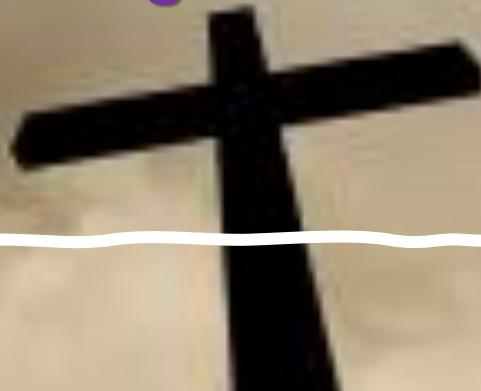




The Way of the Cross

A Good Friday 'Pilgrimage' alongside our Lord





This Devotion will be best appreciated if you turn up the sound on your computer as it contains music and some additional material.

In this thy bitter passion,
good Shepherd, think of me
with thy most sweet compassion,
unworthy though I be:
beneath thy cross abiding
for ever would I rest,
in thy dear love confiding,
and with thy presence blest.



The Way of the Cross



Jesus of Nazareth
King of the Jews

We adore you, O Christ, and we bless you,
because by your holy cross
you have redeemed the world.

Introduction



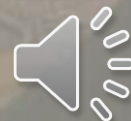
The Gathering



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

Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it.' *Matthew 16.24,25*

Once we were far off, but now in union with Christ Jesus we have been brought near through the shedding of Christ's blood, for he is our peace. *Ephesians 2.13,14*



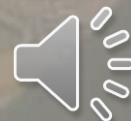
Let us pray



Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and humility,
and also be made partakers of his resurrection;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Lord, help me to recognize my sins and take responsibility for them

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



First Station:

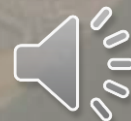
Jesus in agony in the Garden of Gethsemane

We adore you, O Christ, and we bless you, **because by your holy cross you have redeemed the world.**

Reading

They went to a place called Gethsemane; and he said to his disciples, 'Sit here while I pray.' He took with him Peter and James and John, and began to be distressed and agitated. And said to them, 'I am deeply grieved, even to death; remain here, and keep awake.' And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, 'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.' *Mark 14.32-36*

Or, you may like to read Matthew 26:36-41



First Station:

Jesus in agony in the Garden of Gethsemane

Prayer

Lord Jesus, you entered the garden of fear and faced the agony of your impending death: be with those who share that agony and face death unwillingly this day.

You shared our fear and knew the weakness of our humanity: give strength and hope to the dispirited and despairing. **Amen.**

We say together

Lord, help me to recognize my fears and give me the courage to trust you as you trusted your Father.

Grant us your strength and wisdom, that we may seek to follow your will in all things.

**To you, Jesus, who sweated blood,
be honour and glory
with the Father and the Holy Spirit, now and for ever.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Second Station:

Jesus is betrayed by Judas and arrested

We adore you, O Christ, and we bless you, **because by your holy cross you have redeemed the world.**

Reading

⁴³Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders. ⁴⁴Now the betrayer had given them a sign, saying, 'The one I will kiss is the man; arrest him and lead him away under guard.' ⁴⁵So when he came, he went up to him at once and said, 'Rabbi!' and kissed him. ⁴⁶Then they laid hands on him and arrested him. *Mark 14.43-46*



Second Station:

Jesus is betrayed by Judas and arrested

Prayer

Lord Jesus, you were betrayed by the kiss of a friend:
be with those who are betrayed and slandered and falsely accused.
You knew the experience of having your love thrown back in your face for mere silver:
be with families which are torn apart by mistrust or temptation.
To you, Jesus, who offered your face to your betrayer,
be honour and glory with the Father and the Holy Spirit,
now and for ever. **Amen.**

We say together

**My sin betrays you
and undermines my spiritual health.
Restore me and keep me strong and true in you.
Grant us the true courage of our convictions
that our lives may faithfully reflect the good news you bring. Amen.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Third Station: Jesus condemned by the Sanhedrin

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

Reading

⁵⁵Now the chief priests and the whole council were looking for testimony against Jesus to put him to death; but they found none. ⁵⁶For many gave false testimony against him, and their testimony did not agree. ⁵⁷Some stood up and gave false testimony against him, saying, ⁵⁸“We heard him say, “I will destroy this temple that is made with hands, and in three days I will build another, not made with hands.” ⁵⁹But even on this point their testimony did not agree. ⁶⁰Then the high priest stood up before them and asked Jesus, ‘Have you no answer? What is it that they testify against you?’ ⁶¹But he was silent and did not answer. Again the high priest asked him, ‘Are you the Messiah, the Son of the Blessed One?’ ⁶²Jesus said, ‘I am; and “you will see the Son of Man seated at the right hand of the Power”, and “coming with the clouds of heaven.”’ ⁶³Then the high priest tore his clothes and said, ‘Why do we still need witnesses? ⁶⁴You have heard his blasphemy! What is your decision?’ All of them condemned him as deserving death. *Mark 14.55-64*

