

The Scriptural Stations of the Cross

(1975)





Introduction:

The Stations of the Cross, or Way of the Cross, is a cherished meditation within our Catholic tradition that is commonly prayed each year on Fridays during the Lenten Season. It provides a way for us to reflect and enter into Christ's Passion, contemplating His love for us and how this relates to our lives.

During the Holy Year of 1975, Pope Paul VI approved a new series of purely Scripturally based Stations of the Cross, beginning with the Last Supper and concluding with the Resurrection. These came to more attention when Pope John Paul II used a version of these Stations on Good Friday 1991 at the Colosseum. Pope Benedict XVI approved the wider use of this 'Scriptural Way of the Cross' as complementary to the traditional fourteen stations, not as a replacement. We offer these Scripturally based Stations of the Cross for use in your parishes, and for your own private meditation.

We pray that this resource will allow you to enter into the great mystery of the Passion of our Lord Jesus Christ.

First Station: The Last Supper

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

‘And when the hour came, He sat at table, and the apostles with him. And He said to them, “I have earnestly desired to eat this Passover with you before I suffer; for I tell you I shall not eat it until it is fulfilled in the kingdom of God.” And He took a cup, and when He had given thanks He said, “Take this, and divide it among yourselves; for I tell you that from now on I shall not drink of the fruit of the vine until the kingdom of God comes.” And He took bread, and when He had given thanks He broke it and gave it to them, saying, “This is my body which is given for you. Do this in remembrance of me.” And likewise the cup after supper, saying, “This cup which is poured out for you is the new covenant in my blood. But behold the hand of him who betrays me is with me on the table. For the Son of man goes as it has been determined; but woe to that man by whom He is betrayed!” And they began to question one another, which of them it was that would do this.’ [Luke 22:14-23]

Reflection: “I have earnestly desired to eat this Passover with you before I suffer.” Jesus gathers His friends, not only for this very significant religious rite, but also because He knows that this will be the last time that He will be together with them before His death. In these closing moments of freedom Jesus imparts a final gift to His most beloved companions, His Sacred Body and His Precious Blood, a New Covenant between God and His People, the promise of Everlasting Life. Today at every Holy Sacrifice of the Mass, time is suspended, and we join Jesus at the foot of the cross as His disciples had done with Him this very night. When we approach the Holy Banquet Table, let our kiss not be like the kiss of Judas; let us be purified and enveloped in the mercy and love of Christ, with hearts on fire to proclaim “Jesus!”

Prayer: Lord Jesus Christ, we long to be in Your presence and unite ourselves with You in Holy Communion. We are weak and prone to giving in to the enticements of the world. Help us to recognise you in the Breaking of the Bread and conform our lives to heavenly desires, that when we receive Your most holy Body and Blood, we may be like two candles which melt into one another, inseparable, indistinguishable; living icons of Christ for our world today.

Our Father...

Stabat Mater

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



Second Station: Agony in the Garden of Gethsemane

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

‘And He came out, and went, as was His custom, to the Mount of Olives; and the disciples followed him. And when He came to the place He said to them, “Pray that you may not enter into temptation.” And He withdrew from them about a stone’s throw, and knelt down and prayed, “Father, if thou art willing, remove this cup from me; nevertheless not my will, but thine, be done.” And there appeared to Him an angel from heaven, strengthening him. And being in an agony He prayed more earnestly; and His sweat became like great drops of blood falling down upon the ground. And when He rose from prayer, He came to the disciples and found them sleeping for sorrow, and He said to them, “Why do you sleep? Rise and pray that you may not enter into temptation.”’ [Luke 22:39-46]

Reflection: Even before He took up the wood of His Cross, Jesus had the weight of the world’s sins on His shoulders. Even before the whips and lashes, His Precious Blood had already been spilt out for us. One can only imagine the intensity of His prayer in that moment before His final journey to Calvary, and yet, when Christ turns to face His disciples He is met with indifference and complacency. “Why do you sleep?” is the question Jesus puts to us. Why are we asleep to our true Christian calling to stand with and for Christ? Why are we asleep to the knowledge of Christ’s intense love and mercy for us? Why are we asleep to Jesus’ desire to meet us personally in the Sacraments? Why are we asleep to the evils that plague our world today? Why are we asleep to our responsibility to the poor and downtrodden? “Rise and pray that you may not enter into temptation.”

