



STATIONS

of the Cross

Thank you for celebrating Lent and the Triduum at Sacred Heart. Learn more about Tampa's longest running parish at shfla.org.





PREPERATORY PRAYER

Lord, your Son reconciled us to you by suffering on the cross and then returned to you in glory. May your people find in that cross protection and strength: May they shoulder their own crosses in the spirit of the Gospel until their journey ends. We ask this through Christ our Lord. Amen.



FIRST STATION: JESUS IS CONDEMNED TO DEATH

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *"My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will."*

FRANCIS "And it was the Father's will that his blessed and glorious Son ... should offer Himself by his own blood as a sacrifice and victim on the altar of the cross."

PEOPLE Lord Jesus, you stood before Pilate and your accusers, not wanting for yourself the horrible death you were facing, yet placing your will in your Father's hands. You are my God. Teach me to do your will. Teach me what I am to do. As I face my own daily sufferings, help me to love you so much that I can let go of my will and place it in your hands, saying with great faith, "My God, may your will be done in me."



SECOND STATION: JESUS ACCEPTS HIS CROSS

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *"Whoever wishes to come after me must deny himself, take up (the) cross, and follow me."*

FRANCIS "There is one thing of which we can all boast; we can boast of our humiliations and in taking up daily the holy cross of our Lord Jesus Christ."

PEOPLE Lord Jesus. with your tortured body and humiliated spirit, you took the cross upon your shoulders. proclaiming the love of your Father and your love for all people. You have called me to follow you. I surrender to you, my Lord, and I accept with joy the crosses you have put on my shoulders. I will observe the gospel life by following the example of Francis. My Lord, help me observe this life always.



THIRD STATION: JESUS FALLS THE FIRST TIME

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *"This people honors me with their lips, but their hearts are far from me; ... For from the heart come evil thoughts ... and these are what defile a person."*

FRANCIS "It is our fault if we prove ... ready and willing for evil ... All these evils come forth from within, from the heart of a person, and they are what defile a person."

PEOPLE Lord Jesus, it was the weight of my sins, not the weight of the cross, that caused you to fall. Have mercy on me, Lord. Cleanse my soul. Put light into the darkness of my heart; and enable me to be close to you, doing nothing against your most holy will.



FOURTH STATION: JESUS MEETS HIS SORROWFUL MOTHER

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your cross, you have redeemed the world.

READER *"This is how all will know that you are my disciples, if you have love for one another."*

FRANCIS "And everyone of (us) should love and take care of his brother (and sister) like a mother loves and takes care of her son ... "

PEOPLE Holy Mother, protectress of our Franciscan family, pray for me that I may learn to love and give of myself as you did. Lord Jesus, thank you for the great love you have given me. Help me to see all people as your special gifts. Help me to see you, my Lord, in all my brothers and sisters. Send your Spirit to me to lead me in striving for perfect charity" as I share your love with all people.



FIFTH STATION: SIMON HELPS JESUS CARRY THE CROSS

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *"Without cost you have received; without cost you are to give."*

FRANCIS "... they should rather be willing to serve and obey one another in the charity of their Spirit."... "Let them give to everybody who asks."

PEOPLE Lord Jesus, as Simon was called to help, you call me so often to help, and so many times I am too busy. Help me, O Lord. I want to answer your call I want to be able to give freely and lovingly to all, thereby serving you, my Lord, you who are all-giving and all-loving.



SIXTH STATION: VERONICA PRESENTS HER VEIL TO JESUS

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *"Everything that the Father gives to me will come to me, and I will not reject anyone who comes to me. "*

FRANCIS "My God and my All."

PEOPLE Lord Jesus, it must have pleased you greatly as Veronica came to you. In love and devotion she came 'to you. I come to you as well, my Lord, my God and my All, to you who are the center of my life, the gift of the Father's love and the way for us to him, the truth into which the Holy Spirit leads us, and the life which you have come to give us abundantly. I come to you in love and devotion, my Lord. Please keep me with you.



SEVENTH STATION: JESUS FALLS THE SECOND TIME

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *"For to this you have been called, because Christ also suffered for you, leaving you an example that you should follow in his footsteps"*

FRANCIS "It is the Father's will that we should all be saved by the Son, and receive him But very few are anxious to receive him, or be saved by him."