Or, you may like to read Luke 22: 66-71



Third Station: Jesus condemned by the Sanhedrin

Prayer

Lord Jesus, you were the victim of religious bigotry:
be with those who are persecuted by small-minded authority.
You faced the condemnation of fearful hearts:
deepen the understanding of those who shut themselves off from the
experience and wisdom of others.
To you, Jesus, unjustly judged victim,
be honour and glory with the Father and the Holy Spirit, now and for ever. .
Amen.

We say together

**Lord, help me to love justly and to seek peace – your peace.
Grant us your sense of righteousness that we may never cease to
work to bring about the justice of the kingdom that you promised.
Amen.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Fourth Station: Peter denies Jesus

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

Reading

⁷² At that moment the cock crowed for the second time. Then Peter remembered that Jesus had said to him, 'Before the cock crows twice, you will deny me three times.' And he broke down and wept. *Mark 14.72*

Or, you may like to read Matthew 26: 69-75



Fourth Station: Peter denies Jesus



Prayer

Lord Jesus, as Peter betrayed you, you experienced the double agony of love rejected and friendship denied: be with those who know no friends and are rejected by society.

You understood the fear within Peter: help us to understand the anxieties of those who fear for their future.

To you, Jesus, who gazed with sadness at your lost friend, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

We say together

Lord, help me to never to deny you. You never deny me.

Grant us the gift of honesty that we may not fear to speak the truth even when difficult. Amen.

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Fifth Station: Jesus judged by Pilate

We adore you, O Christ, and we bless you,
**because by your holy cross you have
redeemed the world.**

Reading

You may like to read Mark 15: 1-5 at this point

¹⁴Pilate asked them, ‘Why, what evil has he done?’ But they shouted all the more, ‘Crucify him!’ ¹⁵So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.

Mark 15: 14-15



Fifth Station: Jesus judged by Pilate

Prayer

Lord Jesus, you were condemned to death for political expediency: be with those who are imprisoned for the convenience of the powerful.

You were the victim of unbridled injustice: change the minds and motivations of oppressors and exploiters to your way of peace. To you, Jesus, innocent though condemned, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

We say together

Lord, help me to recognize my sins and take responsibility for them.

Grant us discernment that we may see as you see, not as the world sees. Amen.

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Sixth Station:

Jesus scourged and crowned with thorns

We adore you, O Christ, and we bless you,
**because by your holy cross you have
redeemed the world.**

Reading

¹⁷And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. ¹⁸And they began saluting him, 'Hail, King of the Jews!' ¹⁹They struck his head with a reed, spat upon him, and knelt down in homage to him. Mark 15: 17-19

Or, you may like to read John 19: 1-3



Sixth Station:

Jesus scourged and crowned with thorns

Prayer

Lord Jesus, you faced the torment of barbaric punishment and mocking tongue: be with those who cry out in physical agony and emotional distress.

You endured unbearable abuse:

be with those who face torture and mockery in our world today.

To you, Jesus, the King crowned with thorns,

be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

We say together

Lord, help me to recognize my sins and know that you have borne the pain of them for me.

Grant us patience in times of suffering that we may offer our lives as a sacrifice of praise.

Amen.

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Seventh Station: Jesus carries the cross

We adore you, O Christ, and we bless you,
**because by your holy cross you have redeemed
the world.**

Reading

After twisting some thorns into a crown, they put it on him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

Mark 15: 17b, 20

Or, you may like to read John 19: 6, 15-17



Seventh Station: Jesus carries the cross

Prayer

Lord Jesus, you carried the cross through the rough streets of Jerusalem: be with those who are loaded with burdens beyond their strength. You bore the weight of our sins when you carried the cross: help us to realize the extent and the cost of your love for us. To you, Jesus, bearing a cross not your own, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

We say together

Lord, help me to exchange my will in this life for yours. I also pray that my actions may never mock your name. Grant us strength of purpose that we may faithfully bear our crosses each day. **Amen.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Eighth Station:

Simon of Cyrene helps Jesus to carry the cross

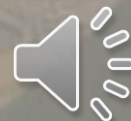
We adore you, O Christ, and we bless you, **because by your holy cross you have redeemed the world.**

Reading

They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus. *Mark 15: 21*

Reflection

Shall Simon bear the cross alone, and all the rest go free? No, there's a cross for everyone, and there's a cross for me.



