

Stations of the Cross



of St Francis
of Assisi

The Stations of the Cross of St. Francis of Assisi

+In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Preparatory Prayer

Most merciful Lord, with a contrite heart and penitent spirit I bow down before You divine Majesty. I adore You as my supreme Lord and Master. I believe in You, I hope in You, I love You above all things. I am heartily sorry for having offended You, my only and supreme God. I firmly resolve to amend my life; and although I am unworthy to obtain mercy, yet looking upon Your holy Cross I am filled with peace and consolation. I will, therefore, meditate on Your sufferings, and visit the Stations in company with Your sorrowful Mother and my holy Guardian Angel, to promote Your honour and to save my soul. I desire to gain all indulgences granted to this holy exercise for myself and for the souls in Purgatory.

O Loving Jesus, inflame my cold heart with Your

love, that I may perform this devotion as perfectly as possible, and that I may live and die in union with You. Amen.

1 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.



Jesus, the most innocent of beings, is condemned to death, yes, to the shameful death of the cross. In order to remain a friend of Caesar, Pilate delivers Jesus into the hands of His enemies. O fearful crime, to condemn Innocence to death and to displease God in order to please men.

O innocent Jesus, I have sinned and I am guilty of eternal death; but that I may Live, You didst gladly accept the unjust sentence of death. For whom then shall I henceforth live if not for You, my Lord? If I desire to please men, I cannot be Your servant. Let me, therefore, rather displease the whole world than not please You, O Jesus!

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

Through her heart, His sorrow sharing, all His bitter anguish bearing, now at length the sword had passed.

2 Jesus Carries His Cross

V. We adore You, O Christ, and we praise You.

R. Because by Your holy Cross, You have redeemed the world.

When our divine Redeemer beheld the Cross, He most willingly reached out to it with His bleeding arms. He embraced it lovingly, kissed it tenderly, took it on His bruised shoulders, and exhausted as He was, He carried it joyfully.

O my Jesus, I cannot be Your friend and follower if I refuse to carry my cross. O beloved cross, I embrace You, I kiss You, I joyfully accept You from the hand of my God. Far be it from me to glory in anything save in the Cross of my Lord and Redeemer. By it the world shall be crucified to me, and I to the world, that I may be Yours forever.



Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

O, how sad and sore distressed was that Mother, highly blest, of the sole begotten One!

3 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.

Carrying the Cross, our dear Saviour was so weakened with its heavy weight that He fell

exhausted to the ground. The Cross was light and sweet to Him, but our sins made it so heavy and hard to carry.

Beloved Jesus, You did carry the burden and the heavy weight of my sins. Should I then not bear in union with You, my light burden of suffering and accept the sweet yoke of Your commandments? Your yoke is sweet and Your burden is light. I willingly accept it. I will take up my cross and follow You.



Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

*Christ above in torment hands: she beneath beholds
the pangs of her dying glorious Son.*

4 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.***



How sad and how painful must it have been for Mary to behold her beloved Son laden with the Cross, covered with wounds and blood, and driven through the streets by savage executioners! What unspeakable pangs her most tender heart must have experienced! How earnestly did she desire to die instead of Jesus, or at least with Him!

O Jesus, O Mary, I am the cause of the pains that pierced your hearts. Would that my heart might experience some of your sufferings. O Mother, let me share in your sufferings and those of your Son, that I may obtain the grace of a happy death.

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

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

5 Simon of Cyrene Helps Jesus Carry His Cross

V. We adore You, O Christ, and we praise You.

R. Because by Your holy Cross, You have redeemed the world.

Simon of Cyrene was forced to help our exhausted Saviour carry His Cross. How pleased would Jesus have been, had Simon offered his services of his own accord. However, Simon was not invited by Christ as you are. He says: "Take up your cross and follow Me." Nevertheless you recoil, and carry it grudgingly.

O Jesus, whosoever does not take up his cross and follow You, is not worthy of You. Behold, I cheerfully join You on the way of the cross. I desire to carry it with all patience until death, that I may prove worthy of You.



Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

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

6 Veronica Wipes the Face of Jesus

V. We adore You, O Christ, and we praise You.

R. Because by Your holy Cross, You have redeemed the world.



Moved by compassion, Veronica presents her veil to Jesus, to wipe His disfigured face. He imprints on it His holy countenance, and returns it to her as a recompense. Shall Christ reward you in like manner? Then you too must do Him a service. But you do a service to Christ every time you perform a work of mercy towards your neighbour: for He says: "What you have done to the least of My brethren, you have done to Me."

Dearest Jesus, what return shall I make You for all You benefits? Behold, I consecrate myself entirely to Your service. My whole heart I give to You;

stamp on it Your holy image, that I may never forget You.

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

Bruised, derided, cursed, defiled, she beheld her tender Child, all with bloody scourges rent.

7 Jesus Falls the Second Time

V. We adore You, O Christ, and we praise You.

R. Because by Your holy Cross, You have redeemed the world.

Overwhelmed by the weight of the Cross, Jesus falls again to the ground. But the cruel executioners do not permit Him to rest a moment. With thrusts and blows they urge Him onward. With what cruelty Jesus is treated and trampled underfoot! Remember, compassionate soul, that your sins caused Jesus this painful fall.

Have mercy on me, O Jesus, and help me never to fall into my former sins. From this moment I will strive sincerely never to sin again. But You, O



Jesus, strengthen me with Your grace that I may faithfully carry out my resolution.

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

For the sins of His own nation, saw Him hang in desolation till His spirit forth He sent.

8 Jesus Speaks to the Women of Jerusalem

V. We adore You, O Christ, and we praise You.

R. Because by Your holy Cross, You have redeemed the world.

Moved by compassion, these devoted women weep over our suffering Saviour. But He turns to them and says: “Weep not for Me, but weep for yourselves and your children. Weep for your sins and those of your children; for they are the cause of My suffering.” You also must weep over your sins, for there is nothing more pleasing to our Lord and more useful to yourself than the tears you shed out of contrition for your sins.



O Jesus, who shall give my eyes a torrent of tears, that I may day and night weep over my sins? I beseech You by Your bitter and bloody tears to move my heart, so that tears may flow in abundance from my eyes, and that I may weep over Your sufferings and over my sins until death.

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

O you Mother: font of love! Touch my spirit from above; make my heart with thine accord.

9 Jesus Falls the Third time

V. We adore You, O Christ, and we praise You.

R. Because by Your holy Cross, You have redeemed the world.

Exhausted at the foot of Calvary, Jesus falls for the third time to the ground. How painfully must have been reopened all the wounds of His tender body by these repeated falls. And how enormous must my sins be, to cause Jesus to fall so painfully. Had not Jesus taken my sins upon Himself, they would



have plunged me into the abyss of Hell.

Most merciful Jesus, I return You a thousand thanks for not permitting me to die in my sins and fall into the abyss of Hell as I have deserved so often. Enkindle in me a sincere desire to amend my life. Let me never again fall into sin but grant me the grace of final perseverance.

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

Make me feel as thou has felt; make my soul to glow and melt, with the love of Christ my Lord.

10 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.

Arriving on Calvary, Jesus was cruelly deprived of His garments. How painful the stripping must have been, because the garments adhered to His mangled body, so that in removing them parts of the flesh were torn away. Jesus is



deprived of His garments that He may die possessed of nothing. How happy shall not I die after laying aside my evil habits and tendencies!

Help me, O Jesus, to amend my life. Let it be renewed according to Your will and desire. However painful the correction may be to me, I will not spare myself. With the assistance of Your grace, I will refrain from all sinful pleasure and vain amusement, that I may die happy and live forever.

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

Holy Mother, pierce me through. In my heart each wound renew of my Saviour crucified.

11 Jesus Is Nailed to the Cross

V. We adore You, O Christ, and we praise You.

R. Because by Your holy Cross, You have redeemed the world.

Stripped of His garments, Jesus is violently thrown down on the Cross. His hands and His feet are nailed to it in the



most cruel way. Jesus remains silent, because it so pleases His heavenly Father. He suffers patiently, because He suffers for you. How do you act in sufferings and trials? How fretful and impatient, how full of complaints are you?