Prayer: Lord Jesus Christ, we pray that you open our eyes that we may see the needs of your Church and the world around us. When we grow comfortable and self-satisfied, we pray that

you will give us opportunities to be renewed and inspired to go deeper in our faith and with our actions. Use us as the catalysts for a great awakening amongst the faithful, to bring about positive change and the conversion of hearts and minds to your Holy Will.

Our Father...

Stabat Mater

Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had pass’d.

Third Station: Jesus is brought before Pilate and Condemned to Death

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

‘Pilate then called together the chief priests and the rulers and the people, and said to them, “You brought me this man as one who was perverting the people; and after examining him before you, behold, I did not find this man guilty of any of your charges against him; neither did Herod, for he sent him back to us. Behold, nothing deserving death has been done by him; I will therefore chastise him and release him.”

But they all cried out together, “Away with this man, and release to us Barabbas”— a man who had been thrown into prison for an insurrection started in the city, and for murder. Pilate addressed them once more, desiring to release Jesus; but they shouted out, “Crucify, crucify him!” A third time he said to them, “Why, what evil has he done? I have found in him no crime deserving death; I will therefore chastise him and release him.” But they were urgent, demanding with loud cries that he should be crucified. And their voices prevailed. So Pilate gave sentence that their demand should be granted. He released the man who had been thrown into prison for insurrection and murder, whom they asked for; but Jesus he delivered up to their will.’ [Luke 23:13-25]

Reflection: How often do we prefer the things that we know to be bad for us, over the things we know will ultimately bring us long-lasting happiness? *Concupiscence* is humanity’s inclination to sin, something that has been ingrained into our nature since the fall of our first parents. Concupiscence is a reality, but it should not be our excuse. With the knowledge that our thoughts and actions are prone to sin, we should be striving all the more to fight against the powers that harass us and lean further into the protective embrace of the One Who created us. Sometimes we lean too far away from Jesus that we feel we can never return to Him, but we should have confidence that just as the father

waited with great expectation and hope for his prodigal son, so when we choose to reach out to God, He is already running in haste towards us.

Prayer: Lord Jesus Christ, the path of life is treacherous at times, and we pray that You guide and guard our decision making, so that the choices we make may be inspired and a cause for good. In those moments when we go astray and are taken away from You because of our own stubbornness and aspirations, we pray that You gently call us back to Yourself so that, afresh with faith and devotion, we may continue to navigate this journey unscathed by the forces of those that wish us harm.

Our Father...

Stabat Mater

Oh, how sad and sore distress’d
Was that Mother highly blest
Of the sole-begotten One!



Fourth Station: The Scourging at the Pillar

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

'Then the soldiers of the governor took Jesus into the praetorium, and they gathered the whole battalion before him. And they stripped Him and put a scarlet robe upon him, and plaiting a crown of thorns they put it on His head, and put a reed in His right hand. And kneeling before Him they mocked him, saying, "Hail, King of the Jews!" And they spat upon him, and took the reed and struck Him on the head. And when they had mocked him, they stripped Him of the robe, and put His own clothes on him, and led Him away to crucify him.' [Matthew 27:27-31]

unfathomable love for us, that you so humbled yourself to take on the sins of the world for our redemption.

Our Father...

Stabat Mater

Christ above in torment hangs;
She beneath beholds the pangs
Of her dying glorious Son.

Reflection: In the alternate narrative of St. John's Gospel, after Jesus is scourged He is brought back out and presented to the crowd with the words of Pontius Pilate, "Behold, the man!," "Ecce Homo!" [John 19:5]. The figure depicted in this scene is no god, but a bloodied, battered corpse of a man who is being shamed and degraded by those who only a week before were jubilantly welcoming Him into the city as their lord and saviour. Standing there, totally abandoned and disowned by His closest followers, Jesus willingly accepted this humiliation because He knew that it was a necessary part of His mission, that our ugly and wicked hearts may be transformed through the glorious events at Easter and stand in awe of Jesus' magnificence and divinity. Christ took on our suffering and pain, so that we may never truly receive the punishment we deserve for our sinfulness.

