

# Pro-Life Stations of the Cross

Responses are in bold type

Before each station:

We adore you, O Christ, and we praise you

**Because by your Holy Cross, you have redeemed the world.**

At the end of the final station

**I love you Jesus, my love above all things**

**I repent with my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may love you always, and then do with me what you will.**

**Then: one Our Father, one Hail Mary, and one Glory Be.**

## FIRST STATION

Jesus is condemned to death

Lord you were condemned to death because fear of what other people might think suppressed the voice of conscience. So too, throughout history, the innocent have always been maltreated, condemned and killed. How many times have we ourselves preferred success to the truth, our reputation to justice? Strengthen the quiet voice of our conscience, your own voice, in our lives. Look at me as you looked at Peter after his denial. Let your gaze penetrate our hearts and indicate the direction our lives must take. On the day of Pentecost you stirred the hearts of those, who on Good Friday, clamoured for your death, and you brought them to conversion. In this way you give hope to all. Grant us, ever anew the grace of conversion.

**Let us pray for:**

- **Those who are treated unfairly or violently**
- **Those who live in fear even in their own homes**
- **Those who act with malice or violence that they may see the wrong they do**
- **Ourselves that we understand that our action and inaction has crucified Christ**

## SECOND STATION

Jesus takes up His Cross

Lord you willingly subjected yourself to mockery and scorn. Help us to not ally ourselves with those who look down on the weak and suffering. Help us to acknowledge your face in the lowly and outcast. May we never lose heart when faced with the contempt of the world, which ridicules our obedience to your will? You carried your own Cross, and you asked us to follow you on this path. Help us to take up the Cross, and not to shun it. May we never complain or become discouraged by life's trials. Help us to follow the path of love and in submitting to its demands to find true joy.

**Let us pray for:**

- **Those who are lonely and long for the warmth and nurturing of others**
- **Those who understand and care for those who lack comfort and solace**
- **Ourselves that we can feel peace through Christ and share it with those who most need it**

### THIRD STATION

Jesus falls the first time

Lord Jesus, the weight of the Cross made you fall to the ground. The weight of our sin, the weight of our pride, brought you down. But your fall is not a tragedy or mere human weakness. You came to us when, in our pride, we were laid low. The arrogance that makes us think that we ourselves can create human beings has turned to a kind of merchandise, to be bought, and sold or stored to provide parts for experimentation. In doing this, we hope to conquer death by our own efforts, yet in reality we are profoundly debasing human dignity. Lord, help us to abandon our destructive pride and by learning from your humility to rise again.

**Let us pray for:**

- **Those whose faith is weak and do not follow the Gospel message truly as Jesus taught us**
- **Those who work in the world of care that they understand the preciousness of life in the unborn and those near to death**
- **Ourselves that we can see God's way and not the way of the world**

### FOURTH STATION

Jesus meets his Mother

Holy Mary, Mother of the Lord, you remained faithful when the disciples fled. Just as you believed the angel's incredible message that you would become the Mother of the Most High, so too you believed in the hour of the Cross. At the hour of the world's darkest night, you became the Mother of all believers, the Mother of the Church. We beg you: teach us to believe, and grant that our faith may bear fruit in courageous service and be the sign of a love ever ready to share suffering and to offer assistance.

**Let us pray for:**

- **The unborn who are tossed aside each day**
- **Women in desperate situations, that they will see alternative options to abortion**
- **Those in Government to use their powers to protect innocent babies in the womb**
- **Repentance and renewal in the medical profession**
- **Ourselves that we can help others see there is another way**

## FIFTH STATION

The Cyrenian helps Jesus carry the Cross

Lord, you opened the eyes and heart of Simon of Cyrene and you gave him, by his share in your Cross, the grace of faith. Help us to aid our neighbours in need, even when this interferes with our plans and desires. Help us to realize that it is a grace to be able to share the Cross of others, and, in this way, know that we are walking with you along the way. Help us to appreciate with joy that, when we share in your suffering and the sufferings of this world, we become servants of salvation and able to build up your Body, the Church

**Let us pray for:**

- **The sick, the infirm and those in despair**
- **The hard-hearted who ignore those in need**
- **Elected Governments that they serve the common good of all people**
- **Ourselves that we might bear each other's burdens in Christ's name**

## SIXTH STATION

Veronica wipes the face of Jesus

Lord, grant us restless hearts, hearts which seek your face. Keep us from the blindness of heart which sees only the surface of things. Give us the simplicity and purity which allow us to recognize your presence in the world. When we are not able to accomplish great things, grant us the courage which is born of humility and goodness. Impress your face on our hearts. May we encounter you along the way and show your image to the world.