O Jesus, meek and patient Lamb, I renounce forever my impatience. Crucify, O Lord, my flesh, with its evil desires and vices. Punish and afflict me in this life, but spare me in the next. I resign myself altogether to Your holy will. May it be done in all things.

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

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

12 Jesus 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.

Behold Jesus crucified! Behold His wounds received for love of you! His whole appearance

betokens love. His head is bent to kiss you. His arms are extended to embrace you. His heart is open to receive you. Oh what love! Jesus dies on the Cross, to preserve you from eternal death.



Most lovable Jesus, who will grant that I may die for love of You? I will endeavour to die to the world and its vanities when I behold You on the Cross covered with wounds and crowned with thorns. Merciful Jesus, take me into Your wounded heart, that I may despise all perishable things, to live and die for You alone.

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

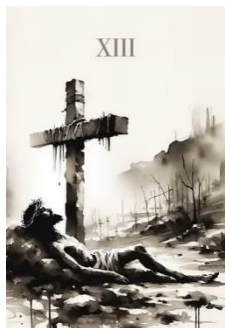
Let me mingle tears with you, mourning Him who mourned for me, all the days that I may live.

13 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.

Jesus did not descend from the Cross, but remained on it till His death. When taken down, He rested on the bosom of His beloved Mother as He had so often done in life. Persevere in your good resolutions, and do not flee from the cross. For he who perseveres till the end



shall be saved. Consider, moreover, how pure the heart should be that receives the body and blood of Jesus Christ in the adorable Sacrament of the Altar.

O Lord Jesus crucified! I most earnestly entreat You: Help me do what is right and let me not be separated from Your Cross, for on it I desire to live and to die. Create in me, O Lord, a clean heart, that I may worthily receive You in Holy Communion, and that You may remain in me, and I in You, for all eternity.

Our Father, Hail Mary, Glory be.

V. Lord Jesus, crucified.

R. Have mercy on us.

By the cross with You to stay; there with You to weep and pray is all I ask of You to give.

14 Jesus Is Laid in the Tomb

V. *We adore You, O Christ, and we praise You.*

R. *Because by You holy Cross, Thou hast redeemed the world.*

The body of Jesus is laid in a stranger's tomb. He Who in this world had not whereon to rest

His head, would have no grave of His own after death. You whose heart is still attached to this world, despise it that you may not perish with it.

O Jesus, You have singled me out from the world, what then shall I seek in it? You have created me for Heaven, what then shall I desire upon earth? Depart from me, deceitful world, with Your vanities! Henceforth I will walk the way of the Cross traced out for me by my Redeemer, and journey onward to my heavenly home, where my rest and my joy shall be forever.

Our Father, Hail Mary, Glory be.

V. *Lord Jesus, crucified.*

R. *Have mercy on us.*

Virgin of all virgins best, listen to my fond request: Let me share your grief divine.



Concluding Prayer

Almighty and eternal God, merciful Father, who hast given to the human race Your beloved Son as an example of humility, obedience, and patience, to precede us on the way of life, bearing the cross: graciously grant us that we, inflamed by His infinite love, may take up the sweet yoke of His Gospel together with the mortification of the cross, following Him as His true disciples, so that we shall one day gloriously rise with Him and joyfully hear the final sentence: "Come, you blessed of My Father, and possess the kingdom which was prepared for you from the beginning," where You reign with the Son and the Holy Spirit, and where we hope to reign with You, world without end. Amen.

Saint [Francis of Assisi](#)





*Jesus said to His disciples,
"If anyone wants to follow after Me,
let him deny himself, take up his cross
and follow Me. (Mat 16:24)*

*Come to Me all you who are weary and burdened
and I will give you rest. Take My yoke upon you
and learn from Me, for I am gentle
and humble of heart,
and you will find rest for your souls.
For My yoke is easy and My burden is light.
(Mat 11:28-30)*