

St. Joseph the Worker Parish

STATIONS OF THE CROSS

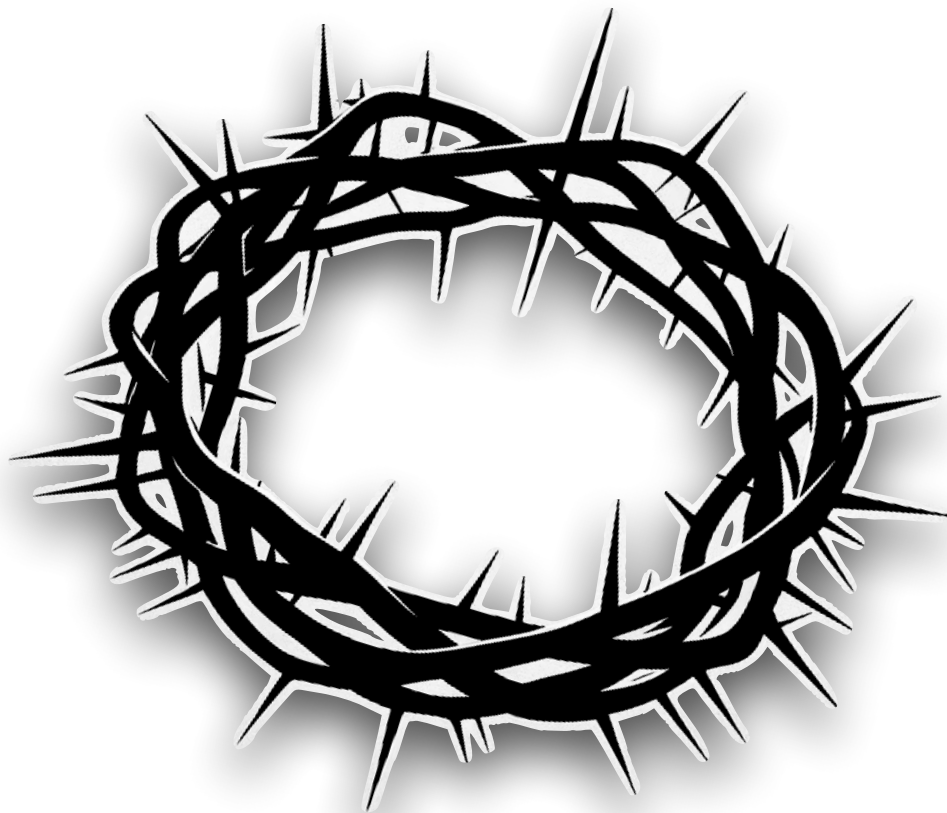


Walking with Christ, Prince of Peace

PREPARATION

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, Whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour, Jesus Christ, suffered and died for us. In His name, my God, have mercy. Amen.



PROFESSION OF FAITH

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation,
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake, he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.
Amen.

**At the Cross, her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.**



THE FIRST STATION

JESUS IS CONDEMNED TO DEATH

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

*“He was oppressed and afflicted, yet he did not open his mouth.”
(Isaiah 53:7)*

Meditation:

Jesus stands silent before injustice.

False accusations, fear, and hatred condemn Him.

The Prince of Peace is rejected by a world that prefers violence to truth.

Prayer:

Jesus, condemned though innocent, teach me to seek peace even when misunderstood. Free my heart from resentment and revenge. May I never contribute to injustice through silence or fear. Grant me Your peace. Amen.

Our Father... Hail Mary... Glory Be...

**Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed!**

THE SECOND STATION

JESUS CARRIES HIS CROSS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

“Whoever does not take up their cross and follow me is not worthy of me.” (Matthew 10:38)

Meditation:

Jesus accepts the Cross freely.

He carries not only wood and weight, but the brokenness of humanity and the absence of peace in the world.

Prayer:

Lord Jesus, when the burdens of life disturb my peace, teach me to carry them with trust and love.

Help me unite my struggles with Yours so that Your peace may grow within me and around me. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**O how sad and sore distressed,
Was that Mother highly blessed,
Of the sole-begotten One.**

THE THIRD STATION

JESUS FALLS THE FIRST TIME

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

“The Lord upholds all who are falling.” (Psalm 145:14)

Meditation:

Jesus falls under the weight of the Cross.

Violence and exhaustion bring Him to the ground.

Yet He rises, choosing peace over despair.

Prayer:

Jesus, when I fall into discouragement, anger, or sin, raise me up again. Heal what breaks my inner peace and help me begin anew with humility and hope. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**Christ above in torment hangs,
She beneath behold the pangs,
Of her dying, glorious Son.**

THE FOURTH STATION

JESUS MEETS HIS SORROWFUL MOTHER

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

"A sword will pierce your own soul too." (Luke 2:35)

Meditation:

Mary and Jesus exchange a silent gaze. No words are needed. Their shared suffering is marked by trust and deep peace in God's will.

Prayer:

Jesus and Mary, bring peace to families marked by pain, misunderstanding, and separation. Teach us to remain united in love, even when words fail, and hearts are wounded. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?**

THE FIFTH STATION

SIMON OF CYRENE HELPS JESUS TO CARRY THE CROSS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

"They compelled Simon of Cyrene to carry his cross."

(Mark 15:21)

Meditation:

Simon is forced to help, yet his act becomes a moment of grace.

Peace is born when one person helps another carry the burden.

Prayer:

Lord Jesus, open my eyes to those who suffer beside me.