**Let us pray for:**

- **The homeless who beg on our streets and who are so vulnerable to the perpetrators of human trafficking**
- **The children picked up by drug gangs and taken into County Lines**
- **Ourselves that we may learn not to look the other way**

## SEVENTH STATION

Jesus falls the second time

Lord Jesus Christ, you have borne all our burdens and you continue to carry us. Our weight has made you fall. Lift us up, for by ourselves we cannot rise from the dust. Free us from the bonds of lust. In place of a heart of stone give us a heart of flesh, a heart capable of seeing. Lay low the power of ideologies so that all may see that they are a web of lies. Do not let the wall of materialism become insurmountable. Make us aware of your presence. Keep us vigilant, capable of resisting the forces of evil. Help us recognize the spiritual and material needs of others, and to give them the help they need. Lift us up, that we may lift others. Give us hope at every moment of darkness, so that we may bring your hope to the world.

**Let us pray for:**

- **Exploited workers in Bangladesh garment factories and those held forever in debt bondage in Indian brick works**
- **The slaves hidden in plain sight on UK industrial and agricultural sites and in pop up brothels**
- **Ourselves that we pray and work for the exploited that we cannot see**

## EIGHTH STATION

The women of Jerusalem mourn for Jesus

Lord, to the women you spoke of repentance and the Day of Judgement, when all of us will stand before your face; before you, the Judge of the world. You call us to leave behind the trivialization of evil, which salves our consciences and allows us to carry on as before. You show us the seriousness of our responsibility, the danger of our being found guilty and without excuse on the Day of Judgement. Grant that we may not simply walk alongside you with nothing to offer. Convert us, give new life. Grant that in the end we will not be dry wood, but living branches in you, the true vine bearing fruit for eternal life.

**Let us pray for:**

- **Those grieve or mourn**
- **Those in inner turmoil**
- **Those who suffer anxiety of depression**
- **Ourselves that we accept our own mental vulnerabilities and understand that they can be so much greater in others**

## NINTH STATION

Jesus falls the third time

Lord, your Church often seems like a boat about to sink, a boat taking on water on every side. In your field we see more weeds than wheat. The soiled garments and face of your Church throw us into confusion. Yet is we ourselves show have soiled them! It is we who betray you time and time again, after our lofty words and grand gestures; have mercy on your Church. Within her, Adam continues to fall. When we fall, we drag you into the filth and Satan laughs, for he hopes you will not be able to rise from that fall; he hopes that being dragged down in the fall of your Church you will remain prostrate and overpowered. But you will rise again. You stood up, you arose, and you can raise us up. Save and sanctify your Church Save and sanctify us all.

**Let us pray for:**

- **The 80 million displaced people in the world**
- **Those who cannot flee conflict and have to bear the destruction and privations of war**
- **Those who have given generously for refugees from Ukraine and so many other worn torn countries**
- **Ourselves that we recognise our collective responsibility in fuelling the conflicts and divisions in our society and across the world, through the way we live our lives, through self-interest and through not crying out against injustice**

## TENTH STATION

Jesus is stripped of his garments

Lord Jesus you were stripped of your garments, exposed to the shame, cast out of society. You took upon yourself the shame of Adam, and you healed it. You also take upon yourself the sufferings and needs of the poor, the outcast of our world. And in this way you fulfil the word of the prophets. This is how you bring meaning into apparent meaninglessness. This is how you make us realize that your Father holds you, us and the whole world in his hands. Give us a profound respect for man at every stage of his existence, and in all the situations in which we encounter him. Clothe us with the light of your grace.

