakness. Give me some of your courage to accept the limitations in my life. May your raising again give me strength to rise too from my falls.

For the times I have fallen or caused others to fall.

Lord have mercy.



5

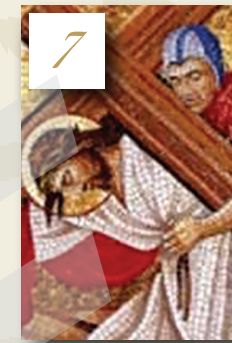
SIMON HELPS JESUS CARRY THE CROSS

The strong hand of Simon takes some of the burden of the cross and eases the weight on the shoulders of Jesus.

Each of us is thrown into unexpected situations in life. At times we too have to upset our plans when we come across someone who needs our help. May we never be so busy, so wrapped up in ourselves what we have no time for others.

For the times I have done nothing to ease the burdens of others.

Lord have mercy.



7

JESUS FALLS A SECOND TIME

Once again Jesus loses his footing and falls full length upon the hard, unyielding street.

Lord, you know that my heart can be as hard and unyielding as the street on which you fall. May your example teach us to be understanding to others, to help rather than to judge, to support rather than to condemn.

For the times I have hardened my heart to others.

Lord have mercy.



2

JESUS TAKES UP THE CROSS

The hands of Jesus grasp the cross as he takes upon himself my sins and the sins of the world.

Lord it is for love of me that you take up the cross and place it upon your bruised shoulder.

For the times I have burdened others with my selfishness.

Lord have mercy.



4

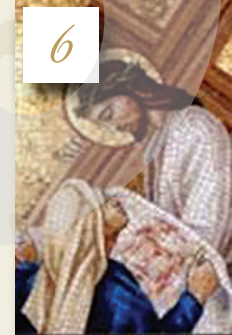
JESUS MEETS HIS MOTHER

Mary, the mother of Jesus, meets her son on his journey and suffers with him for our salvation.

We are grateful for the caring look you give to each of us, no matter who we are or what we have done. Lord, help us to help our families and friends, just by being there, by being available, by keeping in touch, by turning up in times of trouble.

For the times I have been indifferent to the sufferings of others.

Lord have mercy.



6

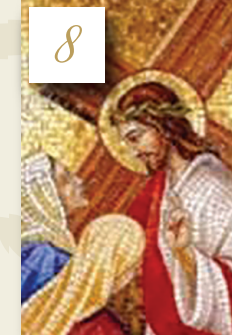
VERONICA WIPES THE FACE OF JESUS

Veronica saw your face Lord, and your face left an impression.

Lord, your face is the face of the sick in hospital, the old or lonely at home, the neglected person on our streets. Your face is around us, Lord, if only we look.

For the times I have failed to see you in the sufferings of others.

Lord have mercy.



8

JESUS MEETS THE WOMEN OF JERUSALEM

As they weep for Jesus, he says; 'weep rather for yourselves.'

For that moment Jesus pauses to talk to them. How often do we say, 'I have no time'.

Yet, time is really all we have. Time is your gift, but we can waste it. When it is past, we cannot replace it. Lord, we so often weep about our past, but we can not change it, but we can do a great deal about the future.

For the times that I have let pass in my life.

Lord have mercy.