Stations of the Cross

from

Full Homely Divinity
STABAT MATER

At the Cross her station keeping,
stood the mournful Mother weeping,
where he hung, the dying Lord.

For her soul of joy bereaved,
bowed with anguish, deeply grieved,
felt the sharp and piercing sword.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Psalm 51 Miserere mei, Domine

Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my offenses.
Wash me through and through from my wickedness *
and cleanse me from my sin.
For I know my transgressions, *
and my sin is ever before me.
Against you only have I sinned *
and done what is evil in your sight.
And so you are justified when you speak *
and upright in your judgment.
Indeed, I have been wicked from my birth, *
a sinner from my mother’s womb.
For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.
Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.
Make me hear of joy and gladness, *
that the body you have broken may rejoice.
Hide your face from my sins *
and blot out all my iniquities.
Create in me a clean heart, O God, *
and renew a right spirit within me.
Cast me not away from your presence *
and take not your holy Spirit from me.
Give me the joy of your saving help again *
    and sustain me with your bountiful Spirit.
I shall teach your ways to the wicked, *
    and sinners shall return to you.
Deliver me from death, O God, *
    and my tongue shall sing of your righteousness,
    O God of my salvation.
Open my lips, O Lord, *
    and my mouth shall proclaim your praise.
Had you desired it, I would have offered sacrifice, *
    but you take no delight in burnt offerings.
The sacrifice of God is a troubled spirit; *
    a broken and contrite heart, O God, you will not despise.

An Act of Contrition

O God, we love you with our whole hearts and above all things, and are
heartyly sorry that we have offended you. May we never offend you any
more. May we love you without ceasing, and make it our delight to do
your most holy will in all things, through Jesus Christ our Lord, who lives
and reigns with you and the Holy Spirit, one God, now and for ever. 
Amen.

Our Father....

Hail Mary....

A Collect

Almighty God, whose most dear Son went not up to joy but first he suffered
pain, and entered not into glory before he was crucified: Mercifully grant that we,
walking in the way of the Cross, may find it none other than the way of life and
peace; through Jesus Christ your Son our Lord, who lives and reigns with you
and the Holy Spirit, one God, for ever and ever. Amen.

\textit{O how sad and sore distressed}
\textit{now was she, that Mother blessed}
\textit{of the sole-begotten One.}

\textit{Deep the woe of her affliction,}
\textit{when she saw the crucifixion}
\textit{of her ever-glorious Son.}
The First Station
Jesus is Condemned to Death

We adore you, O Christ, and we bless you:

Because by your holy Cross you have redeemed the world.

So Pilate, wishing to satisfy the crowd, released for them Barabbas; and having scourged Jesus, he delivered him to be crucified.

Now the serpent was more subtle than any other wild creature that the LORD God had made. He said to the woman, “Did God say, ‘You shall not eat of any tree of the garden?’” And the woman said to the serpent, “We may eat of the fruit of the trees of the garden; but God said, ‘You shall not eat of the fruit of the tree which is in the midst of the garden, neither shall you touch it, lest you die.’” But the serpent said to the woman, “You will not die....” So she took of its fruit and ate; and she also gave some to her husband, and he ate. Then the eyes of both were opened and they knew that they were naked.

And they sewed fig leaves together and made themselves aprons.... Then the LORD God said, “Behold, the man has become like one of us, knowing good and evil; and now, lest he put forth his hand and take also of the tree of life, and eat, and live for ever” -- therefore the LORD God sent him forth from the garden of Eden, to till the ground from which he was taken. He drove out the man; and at the east of the garden of Eden he placed the cherubim, and a flaming sword which turned every way, to guard the way to the tree of life.

It was for us that you suffered, O blessed Jesus; it was for our sins that you were condemned to die. Grant that we may truly repent and, by your grace, obtain mercy and pardon. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:

Save us and help us, we humbly beseech you, O God.

For his people’s sins chastised,
She beheld her Son despised,
Scourged, and crowned with thorns entwined.
THE SECOND STATION
JESUS TAKES UP HIS CROSS

We adore you, O Christ, and we bless you:

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.

After these things God tested Abraham, and said to him “Abraham!” And he said, “Here am I.” He said, “Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering upon one of the mountains of which I shall tell you.” So Abraham rose early in the morning, saddled his ass, and took two of his young men with him, and his son Isaac; and he cut the wood for the burnt offering, and arose and went to the place of which God had told him. On the third day, Abraham lifted up his eyes and saw the place afar off. Then Abraham said to his young men, “Stay here with the ass; I and the lad will go yonder and worship, and come again to you.” And Abraham took the wood of the burnt offering, and laid it on Isaac his son; and he took in his hand the fire and the knife. So they went both of them together. And Isaac said to his father Abraham, “My father!” And he said, “Here am I, my son.” He said, “Behold, the fire and the wood; but where is the lamb for a burnt offering?” Abraham said, “God will provide himself the lamb for the burnt offering, my son.” So they went both of them together.