Make me an instrument of peace through compassion, service, and concrete love. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**Can the human heart refrain,
From partaking in her pain,
In that Mother's pain untold?**

THE SIXTH STATION

VERONICA WIPES THE FACE OF JESUS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

“Come to me... and I will give you rest.” (Matthew 11:28)

Meditation:

Veronica steps forward with courage and tenderness.

A small gesture restores dignity and brings consolation.

Peace often begins with simple acts of mercy.

Prayer:

Jesus, help me recognize Your face in the wounded, the poor, and the forgotten. May my actions restore peace and dignity wherever they are lost. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.**

THE SEVENTH STATION

JESUS FALLS THE SECOND TIME

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

“My strength fails because of my affliction.” (Psalm 31:10)

Meditation:

Jesus falls again.

Violence continues, yet He does not respond with hatred.

True peace is perseverance in love.

Prayer:

Lord Jesus, when I grow weary in doing good, give me the strength to persevere in peace. Keep my heart faithful to Your love. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**For the sins of His own nation,
Saw Him hang in desolation,
Till His spirit forth He sent.**

THE EIGHTH STATION

JESUS MEETS THE WOMEN OF JERUSALEM

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

*“Do not weep for me, but weep for yourselves and your children.”
(Luke 23:28)*

Meditation:

Jesus calls for conversion of heart.

Lasting peace begins with repentance and truth.

Prayer:

Jesus, convert my heart. Heal the roots of violence, selfishness, and division within me. Make me a builder of peace for future generations. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**O thou Mother! Font of love,
Touch my spirit from above,
Make my heart with yours accord.**

THE NINTH STATION

JESUS FALLS THE THIRD TIME

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

“My soul is weary with sorrow.” (Psalm 119:28)

Meditation:

Utter exhaustion overwhelms Jesus. Still, He rises. Peace is not the absence of suffering, but fidelity in love until the end.

Prayer:

Lord Jesus, when I feel overwhelmed by life, help me trust in Your strength. Let Your peace sustain me when mine is gone. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**Make me feel as You have felt;
Make my soul to glow and melt,
With the love of Christ my Lord.**

THE TENTH STATION

JESUS IS STRIPPED OF HIS GARMENTS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

"They divided my garments among them." (John 19:24)

Meditation:

Jesus is stripped of dignity and comfort.

Yet nothing can take away His love.

Peace is rooted in who we are before God, not in what we possess.

Prayer:

Jesus, free me from attachment to power, image, and possessions.

Clothe my heart with humility and peace. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**Holy Mother! Pierce me through,
In my heart each wound renew,
Of my Saviour crucified.**

THE ELEVENTH STATION

JESUS IS NAILED TO THE CROSS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

“They have pierced my hands and my feet.” (Psalm 22:16)

Meditation:

Violence reaches its peak. Yet Jesus forgives.

From the Cross, peace flows into the world.

Prayer:

Crucified Lord, teach me to forgive those who hurt me.

Break the cycle of hatred and revenge.

Let Your peace reign in my heart. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**Let me share with you His pain,
Who for all my sins was slain,
Who for me in torment died.**

THE TWELFTH STATION

JESUS IS RAISED UPON THE CROSS AND DIES

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

“Father, into your hands I commend my spirit.” (Luke 23:46)

Meditation:

Jesus gives His life completely. From His sacrifice is born reconciliation between heaven and earth.

Prayer:

Jesus, by Your death, reconcile the world to the Father.

Grant peace to those suffering from war, violence, and injustice.

May Your Cross be our hope. Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**Let me mingle tears with Thee,
Mourning Him who mourned for me,
All the days that I may live.**

THE THIRTEENTH STATION

JESUS IS TAKEN DOWN FROM THE CROSS

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

"They took the body of Jesus." (John 19:38)

Meditation:

Mary receives her Son in silence.

Grief is embraced with faith.

Peace is entrusted to God beyond understanding.

Prayer:

Mary, Mother of Sorrows, console all who mourn.

Teach us to trust in God's promise when peace seems absent.

Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**By the cross with You to stay;
There with You to weep and pray,
Is all I ask of You to give.**

THE FOURTEENTH STATION

JESUS IS LAID IN THE SEPULCHRE

Priest: We adore You, O Christ, and we bless You.

People: Because by Your Holy Cross, You have redeemed the world.

“They laid him in a tomb cut in stone, where no one had ever yet been laid.” (Luke 23:53)

Meditation:

Silence fills the tomb. Hope waits in darkness.

Peace rests in the promise of resurrection.

Prayer:

Lord Jesus, when all seems lost, teach me to trust in Your victory.

May Your resurrection be the foundation of true and lasting peace.

Amen.

OUR FATHER... HAIL MARY... GLORY BE...

**Virgin of all Virgins best!
Listen to my fond request;
Let me share your grief divine.**

CONCLUDING PRAYER

Lord Jesus Christ, You walked the way of the Cross to bring peace to a wounded world.

Make us instruments of Your peace: in our hearts, in our families, in our communities, and among all nations. Amen.

PRAYER TO JESUS CRUCIFIED

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul, I pray and beseech You that You would impress upon my heart lively sentiments of Faith, Hope and Charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul, I ponder within myself and mentally contemplate Your five wounds, having before my eyes the words which David the prophet put on Your lips concerning You: "They have pierced My hands and My feet, they have numbered all My bones."

For the intention of the Holy Father,
OUR FATHER... HAIL MARY... GLORY BE...



**"IF ANY WANT TO BECOME MY FOLLOWERS, LET THEM DENY THEMSELVES
AND TAKE UP THEIR CROSS AND FOLLOW ME."**

MT 16:24