

The Way of the Cross



A journey of Contemplative Prayer on Christ's Passion



The Way of the Cross

The following Stations of the Cross are based on those celebrated by Pope John Paul II on Good Friday 1991. They are presented here as an alternative to the traditional stations and as a way of reflecting more deeply on the Scriptural accounts of Christ's passion.

While the Stations of the Cross reflections are often done in community, they can be, and are, used for personal reflection and prayer. This pamphlet has been adapted to suit individual contemplation.

In your contemplation and prayer, ask God to use the prints of artists' depictions of Christ along the Via Delorosa, the Way of Suffering, to reveal greater understanding of Christ's journey on our behalf. A stanza from a song or poem is also offered to focus your contemplation.

The display in the Fort Langley Evangelical Free Church Sanctuary are on loan from local artist and congregant Doris Hutton Auxier and were prepared as a university art project in 2009 by Alysha Creighton with construction assistance by Alex Pichler.



Opening Prayer

*Take time to prepare your heart.
Consider the following prayer as a guide:*

God of power and mercy, in love you sent your Son that we might be cleansed of sin and live with you forever.

As I reflect on his suffering and death, help me learn from
Christ's example the way I should go.
I ask this in the name of that same Christ, our Lord. Amen.



Station I
Jesus in the Garden of Gethsemane
Agony in the Garden, Marco San Martino, n.d.

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak."

Matthew 25:36-41

Reflection

THERE IN THE GARDEN OF TEARS, MY HEAVY LOAD HE CHOSE TO BEAR
HIS HEART WITH SORROW WAS TORN
"YET NOT MY WILL, BUT YOURS," HE SAID
THIS IS OUR GOD, THE SERVANT KING HE CALLS US NOW TO FOLLOW HIM
TO BRING OUR LIVES AS A DAILY OFFERING
OF WORSHIP TO THE SERVANT KING.

Prayer

Lord, grant me your strength and wisdom, that I may seek to follow your will in all things.
Lord Jesus, help me to walk in your ways.



Station II
Jesus, Betrayed by Judas, is Arrested
Taking of Christ in the Garden, Caravaggio, c. 1630s

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading:

Then, while Jesus was still speaking, Judas, one of the Twelve, arrived, accompanied by a crowd with swords and clubs, who had come from the chief priests, the scribes, and the elders. His betrayer had arranged a signal with them, saying, "the man I shall kiss is the one; arrest him and lead him away securely." He came and immediately went over to him and said, "Rabbi." And he kissed him. At this they laid hands on him and arrested him.

Mark 14: 43-46

Reflection

CREATE IN ME A CLEAN HEART, O GOD
AND RENEW A RIGHT SPIRIT WITHIN ME.
CAST ME NOT AWAY FROM YOUR PRESENCE, O LORD,
AND TAKE NOT YOUR HOLY SPIRIT FROM ME
RESTORE UNTO ME THE JOY OF YOUR SALVATION
AND RENEW A RIGHT SPIRIT WITHIN ME.

Prayer

Lord, grant me the courage of my convictions
that my life may faithfully reflect the good news you bring.
Lord Jesus, help me to walk in your ways.



Station III
Jesus is Condemned by the Sanhedrin
Christ before Ciaphas, Paolo Zoppo, n.d.

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

When day came the council of elders of the people met, both chief priests and scribes, and they brought him before their Sanhedrin. They said, "If you are the Messiah, tell us," but he replied to them, "If I tell you, you will not believe, and if I question, you will not respond. But from this time on the Son of Man will be seated at the right hand of the power of God." They all asked, "Are you then the Son of God?" He replied to them, "You say that I am." Then they said, "What further need have we for testimony? We have heard it from his own mouth."

Luke 22: 66-71

Reflection

WHAT THOU, MY LORD, HAST SUFFERED
WAS ALL FOR SINNERS' GAIN
MINE, MINE WAS THE TRANSGRESSION
BUT THINE THE DEADLY PAIN.

LO, HERE I FALL, MY SAVIOUR; 'TIS I DESERVE THY PLACE
LOOK ON ME WITH THY FAVOUR, ASSIST ME WITH THY GRACE.

Prayer

Lord, grant me your sense of righteousness that I may never cease to work to bring about the justice of the kingdom that you promised.
Lord Jesus, help me to walk in your ways.