Prayer: Lord Jesus Christ, You warned your early disciples that much suffering, and even death, would come as a result of following You. May we strive to stay the course, and never grow dismayed or go astray when we are battered by the storms of temptation, exhaustion, or ridicule. Help us to unite our sufferings with Yours and rejoice in the knowledge of the reward of heaven which awaits the faithful. Thank you for your

Fifth Station: Jesus Carries His Cross

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

‘So they took Jesus, and He went out, bearing His own cross, to the place called the place of a skull, which is called in Hebrew Golgotha.’

[John 19:17]

Reflection: After the incredible beating inflicted upon Jesus, the wood of the Cross is placed in front of Him. One can almost imagine Christ’s eyes locked onto this monstrous sign, and the initial feeling of trepidation which the frail, bruised, and bleeding Jesus may have felt. But, knowing inherently His divine mission, the Cross was taken up without pause to consider His body’s protests. As He begins this arduous journey, we might reflect too that Golgotha is no coincidental destination, but traditionally the final resting place of Adam. It is Adam’s skull which will be washed clean by the blood of the sacrificial Lamb of God, for His sake, and for all Adam’s children.

Prayer: Lord Jesus Christ, we are left standing in awe and amazement at the lengths You are willing to go for the sake of our redemption. Though our first parents brought the curse of death upon humanity through their selfishness and pride, You offer to us unworthy children the reward of eternal life with You in heaven. Encouraged by this promise, may we be ready and willing to carry our own crosses in times of trial and persecution, firm in the faith, and aided by Your Holy Spirit and our saintly brothers and sisters that have triumphantly gone before us.

Our Father

Stabat Mater

Is there one who would not weep,
Whelm’d in miseries so deep
Christ’s dear Mother to behold?



Sixth Station: Jesus Falls Under the Weight of The Cross

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

‘Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way; and the Lord has laid on him the iniquity of us all.’
[Isaiah 53:4-6]

Reflection: ‘All we like sheep have gone astray.’ During His public ministry Jesus spoke many parables to relate important truths in the form of narrative and imagery. In one of His best-known stories the people of God are compared to a flock of sheep. So long as we stay close to the protection of the Shepherd, no outside predator can attack us. However, when we lose our way and separate ourselves from His security, those that are on the prowl for our destruction close in. The Good Shephard comes to rescue us the moment He hears our ‘bleating’ and takes on the terrible gnashing teeth and striking blows intended for us. Like the wood that is crushing down upon Him in this moment, the Good Shephard carries us back to the haven He has prepared.

Prayer: Lord Jesus Christ, our consciences are weighed down by the guilt and shame we feel at knowing we have sinned against you. It is no surprise then that the weight of the world’s sins would cause you to stumble under its immense pressure. Yet, knowing that Your actions would bring about our salvation, You rose to Your feet and continued the climb to Calvary. May our sins not hinder us from turning to Your compassion and pursuing to reconcile ourselves with you.

Our Father...

Stabat Mater

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

V I

Seventh Station: Simon of Cyrene Stands in to Carry the Cross

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

‘And they compelled a passer-by, Simon of Cyrene, who was coming in from the country, the father of Alexander and Rufus, to carry his cross.’ [Mark 15:21]

Reflection: Simon of Cyrene, a man only mentioned in this one section of the Gospel narratives, plays such an important part in the Lord’s Passion. One can feel for the unfortunate foreign character who was innocently going about his business when he was seized from the crowd and made to suffer with Christ as they continued to the Place of the Skull. Though he may not have anticipated how this encounter would impact his life, we can suppose that it did since the Evangelist names Simon’s sons, Rufus and Alexander, as though they were already well known to the early Jewish Christian readers. Simon’s experience with Jesus had such an effect on him that when he returned a changed man to his home in Northern Africa, his family assumably became believers in Christ and supporters of the early Church. How does our encounter with Christ effect how we live our lives? How does our encounter with Christ impact the lives of our family and friends? What are we doing to personally share our encounter with Christ to the world?