O Jesus, grant us, by virtue of your Cross, to embrace with meekness the difficulties of this life, and to be ever ready to take up our cross and follow you. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:

Save us and help us, we humbly beseech you, O God.

Saw him then from judgment taken,
And in death by all forsaken,
Till his spirit he resigned.
THE THIRD STATION
JESUS FALLS THE FIRST TIME*

We adore you, O Christ, and we bless you:

*Because by your holy Cross you have redeemed the world.*

From the daughter of Zion has departed all her majesty. Her princes have become like harts that find no pasture; they fled without strength before the pursuer. Jerusalem remembers in the days of her affliction and bitterness all the precious things that were hers from days of old. When her people fell into the hand of the foe, and there was none to help her, the foe gloated over her, mocking at her downfall.... All her people groan as they search for bread; they trade their treasures for food to revive their strength. Look, O LORD, and behold, for I am despised. Is it nothing to you, all you who pass by: Look and see if there is any sorrow like my sorrow which was brought upon me, which the LORD inflicted on the day of his fierce anger. From on high he sent fire; into my bones he made it descend; he spread a net for my feet; he turned me back; he has left me stunned, faint all the day long.

O Jesus, who for our sins bore the heavy burden of the Cross and fell under its weight, may the remembrance of your sufferings make us watchful over ourselves that we may not fall away from you. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us: *Save us and help us, we humbly beseech you, O God.*

*As thou bought’st, through tribulation,*

*In thy passion, my salvation,*

*Let me bear therein my part.*
THE FOURTH STATION
JESUS MEETS HIS MOTHER*

We adore you, O Christ, and we bless you:

Because by your holy Cross you have redeemed the world.

Thus says the LORD: A voice is heard in Ramah, lamentation and bitter weeping. Rachel is weeping for her children; she refuses to be comforted for her children because they are not. Thus says the LORD: Keep your voice from weeping, and your eyes from tears; for your work shall be rewarded says the LORD, and they shall come back from the land of the enemy. There is hope for your future, says the LORD, and your children shall come back to their own country. I have heard Ephraim bemoaning, “Thou hast chastened me, and I was chastened, like an untrained calf; bring me back that I may be restored, for thou art the LORD my God. For after I had turned away I repented; and after I was instructed, I smote upon my thigh; I was ashamed, and I was confounded, because I bore the disgrace of my youth.” Is Ephraim my dear son? Is he my darling child? For as often as I speak against him, I do remember him still. Therefore my heart yearns for him; I will surely have mercy on him, says the LORD.

Holy Mary, most afflicted Mother, intercede for us, that through the sufferings of your Son we may be delivered from the power of sin and death. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us: Save us and help us, we humbly beseech you, O God.

Jesus may her deep devotion
Stir in me the same emotion,
Fount of love, Redeemer kind.
THE FIFTH STATION
THE CROSS IS LAID ON SIMON OF CYRENE

We adore you, O Christ, and we bless you:

*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, to carry his cross.

Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, Be strong, fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you. Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then shall the lame man leap like a hart, and the tongue of the dumb sing for joy. For waters shall break forth in the wilderness, and streams in the desert; the burning sand shall become a pool, and the thirsty ground springs of water.... And a highway shall be there, and it shall be called the Holy Way.... And the ransomed of the Lord shall return, and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.

O Lord Jesus, strengthen our hands that it may be our privilege also to bear your Cross; may we glory in nothing else; by it may the world be crucified to us and we to the world; and may we rejoice if we be counted worthy to walk the Way of the Cross and to suffer for your Name’s sake. *Amen.*

O Savior of the world, by your Cross and precious Blood you have redeemed us:

*Save us and help us, we humbly beseech you, O God.*

*Take beneath the cross my station,*

*And in all thy desolation*

*So unite myself with thee.*
THE SIXTH STATION
A WOMAN WIPES THE FACE OF JESUS*

We adore you, O Christ, and we bless you:

Because by your holy Cross you have redeemed the world.