Station IV
Jesus is Denied by Peter
The Denial of St. Peter, Gerrit van Honthorst, 1620-5

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading:

Now Peter was sitting outside in the courtyard. One of the maids came over to him and said, "You too were with Jesus the Galilean." But he denied it in front of everyone, saying, "I do not know what you are talking about!" As he went out to the gate, another girl saw him and said to those who were there, "This man was with Jesus the Nazarene." Again he denied it with an oath, "I do not know the man!" A little later the bystanders came over and said to Peter, "Surely you too are one of them; even your speech gives you away." At that he began to curse and to swear, "I do not know the man." And immediately a cock crowed. Then Peter remembered the word that Jesus had spoken: "Before the cock crows you will deny me three times." He went out and began to weep bitterly. *Matthew 26: 69-75*

Reflection

O TO GRACE HOW GREAT A DEBTOR DAILY I'M CONSTRAINED TO BE!
LET THY GOODNESS, LIKE A FETTER,
BIND MY WANDERING HEART TO THEE.

PRONE TO WANDER, LORD, I FEEL IT, PRONE TO LEAVE THE GOD I LOVE;
HERE'S MY HEART, O TAKE AND SEAL IT, SEAL IT FOR THY COURTS ABOVE.

Prayer

Lord, grant me the gift of honesty that I may not fear to speak the truth even when difficult.
Lord Jesus, help me to walk in your ways.



Station V
Jesus is Judged by Pilate

Christ before Caiaphas, Albrecht Durer, 1504

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

The chief priests with the elders and the scribes, that is, the whole Sanhedrin, held a council. They bound Jesus, led him away, and handed him over to Pilate. Pilate questioned him, "Are you the king of the Jews?" He said to him in reply, "You say so." The chief priests accused him of many things. Again Pilate questioned him, "Have you no answer? See how many things they accuse you of." Jesus gave him no further answer, so that Pilate was amazed.... Pilate, wishing to satisfy the crowd, released Barrabas... and handed Jesus over to be crucified.

Mark 15: 1-5, 15

Reflection

MAN OF SORROWS! WHAT A NAME
FOR THE SON OF GOD WHO CAME; RUINED SINNERS TO RECLAIM,
HALLELUJAH! WHAT A SAVIOUR!
BEARING SHAME AND SCOFFING RUDE,
IN MY PLACE CONDEMNED HE STOOD;
SEALED MY PARDON WITH HIS BLOOD,
HALLELUJAH! WHAT A SAVIOUR!

Prayer

Lord, grant me discernment that I may see as you see, not as the world sees.

Lord Jesus, help me to walk in your ways.



Station VI
Jesus is Scourged and Crowned with Thorns

Christ Crowned with Thorns, Anthony van Dyck, n.d.

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly.

John 19: 1-3

Reflection

O SACRED HEAD NOW WOUNDED
WITH GRIEF AND SHAME WEIGHED DOWN,
NOW SCORNFULLY SURROUNDED
WITH THORNS THINE ONLY CROWN
HOW PALE THOU ART WITH ANGUISH
WITH SORE ABUSE AND SCORN
HOW DOES THAT VISAGE LANGUISH,
WHICH ONCE WAS BRIGHT AS MORN.

Prayer

Lord, grant me patience in times of suffering that I may offer my life as a sacrifice of praise.

Lord Jesus, help me to walk in your ways.



Station VII
Jesus Bears the Cross

Christ Carrying the Cross, Andrea Solerio, c.1511

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

When the chief priests and the guards saw Jesus they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him. I find no guilt in him." ... They cried out, "Take him away, take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha.

John 19: 6, 15-17

Reflection

WITHIN OUR DARKEST NIGHT
YOU KINDLE THE FIRE THAT NEVER DIES AWAY
NEVER DIES AWAY

Prayer

Lord, grant me strength of purpose that I may faithfully bear my crosses each day.

Lord Jesus, help me to walk in your ways.



Station VIII
Jesus is Helped by Simon the Cyrenian to Carry the Cross

Jesus and Simon of Cyrene, Titian, nd.

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

They pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross.

Mark 15: 21

Reflection

JESUS, I MY CROSS HAVE TAKEN,
ALL TO LEAVE AND FOLLOW THEE
DESTITUTE, DESPISED, FORSAKEN,
THOU FROM HENCE MY ALL SHALT BE
PERISH EVERY FOND AMBITION,
ALL I'VE SOUGHT AND HOPED AND KNOWN
YET HOW RICH IS MY CONDITION:
GOD AND HEAVEN ARE STILL MY OWN.