PEOPLE Heavenly Father, "forgive us our trespasses: In your infinite mercy, and by the power of the Passion of your Son, our Lord Jesus Christ, together With the merits and the intercession of the Blessed Virgin Mary and all your saints." Lord Jesus, thank you for suffering so intensely for me. I receive you. I desire to be saved by you.



EIGHTH STATION: JESUS SPEAKS TO THE WEEPING WOMEN

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *"... you were saddened in repentance. for you were saddened in a godly way..."*

FRANCIS "I weep for the passion of my Lord Jesus Christ; and I should not be ashamed to go weeping through the whole world for his sake."

PEOPLE Lord Jesus, I kneel before you sinful and sorrowful. Have mercy on me and keep me from evil. My loving Lord, help me to conform my thoughts and my works to your will so that I may never be separated from you.



NINTH STATION: JESUS FALLS THE THIRD TIME

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *“You need endurance to do the will of God and receive what he has promised.”*

FRANCIS “I, little Brother Francis, wish to live according to the life . . . of our most high Lord Jesus Christ . . . and to persevere in this to the last.” . . . “for there is no other way for anybody to be saved.”

PEOPLE Lord Jesus, how very deeply you suffered for me, never giving up. Help me to be able to follow you, to be a witness to you, even as I am faced with trials and suffering. I am weak, my Jesus, and I fail. Fill me with your patience and strength that I may persevere to the end.



TENTH STATION: JESUS IS STRIPPED OF HIS GARMENTS

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *“Blessed are the poor in spirit, for theirs is the kingdom of heaven.”*

FRANCIS “Very properly is the kingdom of heaven said to be the possession of those who keep nothing of the goods of this world through their own will A person will live on heavenly things if he cares nothing for earthly things..”

PEOPLE Lord Jesus, you chose to come into this world in poverty, to live in poverty, and to die in total poverty. Everything I have has come from you. I ask for the grace to always strive to simplify my material needs, to share what I have with anyone who is in need, for these things have only been lent to me to use for your people. Teach me the spirit of detachment that I might truly follow you.



ELEVENTH STATION: JESUS IS NAILED TO THE CROSS

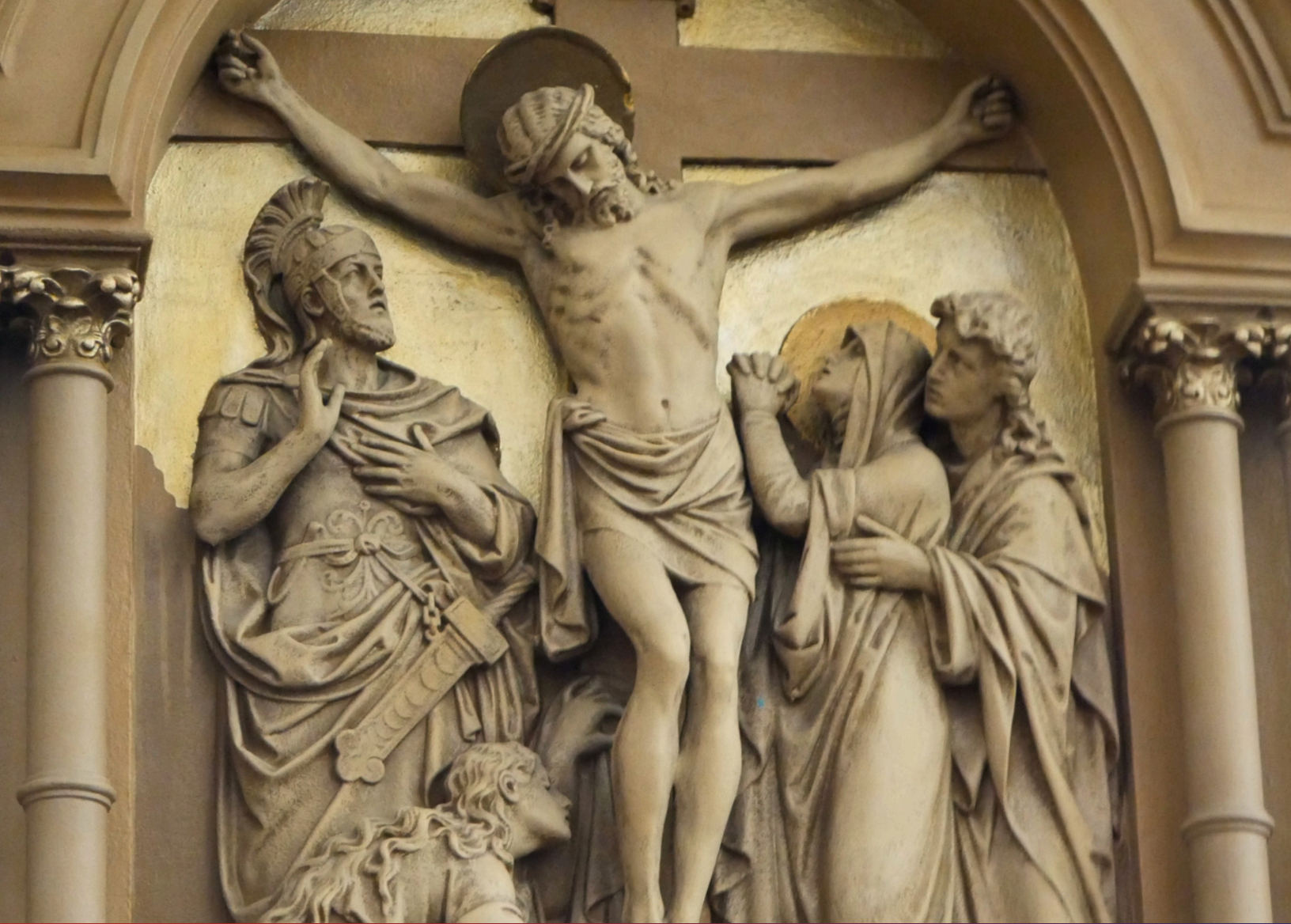
LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *"Blessed are the peacemakers. for they will be called children of God."*