Behold, my servant will prosper, he shall be exalted and lifted up, and shall be very high. As many were astonished at him—his appearance was so marred, beyond human semblance, and his form beyond that of the sons of men—so shall he startle many nations; kings shall shut their mouths because of him; for that which has not been told them they shall see, and that which they have not heard they shall understand. Who has believed what we have heard? And to whom has the arm of the LORD been revealed? For he grew up before him like a young plant, and like a root out of dry ground; he had no form or comeliness that we should look at him, and no beauty that we should desire him. He was despised and rejected by men; a man of sorrows, and acquainted with grief, and as one from whom men hide their faces he was despised, and we esteemed him not.

O Jesus, may the contemplation of your suffering move us to hate our sins and kindle in our hearts more fervent love of you. Engrave your image on us, until we are fully transformed into your likeness. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:

Save us and help us, we humbly beseech you, O God.

Jesus, great beyond all other,
Turn not from me, heav’nly brother,
Let me, too, bewail thy pain.
THE SEVENTH STATION
JESUS FALLS A SECOND TIME*

We adore you, O Christ, and we bless you:

Because by your holy Cross you have redeemed the world.

O blessed Jesus, falling again under the burden of our sins, how often we have grieved you by our repeated falls into sin! Preserve us from the enemy who prowls about, seeking to devour us, and bring us in safety to your kingdom. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:

Save us and help us, we humbly beseech you, O God.

Let my soul, thy death declaring,
Thy unsparing passion sharing,
Count thy bruises one by one.
THE EIGHTH STATION
JESUS MEETS THE WOMEN OF JERUSALEM

We adore you, O Christ, and we bless you:
Because by your holy Cross you have redeemed the world.

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.”

My eyes are spent with weeping; my soul is in tumult; my heart is poured out in grief because of the destruction of the daughter of my people, because infants and babes faint in the streets of the city. They cry to their mothers, Where is bread and wine? as they faint like wounded men in the streets of the city… Your prophets have seen for you false and deceptive visions; they have not exposed your iniquity to restore your fortunes, but have seen for you oracles false and misleading. Cry aloud to the Lord! O daughter of Zion! Let tears stream down like a torrent day and night! Give yourself no rest, your eyes no respite! Arise, cry out in the night, at the beginning of the watches! Pour out your heart like water before the presence of the Lord! Lift your hands to him for the lives of your children, who faint for hunger at the head of every street.

O Lord Jesus, we mourn both for you and for ourselves, for your sufferings and for our sins which caused them. Teach us so to mourn that we may repent and, by your mercy, be redeemed from the judgment our sins deserve. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:
Save us and help us, we humbly beseech you, O God.

Let me mourn, O Lord, beside thee
For the sins which crucified thee,
While my life remains in me.

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THE NINTH STATION
JESUS FALLS A THIRD TIME*

We adore you, O Christ, and we bless you:

_Because by your holy Cross you have redeemed the world._

Nebuchadnezzar in furious rage commanded that Shadrach, Meshach, and Abednego be brought...and Nebuchadnezzar said to them, “Is it true, O Shadrach, Meshach, and Abednego that you do not serve my gods or worship the golden image I have set up?”... Shadrach, Meshach, and Abednego answered the king, “O Nebuchadnezzar, we have no need to answer you in this matter. If it be so, our God whom we serve is able to deliver us from the burning fiery furnace; and he will deliver us out of your hand, O king. But if not, be it known to you, O king, that we will not serve your gods or worship the golden image which you have set up.” Then Nebuchadnezzar was full of fury, and the expression of his face was changed against Shadrach, Meshach, and Abednego. He ordered the furnace heated seven times more than it was wont to be heated. And he ordered certain mighty men of his army to bind Shadrach, Meshach, and Abednego, and to cast them into the burning fiery furnace...and these three men fell bound into the burning fiery furnace. Then King Nebuchadnezzar was astonished and rose up in haste. He said to his counselors, “Did we not cast three men bound into the fire?” They answered, “True, O king.” He answered, “But I see four men loose, walking in the midst of the fire, and they are not hurt; and the appearance of the fourth is like a son of the gods.”

O Jesus, Son of God, stand with us and shield us from the flames of our passions. And by the merits of your passion, have mercy on us, that we may not fear to face you in the day of judgment. _Amen._

O Savior of the world, by your Cross and precious Blood you have redeemed us:

_Save us and help us, we humbly beseech you, O God._

_When the flames of hell would end me_
_At the judgment day, defend me,_
_Gentle Jesus, by thy love._

Stations of the Cross from Full Homely Divinity, page 11
THE TENTH STATION
JESUS IS STRIPPED OF HIS GARMENTS

We adore you, O Christ, and we bless you:

Because by your holy Cross you have redeemed the world.

The soldiers divided his garments among them, casting lots for them, to decide what each should take.