Prayer: Lord Jesus Christ, we pray that we may become more aware of your presence in our lives. When we encounter you in the Sacraments, the Word, and through our neighbours, grant that these experiences may inspire us to rise above embarrassment or timidity to bravely proclaim the truth of your Gospel and the love you have for all humanity. Equip us for the mission of evangelisation in our secularised world, and may others begin to encounter You through our witness.

Our Father...

Stabat Mater

Bruis’d, derided, curs’d, defil’d,
She beheld her tender child
All with bloody scourges rent.

VII

Eighth Station: Jesus Addresses the Women of Jerusalem

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

‘And there followed him a great multitude of the people, and of women who bewailed and lamented him. But Jesus turning to them said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For behold, the days are coming when they will say, ‘Blessed are the barren, and the wombs that never bore, and the breasts that never gave suck!’ Then they will begin to say to the mountains, ‘Fall on us’; and to the hills, ‘Cover us.’ For if they do this when the wood is green, what will happen when it is dry?”’ [Luke 23:27-31]

Reflection: Even while suffering His Passion, Jesus takes time to console and comfort the grief of others. These women have come to lament Jesus’ pain and anguish, but it is theirs that Jesus is more concerned with. Jesus uses apocalyptic language to foreshadow the great suffering that these women will experience in the coming years when their children lead the people of Jerusalem in a revolt against the Romans (70AD). If the oppressors can treat Jesus with such severity, a man who is innocent and of no real threat, imagine the destruction the Romans will bring down on the heads of those who actually attempt to strike at them. Jesus is grieved with the knowledge of this tragic event that is to come and encourages these women to save their tears for future pains. We Christians are called to be compassionate and present to those who suffer and mourn, even if it means putting our own misery aside for the sake of our neighbour.

Prayer: Lord Jesus Christ, open our ears that we may hear more effectively the cry of those around us. Help us to be patient and kind to people whom we know are in distress and grieving. Give us a Christ-like heart that we may truly love unreservedly and offer open arms to console and comfort like You did in the Gospels. Though we might not have all the answers, we

pray that your Spirit of Healing may effectively work through us.

Our Father...

Stabat Mater

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

VIII

Ninth Station: The Denudation and Crucifixion of Jesus

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

‘When the soldiers had crucified Jesus they took his garments and made four parts, one for each soldier; also his tunic. But the tunic was without seam, woven from top to bottom; so they said to one another, “Let us not tear it, but cast lots for it to see whose it shall be.” This was to fulfil the scripture, “They parted my garments among them, and for my clothing they cast lots.” [John 19:23-24]

Reflection: As the King of the Universe is nailed to the Cross and left hanging between heaven and earth, the Roman soldiers take note of Jesus’ seamless garment which would have been quite desirable for its value. Choosing to cast lots rather than divide the material amongst them they fulfil the words of Psalm 22 [16-18]; in considering this passage St. Cyprian offers some reflection, “The seamless tunic signifies the indivisible kingdom of Christ. Although Solomon’s kingdom was rent asunder like a garment and its glory passed away [1 Kings 11:29-32], the Church of Christ is forever glorious and will always remain intact [John 19:24].”

Prayer: Lord Jesus Christ, we pray for your Church on earth; for the Pope; Our Bishops; the clergy; and all the People of God. There are many who wish that the prophetic voice of the Church be silenced and destroyed, ripped apart by confusion and distortion, but we continue with confidence in your true and unchanging message of peace, justice, mercy, and love. Renew Your Church, O Lord, and may the powers of the evil one never triumph over Her as You promised Your Apostles.

Our Father...

Stabat Mater

O thou Mother! fount of love!
Touch my spirit from above;
Make my heart with thine accord.



IX



Tenth Station: Jesus Forgives the Repentant Criminal

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

One of the criminals who were hanged railed at him, saying, "Are you not the Christ? Save yourself and us!" But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed justly; for we are receiving the due reward of our deeds; but this man has done nothing wrong." And he said, "Jesus, remember me when you come in your kingly power." And he said to him, "Truly, I say to you, today you will be with me in Paradise." [Luke 23:39-43]

Reflection: In giving to humanity the gift of free will, God has allowed us to make decisions to guide the course of our lives. Usually, we make mature and reasoned choices, but how often do we act impulsively out of emotion and self-interest? Our decisions have consequences, a lesson that we are taught from infancy, and depicted in the Creation Story of Genesis. These convicts that hang beside Jesus are guilty of their crimes, and in this final moment each takes a different path – one chooses to berate and mock Jesus as just a man, the other recognises Him as the Christ and in doing so has managed to 'steal' one last thing, entry into heaven and the promise of eternal life; today, this 'Penitent Thief' is known as St. Dismas.