FRANCIS "They are truly peacemakers who are able to preserve their peace of mind and heart for love of our Lord Jesus, despite all that they suffer in this world."

PEOPLE Lord Jesus, as they nailed you to the cross, you must have been in indescribable agony, and yet you remained humble and peaceful, knowing that you had the love of your Father with you. Help me, dear Jesus, to be a bearer of peace, as you have called me to be. No matter what I am to suffer. help me to suffer in peace, knowing that I have my God's love with me.



TWELVETH STATION: JESUS DIES ON THE CROSS

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *“For Christ, while we were still helpless, yet died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us.”*

FRANCIS *“My Lord Jesus Christ, I pray you to grant me two graces before I die: the first is that I may feel in my soul and in my body, as much as possible, that pain which you, dear Jesus, sustained in the hour of your most bitter Passion. The second is that I may feel in my heart, as much as possible, that excessive love with which you, O Son of God, were inflamed in willingly enduring such suffering for us sinners.”*

PEOPLE *Pause for Private Prayer*



THIRTEENTH STATION: JESUS IS TAKEN DOWN FROM THE CROSS

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *“Take and eat: this is my body . . . Drink from (the cup). all of you, for this is my blood . . . which will be shed on behalf of many for the forgiveness of sins.”*

FRANCIS “O Lord God. Father in heaven. look on the glorious countenance of your Christ, and have mercy on me and all other sinners for whom your blest Son, our Lord, has deigned to die and for whose salvation and consolation he wished to remain with us in the holy Sacrament of the Altar.”

PEOPLE Lord Jesus, you died to this world but did not leave us here alone. My union with you in the Eucharist brings me great joy and consolation as it blesses me with the most intense experience of your real presence. May I always approach you with deep devotion.



FOURTEENTH STATION: JESUS IS LAID IN THE TOMB

LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *“For if we have grown into union with him through a death like his ... we know that our old self was crucified with him...”*

FRANCIS “Blest is the Lord, the God of Israel, who has redeemed the souls of his servants with his own most holy blood...”

PEOPLE Lord Jesus, by your suffering and death you have freed your servants from the slavery of sin. Keep me united to you. May prayer and contemplation by the soul of all I do, and through that secret time with you, teach me your Will that I may avoid all sin and gain the life you died to give me.