Joseph went after his brothers, and found them at Dothan. They saw him afar off, and before he came near to them they conspired against him to kill him. They said to one another, “Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild beast has devoured him, and we shall see what will become of his dreams.” But when Reuben heard it, he delivered him out of their hands, saying, “Let us not take his life.” And Reuben said to them, “Shed no blood; cast him into this pit here in the wilderness, but lay no hand upon him”—that he might rescue him out of their hand, to restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and cast him into a pit.

O Jesus, you gave your back to the smiters and did not hide your face from shame; strip us of all false shame, and of pride and conceit, and help us so to humble ourselves in this life that we may be clothed with your glory in the life to come. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:

Save us and help us, we humbly beseech you, O God.

Let thy stripes and scourging smite me;
At thy holy Cross requite me,
Let thy Blood refresh me there.
THE ELEVENTH STATION
JESUS IS NAILED TO THE CROSS

We adore you, O Christ, and we bless you:

Because by your holy Cross you have redeemed the world.

And when they came to the place which is called The Skull, there they crucified him, and the criminals, one on the right and one on the left.

When they came to the place of which God had told him, Abraham built an altar there, and laid the wood in order, and bound Isaac his son, and laid him on the altar, upon the wood. Then Abraham put forth his hand and took the knife to slay his son. But the angel of the LORD called to him from heaven, and said, “Abraham, Abraham!” And he said, “Here am I.” He said, “Do not lay your hand on the lad or do anything to him; for now I know that you fear God, seeing you have not withheld your son, your only son, from me.” And Abraham lifted up his eyes and looked, and behold, behind him was a ram, caught in a thicket by his horns; and Abraham went and took the ram, and offered it up as a burnt offering instead of his son. So Abraham called the name of that place The LORD will provide; as it is said to this day, “On the mount of the LORD it shall be provided.”

Blessed Savior, nailed to the Cross: fasten our hearts there also, that they may be united to you until death shall take us, and with our last breath we shall have yielded up our souls to you. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:

Save us and help us, we humbly beseech you, O God.

True repentance, Jesus, win me:
Savior, print thy wounds within me.
Brand them on my stubborn heart.
THE TWELFTH STATION
JESUS DIES ON THE CROSS

We adore you, O Christ, and we bless you:

Because by your holy Cross you have redeemed the world.

After this Jesus, knowing that all was now finished, said, “I thirst.” ...So they put a sponge full of vinegar on hyssop and held it to his mouth. When Jesus had received the vinegar, he said, “It is finished”; and he bowed his head and gave up his spirit.

Then Moses called all the elders of Israel, and said to them, “Select lambs for yourselves according to your families, and kill the passover lamb. Take a bunch of hyssop and dip it in the blood which is in the basin, and touch the lintel and the two doorposts with the blood which is in the basin; and none of you shall go out of the door of his house until the morning. For the LORD will pass through to slay the Egyptians; and when he sees the blood on the lintel and on the two doorposts, the LORD will pass over the door, and will not allow the destroyer to enter your houses to slay you. You shall observe this rite as an ordinance for you and for your sons for ever. And when you come to the land which the LORD will give you, as he has promised, you shall keep this service. And when your children say to you, ‘What do you mean by this service?’ you shall say, ‘It is the sacrifice of the LORD’s passover, for he passed over the houses of the people of Israel in Egypt, when he slew the Egyptians but spared our houses.’” And the people bowed their heads and worshiped.

O Lamb of God, by your Cross and precious Blood you have redeemed us. In your death we place all our confidence. Henceforth let us live only for you; and in dying for you let us die loving you. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:

Save us and help us, we humbly beseech you, O God.

Who, on Christ’s dear Mother gazing,
Pierced by anguish so amazing,
Born of woman, would not weep?
THE THIRTEENTH STATION
JESUS IS TAKEN DOWN FROM THE CROSS

We adore you, O Christ, and we bless you:
Because by your holy Cross you have redeemed the world.

Now there was a man named Joseph from the Jewish town of Arimathea.... This man went to Pilate and asked for the body of Jesus. Then he took him down and wrapped him in a linen shroud.