Prayer: Lord Jesus Christ, though we often disappoint you by our foolish choices, we pray that, like St. Dismas, we may acknowledge when we have veered from the plan you desire for us and take positive action to make amends and seek forgiveness. May our priorities be in right order, and our sights always set on the reward of heaven that awaits us.

Our Father...

Stabat Mater

Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ our Lord.

Eleventh Station: Jesus Addresses the Virgin Mary and St. John at Calvary

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

'But standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother, and the disciple whom he loved standing near, 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 to his own home.' [John 19:25-27]

Reflection: The pain and distress that was inflicted upon the heart of Mary, like a penetrating dagger, could only be matched by the anguish felt by Christ in seeing His Sorrowful Mother at the Cross. Before giving up His soul, Jesus made sure to impart a final instruction to John, His beloved Apostle and representative of the Church – "Behold, your mother!" Christ directs the Church to adopt His Blessed Mother as our own and asks her to be Mother and intercessor for all who believe. Jesus Christ loves and respects His Mother, and so we as imitators of Christ should have the same regard for her. St. Maximilian Maria Kolbe once said, "You should never be afraid of loving the Virgin Mary too much, because you could never love her more than Jesus did!"

Prayer: Lord Jesus Christ, in your final moments you entrusted the care of your Church to the patronage of Your Blessed Mother. May we grow in our love and reverence for her and feel inclined to ask all our petitions through her affectionate and gentle hands. Our Lady experienced great suffering at your Passion, and we pray that united with her, we may also enjoy the blessings that come through your Resurrection.

Our Father...

Stabat Mater

Holy Mother! pierce me through;
In my heart each wound renew
Of my Saviour crucified.

XI

Twelfth Station: Jesus Dies on the Cross

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

'Now from the sixth hour there was darkness over all the land until the ninth hour. And about the ninth hour Jesus cried with a loud voice, "Eli, Eli, la'ma sabach-tha'ni?" that is, "My God, my God, why hast thou forsaken me?" And some of the bystanders hearing it said, "This man is calling Elijah." And one of them at once ran and took a sponge, filled it with vinegar, and put it on a reed, and gave it to him to drink. But the others said, "Wait, let us see whether Elijah will come to save him." And Jesus cried again with a loud voice and yielded up his spirit.' [Matthew 27:45-50]

Reflection: Darkness. Often symbolic of emptiness and evil. But in Scripture, darkness is sometimes used to depict the 'mystery' of God's presence – 'And the people stood afar off, while Moses drew near to the thick darkness where God was [Exodus 20:21].' The Evangelist, in quoting Jesus' final words, again refers to the opening lines of Psalm 22. Some of those around mistake this cry to God as Jesus giving up and calling out to the prophet Elijah for assistance, when in fact, when one continues to read the words contained in the Psalm, Jesus is crying out the praises of God the Father Who never leaves His people abandoned, and Who's Holy presence has come down to witness His Son's great Sacrifice on the Cross. Later in the Psalm the author proclaims, 'I will tell of thy name to my brethren; in the midst of the congregation I will praise thee: You who fear the Lord, praise him! All you sons of Jacob, glorify him, and stand in awe of him, all you sons of Israel! For he has not despised or abhorred the affliction of the afflicted; and he has not hid his face from him, but has heard, when he cried to him [Psalm 22: 22-24].' Pope Benedict XVI reflects, "In the scene of the crucifixion of Jesus the darkness engulfs the earth and the Son of God immerses

Himself in the shadows of death in order to bring life, with His act of love."

Prayer: Lord Jesus Christ, you came so that we might have life, and have it to be full. "We adore you, Lord Jesus Christ, in all Your Churches throughout the whole world, and we bless You, because by Your Holy Cross You have redeemed the world [St. Francis of Assisi]." May we never take this great Sacrificial gift of our redemption for granted, and treasure Your endless love and mercy always within our hearts. We thank you Lord, and we praise You!