Eighth Station:

Simon of Cyrene helps Jesus to carry the cross

Prayer

Lord Jesus, you were worn down by fatigue: be with those from whom life drains all energy.

You needed the help of a passing stranger: give us the humility to receive aid from others.

To you, Jesus, weighed down with exhaustion and in need of help, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

We say together

Lord, constantly remind me that I cannot love you without loving others as well.

Help me always remember that to be a follower of yours means that I share in the burdens of others.

Grant us willing spirits that we may be your instruments on earth. Amen.

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Ninth 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.

Reading

²⁷A great number of the people followed him, and among them were women who were beating their breasts and wailing for him.

²⁸But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children.

²⁹For the days are surely coming when they will say, "Blessed are the barren, and the wombs that never bore, and the breasts that never nursed."

³⁰Then they will begin to say to the mountains, "Fall on us"; and to the hills, "Cover us." ³¹For if they do this when the wood is green, what will happen when it is dry? *Luke 23: 27-31*

Reflection

Jesus told the women to prepare for overwhelming sorrows. If such injustice can be perpetuated against an innocent man in a time of peace, what will befall guilty people in times of turmoil?



Ninth Station: Jesus meets the Women of Jerusalem

Prayer

Lord Jesus, the women of Jerusalem wept for you:
move us to tears at the plight of the broken in our world.
You embraced the pain of Jerusalem, the 'city of peace':
bless Jerusalem this day and lead it to the path of profound peace.
To you, Jesus, the King of peace who wept for the city of peace,
be honour and glory with the Father and the Holy Spirit,
now and for ever. **Amen.**

We say together

**Search me O God and know my heart;
Try me and know my anxious thoughts;
See if there be harmful ways in me;
Then cleanse me, change me,
lead me in your ways.** (Psalm 139:23-24)

**Grant us gentle spirits
that we may comfort those who mourn. Amen.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Tenth Station: Jesus is crucified

We adore you, O Christ, and we bless you,
**because by your holy cross you have redeemed
the world.**

Reading

²⁴And they crucified him, and divided his clothes among them, casting lots to decide what each should take.

Mark 15: 24

Or, you may like to read Luke 23: 33-34

A Response from us as 'Easter People'

What fear of God's judgment; What indignation against injustice; what testimony to the divinity of Christ!

Jesus reigned on the cross at Calvary as he reigns in heaven today.



Tenth Station: Jesus is crucified

Prayer

Lord Jesus, you bled in pain as the nails were driven into your flesh:
transform through the mystery of your love the pain of those who suffer.
To you, Jesus, our crucified Lord,
be honour and glory with the Father and the Holy Spirit,
now and for ever. Amen.

We say together

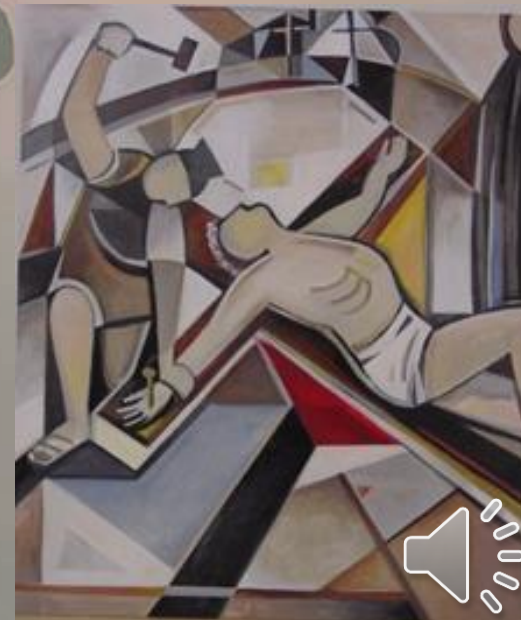
Lord, I am here.

Forgive me for all of my sins past, present and future.

**Transform me into that person of God
who discerns the glory that is you.**

**Grant us merciful hearts
that we may bring your reconciliation
and forgiveness to all. Amen.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**

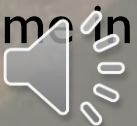


Eleventh Station: Jesus promises a place in the kingdom to the penitent thief

We adore you, O Christ, and we bless you, **because by your holy cross you have redeemed the world.**

Reading

³⁹ One of the criminals who were hanged there kept deriding him and saying, 'Are you not the Messiah? Save yourself and us!' ⁴⁰But the other rebuked him, saying, 'Do you not fear God, since you are under the same sentence of condemnation?' ⁴¹And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.' ⁴²Then he said, 'Jesus, remember me when you come into your kingdom.' ⁴³He replied, 'Truly I tell you, today you will be with me in Paradise.' *Luke 23: 39-43*



Eleventh Station: Jesus promises a place in the kingdom to the penitent thief

Prayer

Lord Jesus, even in your deepest agony you listened to the crucified thief: hear us as we unburden to you our deepest fears. You spoke words of love in your hour of death: help us to speak words of life to a dying world. To you, Jesus, who offer hope to the hopeless, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

We say together

Lord, help me to recognize my sins and seek your forgiveness and your presence. Grant us perseverance that we may never stop seeking you. **Amen.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Twelfth Station: Jesus on the cross; his mother and his friend are present

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

Reading

²⁵Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' ²⁷Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home. *John 19: 25b-27*

Reflection

He has handed over the poor, the homeless, those without families, the sick and other marginalized people to us, his Church. Let us not forget them.