A man of Benjamin ran from the battle line, and came to Shiloh the same day, with his clothes rent and with earth upon his head. When he arrived, Eli was sitting upon his seat by the road watching, for his heart trembled for the ark of God.... And Eli said, “How did it go, my son?” He who brought the tidings answered and said, “Israel has fled before the Philistines, and there has also been a great slaughter among the people; your two sons also, Hophni and Phinehas, are dead, and the ark of God has been captured.” When he mentioned the ark of God, Eli fell over backward from his seat by the side of the gate; and his neck was broken and he died, for he was an old man, and heavy.... Now his daughter-in-law, the wife of Phinehas, was with child, about to give birth. And when she heard the tidings that the ark of God was captured, and that her father-in-law and her husband were dead, she bowed and gave birth; for her pains came upon her.... And she named the child Ichabod, saying, “The glory has departed from Israel!” because the ark of God had been captured.

O Mary, blessed Mother of God, you bear in your arms your only Son, now dead, who often rested his head in sleep on your breast. Pray for us, that as you hold him lifeless in death, he may bear us up in the hour of our death in his everlasting arms. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:
Save us and help us, we humbly beseech you, O God.

Who, on Christ’s dear Mother thinking,
Such a cup of sorrow drinking,
Would not share her sorrows deep?
THE FOURTEENTH STATION  
JESUS IS LAID IN THE TOMB

We adore you, O Christ, and we bless you:

Because by your holy Cross you have redeemed the world.

Now in the place where he was crucified there was a garden, and in the garden a new tomb where no one had ever been laid. So because of the Jewish day of Preparation, as the tomb was close at hand, they laid Jesus there.

The Lord appointed a great fish to swallow up Jonah; and Jonah was in the belly of the fish three days and three nights. Then Jonah prayed to the Lord his God from the belly of the fish, saying, “I called to the Lord out of my distress, and he answered me; out of the belly of Sheol I cried, and thou didst hear my voice. For thou didst cast me into the deep, into the heart of the sea, and the flood was round about me; all thy waves and thy billows passed over me. Then I said, ‘I am cast out from thy presence; how shall I again look upon thy holy temple?’ The waters closed in over me, the deep was round about me; weeds were wrapped about my head at the roots of the mountains. I went down to the land whose bars closed upon me for ever…”

We, too, O God, will descend into the grave. You know the secrets of our hearts; do not shut your merciful ears to our prayer; but spare us, O Lord most holy, God most mighty, holy and merciful Savior, most worthy Judge eternal; suffer us not, at our last hour, for any pains of death to fall from you. Amen.

O Savior of the world, by your Cross and precious Blood you have redeemed us:

Save us and help us, we humbly beseech you, O God.

Jesus, may thy Cross defend me,        When to dust my dust returneth,
And thy saving death befriend me,      Grant a soul that to thee yearneth
Cherished by thy deathless grace.      In thy Paradise a place.
CLOSING DEVOTIONS

The devotion may end with the following hymns and prayers.

    Faithful Cross, above all other,
    one and only noble tree;
    none in foliage, none in blossom,
    none in fruit thy peer may be:
    sweetest wood and sweetest iron,
    sweetest weight is hung on thee.

    Lamb of God, you take away the sins of the world,
    have mercy on us.
    Lamb of God, you take away the sins of the world,
    have mercy on us.
    Lamb of God, you take away the sins of the world,
    grant us peace.

    Almighty God, we pray you graciously to behold this your family,
    for whom our Lord Jesus Christ was willing to be betrayed and
    given into the hands of sinners, and to suffer death upon the cross;
    who now lives and reigns with you and the Holy Spirit, one God for
    ever and ever. Amen.

Notes: There is no set content for Stations of the Cross, other than the particular fourteen events (nine biblical, five* conjectural) which have come to be fixed in Western use. The traditional pattern is simply to walk the Way of the Cross, or a symbolic representation of it, and to pause for meditation and prayer at the points marking each event on the way. Many churches have erected depictions of each event as aids to this devotion and there are a variety of written texts to assist the worshiper. The devotion has had a strong identification with the Mother of Jesus and it is a well-established practice to sing verses of the hymn Stabat Mater while walking from station to station. The depictions which we have used in this version of the Stations are retablos, traditional Hispanic religious art. The originals were painted by Marie Romero Cash and hang in the Cathedral of St. John, in Albuquerque, New Mexico. Their simplicity lends itself well to this devotion, leaving it to the worshiper to contemplate the Lord’s Passion in his or her own way, rather than being too heavily directed by highly expressive art. The meditations offered here are all drawn from the Old Testament, reflecting our confession in the Nicene Creed that the Passion of our Lord was “in accordance with the Scriptures,” meaning of course, the Scriptures of his people Israel. In addition to a good deal of traditional liturgical material, we have also provided short prayers based on prayers found in Saint Augustine’s Prayer Book, edited by the late Fr. Loren Gavitt. A full color version of these Stations, with some additional material may be found on line at www.fullhomelydivinity.org/.