

FRANCISCAN

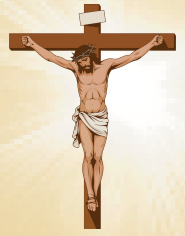
Way of the Cross



Church of St Francis of Assisi, Cheras, Malaysia



FRANCISCAN Way of the Cross



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

Preparatory Prayer

All: 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.



1st Station

Jesus Is Condemned to Death



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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.

All: O innocent Jesus, I have sinned
and I am guilty of eternal death;
but that I may Live,
You who 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!

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

*Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.*



2nd Station

Jesus Carries His Cross



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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.

All: 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

*O, how sad and sore distressed
Was that Mother, highly blest,
Of the sole begotten One!*



3rd Station

Jesus Falls the First Time



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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.

All: Beloved Jesus,
You who 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

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



4th Station

Jesus Meets His Blessed Mother



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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!

All: 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

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



5th Station

Simon of Cyrene

Helps Jesus Carry His Cross



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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.

All: 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

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



6th Station

Veronica Wipes the Face of Jesus



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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."

All: Dearest Jesus,
what return shall I make to You for all Your 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

***Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.***



7th Station

Jesus Falls the Second Time



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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 under foot!
Remember, compassionate soul,
that your sins caused Jesus this painful fall.

All: 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

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



8th Station

Jesus Speaks to the Women of Jerusalem



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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.

All: 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

*O thou Mother: font of love!
Touch my spirit from above,
Make my heart with thine accord.*



9th Station

Jesus Falls the Third Time



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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.

All: Most merciful Jesus,
I return to 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

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



10th Station

Jesus Is Stripped of His Garments



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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 I die
after laying aside my evil habits and tendencies!

All: 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

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



11th Station

Jesus Is Nailed to the Cross



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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!

All: 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

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



12th Station

Jesus Dies on the Cross



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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.

All: Most lovable Jesus,
who will grant that I may die for love of You?
I will endeavor 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

*Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.*



13th Station

Jesus Is Taken Down From the Cross



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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.

All: 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

Hymn

*By the cross with thee to stay;
There with thee to weep and pray
Is all I ask of thee to give.*



14th Station

Jesus Is Laid in the Tomb



Leader: We adore You, O Christ,
and we praise You.

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

Leader: 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.

All: 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.

Leader: Lord Jesus, crucified.

All: Have mercy on us.

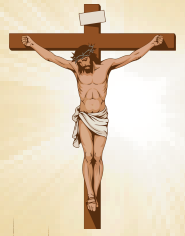
Hymn

*Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.*





FRANCISCAN Way of the Cross



Leader: Let us pray for the intentions of
our Holy Father, our Archbishop and our Parish.

All: Our Father ... Hail Mary ... Glory be ...

Concluding Prayer



All: Almighty and eternal God,
merciful Father,
who has 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 reigns with the Son
and the Holy Spirit,
and where we hope to reign with You,
world without end.

Amen.



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



Brief History of the Way of the Cross



Rooted in the heart of Franciscan spirituality, the Stations of the Cross became part of Lenten devotion soon after St Francis' return from the Holy Land in 1221. Moved by the experiences of pilgrims to Jerusalem, the Franciscans sought to share the grace of walking in the footsteps of the Lord's Passion with all who could not journey to the sacred sites themselves.

Entrusted in the 13th century with the care of the holy sites of Jerusalem, the Franciscan friars began marking the journey to Calvary with a series of outdoor Stations of the Cross. Over time, they carried this devotion throughout Europe and beyond, making it a popular Lenten practice in churches worldwide.

To pray the Franciscan Way of the Cross is to contemplate the suffering, humility, and mercy of Jesus, uniting our own crosses with His. In walking this path, we are drawn closer to Christ, learning anew the way of love, peace, and hope.

"We adore you, Lord Jesus Christ, here, and in all your churches throughout the world, and we bless you, for by your holy cross you have redeemed the world." - St Francis of Assisi