Our Father...

Stabat Mater

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

XIII

Thirteenth Station: Jesus' Body is Laid in the Tomb

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

'When it was evening, there came a rich man from Arimathea, named Joseph, who also was a disciple of Jesus. He went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be given to him. And Joseph took the body, and wrapped it in a clean linen shroud, and laid it in his own new tomb, which he had hewn in the rock; and he rolled a great stone to the door of the tomb, and departed. Mary Magdalene and the other Mary were there, sitting opposite the sepulchre.' [Matthew 27:57-61]

Reflection: Mary Magdalene and the other Mary sit and take in the events that have led up to this anticlimactic moment. Jesus the Messiah, their Rabbi and Lord, is gone. The man Whose hands had healed so many, and Whose words had penetrated the hearts and minds of all who heard them. There is a sense of confusion and apprehension at what is going to happen now. Surely good will come from these horrific events, but Only God knows the extent of what is to occur. Like the two Marys, the world sits and waits; minds fixed on the tomb of Jesus in anticipation of God's next glorious action.

Prayer: Lord Jesus Christ, it is not easy to sit and await Your response to our prayers. We petition for so much and plead to you for assistance in all our needs and wants. Help us to be humble, accepting of your providence, and conscious that You know best the time and method of how our prayers are answered. As we wait with patient hope, let us not be disturbed or frightened, but confident and full of faith in Your unending goodness.

Our Father...

Stabat Mater

Let me mingle tears with thee,
Mourning Him who mourn'd for me,
All the days that I may live.

XIII

Fourteenth Station: The Resurrection

V/. We adore you, O Christ, and we bless you.

R/. Because by your holy Cross you have redeemed the world.

'Now after the sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the sepulchre. And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone, and sat upon it. His appearance was like lightning, and his raiment white as snow. And for fear of him the guards trembled and became like dead men. But the angel said to the women, "Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. Lo, I have told you." So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. And behold, Jesus met them and said, "Hail!" And they came up and took hold of his feet and worshiped him. Then Jesus said to them, "Do not be afraid; go and tell my brethren to go to Galilee, and there they will see me."'
[Matthew 28:1-10]

Reflection: Pope St. John Paul II exclaimed, "Do not abandon yourselves to despair. We are an Easter people and Alleluia is our song!" Just as we look forward to the celebration of the Lord's Resurrection at Easter, so we should look forward to every opportunity to receive the risen Lord, particularly in our reception of the Sacraments, and in our service to Jesus in disguise amongst the poor and suffering. Often, these holy actions can become routine and habitual, but we cannot be satisfied with lukewarm Catholicism; Pope Francis said that redeemed Christians should be joyful and warned against the faithful wearing 'funeral faces.' We should be bursting with joy and overwhelming happiness at God's glory and goodness to us. May the Risen Lord lead us to rejoice with all the saints and angels in heaven

and sing with conviction the great Alleluia chorus of Easter.