JESUS RISES GLORIOUSLY

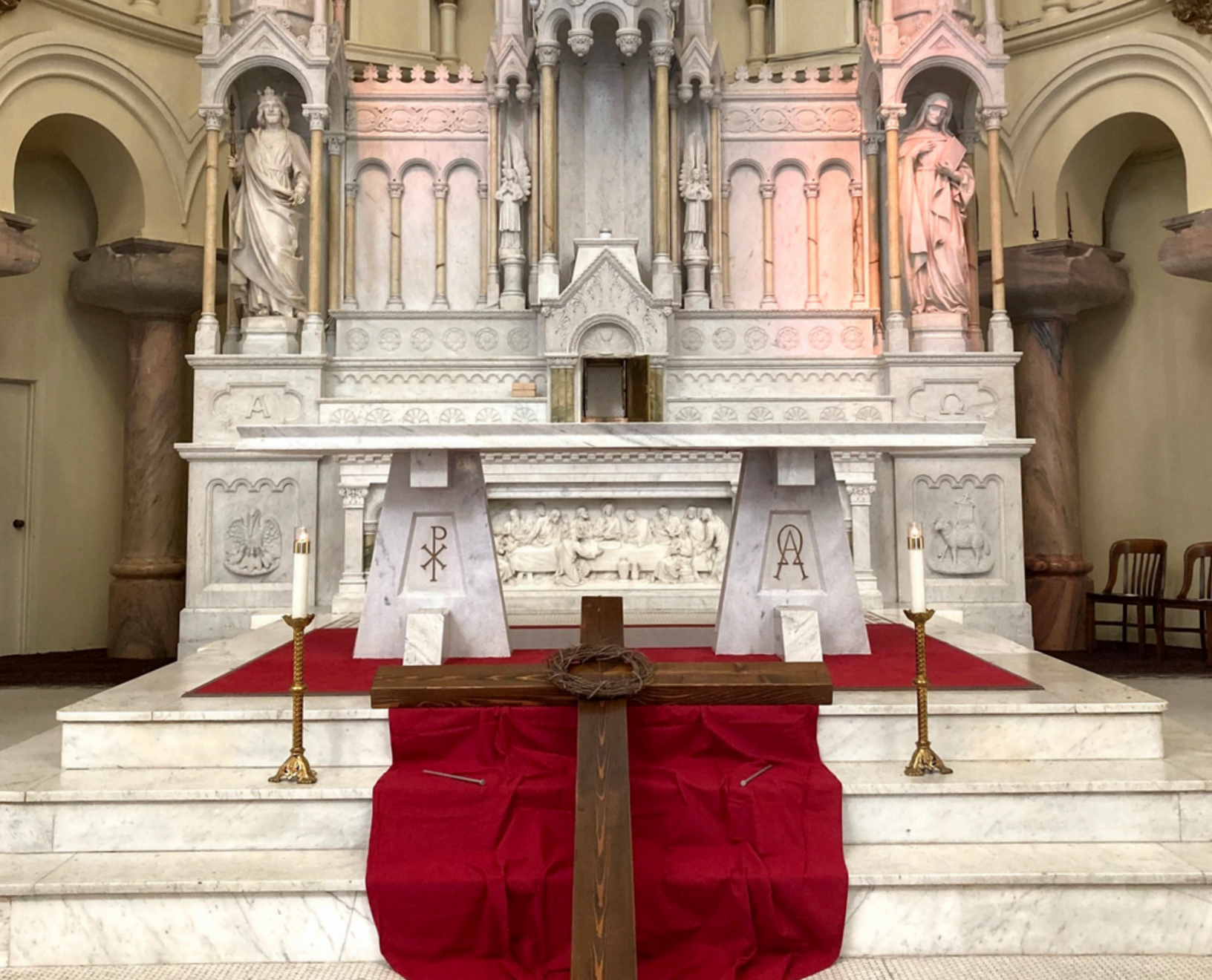
LEADER We adore you, O Christ, and we praise you.

PEOPLE Because by your holy cross, you have redeemed the world.

READER *“May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.”*

FRANCIS “Since they are immersed in the resurrection of Christ, which gives true meaning to Sister Death, let them serenely tend toward the ultimate encounter with the Father.”

PEOPLE “How infinitely great it is to have a Father in heaven! How indescribably lovely it is to have a Bridegroom in heaven! How incredibly good and cheering it is to have a Brother who laid down his life for his sheep and prayed to his Father on our account, saying: In your name keep those whom you have given me ... He alone is good, he alone is most high, he alone all powerful, wonderful, glorious, holy, worthy of all praise and blessing for endless ages and ages.” **AMEN**



CONCLUDING PRAYER

“How infinitely great it is to have a Father in heaven!
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AMEN