**Let us pray for:**

- **The gift of life that we may cherish it**
- **Respect for the dignity of all human life**
- **Ourselves that we understand we must cherish and nurture life from the moment of conception to the moment of death**

## ELEVENTH STATION

Jesus is nailed to the Cross

Lord Jesus Christ, you let yourself be nailed to the Cross accepting the terrible cruelty of this suffering, the destruction of your body and of your dignity. You allowed yourself to be nailed fast and did not try to escape or lessen your suffering. May we never flee from what we are called to do? Help us to remain faithful to you. Help us to unmask false freedoms that would distance us from you. Help us to accept your “binding” freedom, and “bound” fast to you, to discover true freedom.

**Let us pray for:**

- **The children abused in their own homes**
- **The sexually exploited**
- **Those who are tortured**
- **Those who are discriminated against because they are seen as different**
- **Ourselves that we may see that difference is good and that in God’s eyes we are all equal**

## TWELFTH STATION

Jesus dies on the Cross

Lord Jesus Christ, at the hour of your death the sun darkened. Ever anew you are nailed to the Cross. At this present hour of history we are living in God’s darkness. Through your great suffering and the wickedness of men, the face of God, your face, seems obscured, unrecognisable. And yet, on the Cross you have revealed yourself by being the one who suffers and loves. From the Cross on high you have triumphed. Help us to recognise your face at this hour of darkness and tribulation. Help us to believe in you and to follow you in our hour of need. Show yourself once more to the world at this hour. Reveal to us your salvation.

**Let us pray for:**

- **Those who are near death and those who aren’t near death but wish only that they might die**
- **Those who support Government bills that will allow premature termination of life**
- **Those who do their utmost to help people die with dignity**
- **Ourselves that we understand that life is in God’s hands and not ours**

## THIRTEENTH STATION

Jesus is taken down from the Cross

Lord, you descended into the darkness of the death, but your body is placed in good hands and wrapped in a white shroud. Faith has not completely died; the sun has not completely set. How often does it appear that you are asleep? How easy is it for us to step back and to say to ourselves: "God is dead?" In the hour of darkness, help us to know that you are still there. Do not abandon us when we are tempted to lose heart. Help us not to leave you alone. Give us the fidelity to withstand moments of confusion and a love ready to embrace your utter helplessness, like your Mother who once more holds you to her breast. Help us, the poor and rich, simple and learned, to look beyond our fears, and prejudices, and to offer you our abilities, our hearts and our time; and thus to prepare a garden for the Resurrection

**Let us pray for:**

- **Our Common Home that it may continue to thrive and in so doing nourish all who live in it**
- **Waste to become a thing of the past and for all that we discard to be reused or recycled**
- **The most vulnerable, where the effects of climate change are already impacting**
- **Ourselves that we love our Common Home as we love God and our neighbour**

## FOURTEENTH STATION

Jesus is laid in the tomb

Lord Jesus in your burial you have taken on the death of the grain of wheat. You have become the lifeless grain of wheat which produces abundant fruit for every age and for all eternity. From the tomb shines forth in each generation the promise of the grain of wheat which gives rise to true manna., the Bread of Life, in which you offer us your very self. The eternal Word, through his incarnation and death, has become a Word which is close to us: you put yourself into our hands and into our hearts, so that your work can grow within us and bear fruit.

Through the death of the grain of wheat you give us yourself, so that we too can dare to lose our life in order to find it; we too can trust the promise of the grain of wheat. Help us to grow in love and veneration of your Eucharistic mystery to make you, the Bread of heaven, the source of our life. Help us to become your "fragrance" and to make known in this world the mysterious traces of your life.

Like the grain of wheat that rises from the earth, putting forth its stalk and its ear, you could not remain enclosed in the tomb. The tomb is empty because He, the Father "did not abandon you to the nether world, not let you flesh see corruption." No, you did not see corruption.

You are risen, and have made a place for our transfigured flesh in the very heart of God. Help us to rejoice in this hope and bring it joyfully to the world. Help us to become witnesses of your Resurrection

**I love you Jesus, my love above all things**

**I repent with my whole heart for having offended you. Never permit me to separate myself from you again. Grant that I may love you always, and then do with me what you will.**

**Then: one Our Father, one Hail Mary, and one Glory Be.**