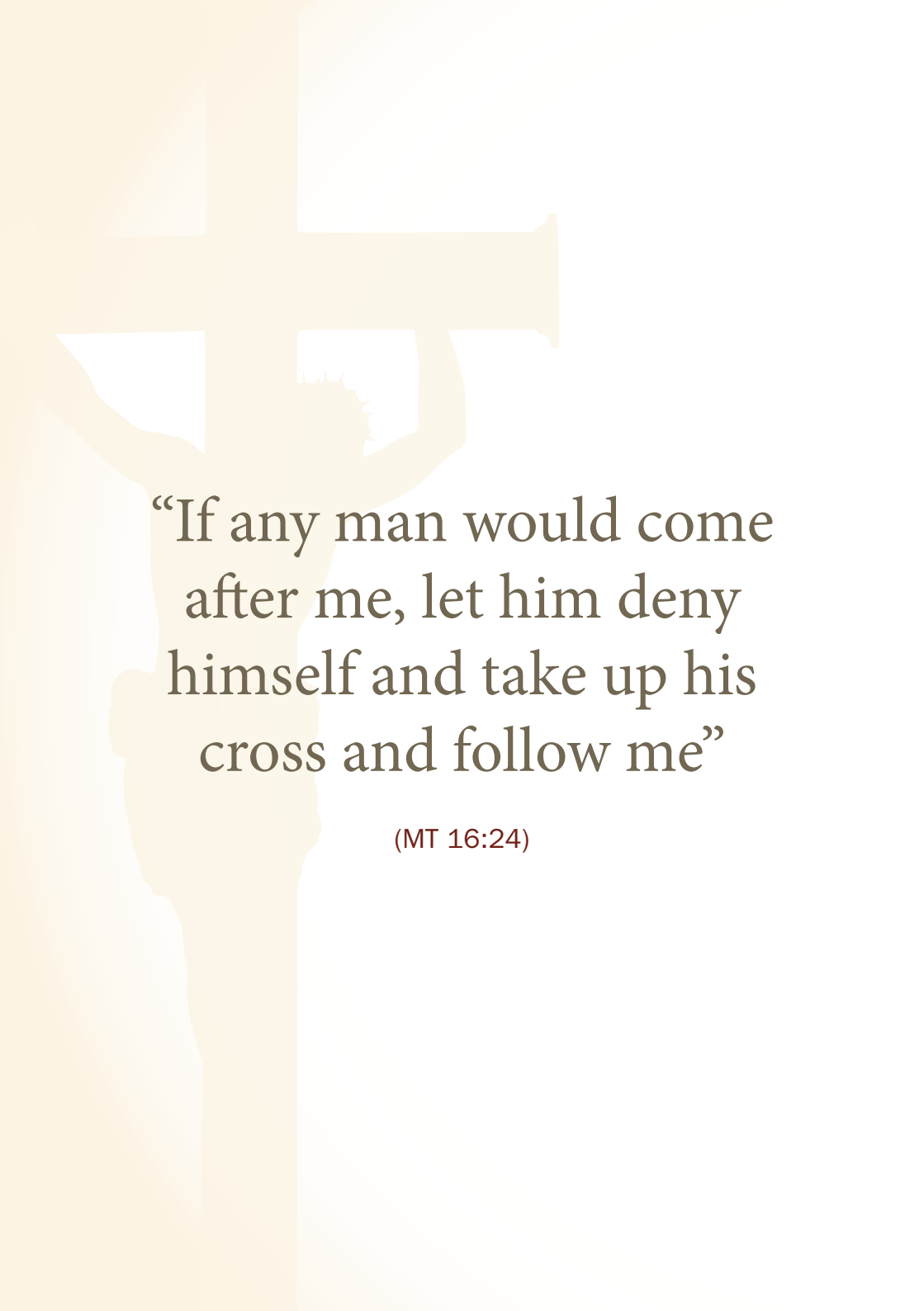
Prayer: Lord Jesus Christ, you transformed the wood of the Cross into the sign of Your great victory over sin and death. Let us ever glory in Your Resurrection and forever remember your great sacrifice wrought for our salvation. May we renew our Baptismal commitment to you, our Lord and our God, and we ask that You instil in us the conviction we need to joyfully proclaim the Good News to all generations yet to come.

Our Father...

Stabat Mater

Christ, when Thou shalt call me hence,
Be Thy Mother my defence,
Be Thy cross my victory.

XIV



“If any man would come
after me, let him deny
himself and take up his
cross and follow me”

(MT 16:24)



CATHOLIC
DIOCESE OF
BROKEN BAY

Acknowledgements

Reflections and prayers written by Br. Bernard Mary Fonkalsrud OFM Conv.
Scripture quotations: New Revised Standard Version Bible, copyright ©1989,
1995 National Council of the Churches of Christ in the United States of America.

Used by Permission. All rights reserved.

Hymn, *Stabat Mater*, written by Franciscan Jacopone da Todi, 13th Century.

Graphic Design Chris Murray

Music Note

Following each station, a verse from the Stabat Mater may be sung,
with an English translation offered in this booklet. Alternatively, a verse
or refrain from one of the following hymns could be used:

Be with Me, Lord – Marty Haugen

Behold the Cross – Bob Hurd

Behold the Wood of the Cross – Dan Schutte

Jesus, Remember Me – Taizé

Were You There Above All – Michael W. Smith.