Twelfth Station: Jesus on the cross; his mother and his friend are present

Prayer

Even while racked with pain you ministered to your mother and your disciple:
be with all broken families today
and care for those who long for companionship.
You cared for your loved ones even in your death-throes:
give us a love for one another
that is stronger even than the fear of death.
To you, Jesus, loving in the face of death,
be honour and glory with the Father and the Holy Spirit,
now and for ever. **Amen.**

We say together

**Lord, the worst thing I can do is to wallow in your grace,
and concern myself only with my own spiritual well being.
May your Holy Spirit prompt me and give me a compassionate heart
that responds to your call for action.
Grant us constancy
that we may be willing to stand by those in need. Amen.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Thirteenth 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.

Reading

³³When it was noon, darkness came over the whole land until three in the afternoon. ³⁴At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?' ³⁵When some of the bystanders heard it, they said, 'Listen, he is calling for Elijah.' ³⁶And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.' ³⁷Then Jesus gave a loud cry and breathed his last.
Mark 15: 33-37

Or, you may like to read Luke 23: 44-46

Reflection

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. (John 3:16-17) .

God loves us this much.



Thirteenth Station: Jesus dies on the cross

Prayer

Lord Jesus, you died on the cross and entered the bleakest of all circumstances: give courage to those who die at the hands of others. In death you entered into the darkest place of all: illumine our darkness with your glorious presence. To you, Jesus, your lifeless body hanging on the tree of shame, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

We say together

**Thank you Lord for saving my soul.
Thank you Lord for making me whole.
Thank you Lord for giving to me,
your great salvation so rich and free.**

**Grant us trust in you that when our time on earth in ended
our spirits may come to you without delay. Amen.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Fourteenth Station: Jesus laid in the tomb

We adore you, O Christ, and we bless you, **because by your holy cross you have redeemed the world.**

Reading

⁴⁶Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb.

Mark 15: 46-47.

Or, you may like to read Matthew 27: 57-60



Fourteenth Station: Jesus laid in the tomb

Prayer

Lord Jesus, Lord of life, you became as nothing for us:
be with those who feel worthless and as nothing in the world's eyes.
You were laid in a cold, dark tomb and hidden from sight:
be with all who suffer and die in secret,
hidden from the eyes of the world.
To you, Jesus, your rigid body imprisoned in a tomb,
be honour and glory with the Father and the Holy Spirit,
now and for ever. Amen.

We say together

**Lord, we praise you that we of the Church are all one in you.
Help us to make our unity evident in the world,
that the world might know that you are the one true God.**

**Grant us your compassion
that we may always provide for those in need. Amen.**

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**



Conclusion



Prayers of penitence or intercession may take place, or some other relevant action, accompanied by silence or singing.

Lord Jesus Christ,
your passion and death is the sacrifice that unites earth and heaven and reconciles all people to you.

May we who have faithfully reflected on these mysteries follow in your steps and so come to share your glory in heaven where you live and reign with the Father and the Holy Spirit one God, for ever and ever. Amen.





The Lord's Prayer

Standing at the foot of the Cross
let us pray for the coming of
God's kingdom in the words
our Saviour taught us.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive
those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.**



Closing Prayer & Blessing



Most merciful God,
who by the death and resurrection of your Son Jesus Christ
delivered and saved the world:
grant that by faith in him who suffered on the cross
we may triumph in the power of his victory;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

May God bless us,
that in us may be found love and humility,
obedience and thanksgiving,
discipline, gentleness and peace. ...
Amen.



1 There is a green hill far away,
outside a city wall,
where the dear Lord was crucified
who died to save us all.

2 We may not know, we cannot
tell,
what pains he had to bear,
but we believe it was for us
he hung and suffered there.

3 He died that we might be
forgiven,
he died to make us good,
that we might go at last to heaven,
saved by his precious blood.

4 There was no other good enough
to pay the price of sin,
he only could unlock the gate
of heaven, and let us in.

5 Oh, dearly, dearly has he loved,
and we must love him too,
and trust in his redeeming blood,
and try his works to do.

Cecil Frances Alexander (1848)



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