Prayer

Lord, grant me a willing spirit that I may be your instrument on earth.

Lord Jesus, help me to walk in your ways.



Station IX

Jesus Meets the Women of Jerusalem

Christ Carrying the Cross, Follower of Caravaggio, c. 1610-20

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' At that time, people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if these things are done when the wood is green what will happen when it is dry?"

Luke 23: 27-31

Reflection

YOU ARE THE GOD OF THE BROKEN, THE FRIEND OF THE WEAK
YOU WASH THE FEET OF THE WEARY
EMBRACE THE ONES IN NEED,
I WANT TO BE LIKE YOU, JESUS, TO HAVE THIS HEART IN ME
YOU ARE THE GOD OF THE BROKEN,
YOU ARE THE HUMBLE KING.

Prayer

Lord, grant me a gentle spirit that I may comfort those who mourn.

Lord Jesus, help me to walk in your ways.



Station X

Jesus is Crucified

Raising of the Cross, Peter Paul Rubens, n.d.

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. Then Jesus said, "Father, forgive them, they know not what they do."

Luke 23: 33-34

Reflection

WERE YOU THERE WHEN THEY CRUCIFIED MY LORD?
WERE YOU THERE WHEN THEY CRUCIFIED MY LORD?
OH! IT CAUSES ME TO TREMBLE, TREMBLE, TREMBLE
WERE YOU THERE WHEN THEY CRUCIFIED MY LORD?

Prayer

Lord, grant me a merciful heart that I may bring Your reconciliation and forgiveness to all.

Lord Jesus, help me to walk in Your ways.



Station XI
Jesus Promises His Kingdom to the Good Thief

Christ and the Good Thief, Titan, c. 1563

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your kingdom." He replied to him, "Amen, I say to you, today you will be with me in Paradise."

Luke 23: 39-43

Reflection

JESUS, REMEMBER ME WHEN YOU COME INTO YOUR KINGDOM
JESUS, REMEMBER ME WHEN YOU COME INTO YOUR KINGDOM

Prayer

Lord, grant me perseverance that I may never stop seeking You.

Lord Jesus, help me to walk in Your ways.



Station XII
Jesus Speaks to His Mother and the Disciple

The Crucifixion with the Virgin, St. John, and Mary Magdalene, attributed to Mathieu Le Nain

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

John 19: 25-27

Reflection

I LOVE THEE BECAUSE THOU HAST FIRST LOVED ME
AND PURCHASED MY PARDON ON CALVARY'S TREE
I LOVE THEE FOR WEARING THE THORNS ON THY BROW
IF EVER I LOVED THEE, MY JESUS 'TIS NOW

Prayer:

Lord, grant me constancy that I may be willing to stand by those in need.

Lord Jesus, help me to walk in your ways.



Station XIII
Jesus Dies on the Cross
Christ Crucified, Diego Velázquez, n.d.

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last.

Luke 23: 44-46

Reflection

BEHOLD THE MAN UPON THE CROSS,
MY SIN UPON HIS SHOULDERS.
ASHAMED, I HEAR MY MOCKING VOICE
CALL OUT AMONG THE SCOFFERS.
IT WAS MY SIN THAT HELD HIM THERE
UNTIL IT WAS ACCOMPLISHED.
HIS DYING BREATH HAS BROUGHT ME LIFE;
I KNOW THAT IT IS FINISHED.

Prayer

Lord, grant me trust in you that I might suffer well and when my time on earth is ended die well, too.
Lord Jesus, help me to walk in your ways.



Station XIV
Jesus is Placed in the Tomb
Deposition of Christ, Luca Giordano, 1655

I adore you, O Christ, and praise you because by your holy cross you have redeemed the world.

Scripture Reading

When it was evening, there came a rich man from Arimathea named Joseph, who was himself a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be handed over. Taking the body, Joseph wrapped it in clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed.

Matthew 27: 57-60

Reflection

WATCH, WATCH AND PRAY
JESUS THE WORD WILL COME

Prayer

Lord, grant me Your compassion that I may always provide for those in need.
Lord Jesus, help me to walk in Your ways.

Closing Prayer

Lord Jesus Christ, Your passion and death is the sacrifice that unites earth and heaven and reconciles all people to You. As I have reflected on these mysteries, help me to follow in Your ways and so come to share your glory in heaven where You live and reign with the Father and the Holy Spirit
one God, for ever and ever. Amen.

