



*You shall love the Lord your God with all
your soul, with all your mind and with
all your strength Mk 12:30*

Stations of the Cross



Saint Michael Center
for the Blessed Virgin Mary

1481 S King St #150B
Honolulu, HI 96814

1-800-505-MARY (6279) / 1-808-943-7088
www.saintmichaelusa.org www.jmjstore.org



THE STATIONS OF THE CROSS

Suggested short prayers for making the Stations.

Begin by expressing sorrow for all the sins of your life and rejecting all attachment to sin. If possible, move from Station to Station.

Say before each Station:

- V. We adore Thee, Oh Christ, and we Bless Thee
- R. Because by Thy Holy Cross Thou hast redeemed the world.

Say after each Station:

- 1 Our Father
- 1 Hail Mary
- 1 Glory Be

And concluding prayer for the intentions of Our Holy Father, The Pope.



First Station - JESUS IS CONDEMNED TO DEATH

It was for our sins, Oh Jesus, that you were condemned to suffer. Grant that we may detest our sins and by this repentance, obtain Your Mercy and pardon.



Second Station - JESUS IS BURDENED WITH THE CROSS

Oh Jesus, grant us, by virtue of Your Cross, that we may accept the difficulties of our state with meekness and cheerful submission. May we always be ready to take up our cross and follow You.



Third Station - JESUS FALLS FOR THE FIRST TIME

O Jesus, it was for our sins that you bore the heavy burden of the Cross and fell under its weight. May the thought of Your sufferings make us watchful over ourselves and save us from falling into sin.



You shall love the Lord your God with all your soul, with all your mind and with all your strength Mk 12:30

Stations of the Cross



Saint Michael Center
for the Blessed Virgin Mary

1481 S King St #150B
Honolulu, HI 96814

1-800-505-MARY (6279) / 1-808-943-7088
www.saintmichaelusa.org www.jmjstore.org



Fourth Station - JESUS MEETS HIS SORROWFUL MOTHER

O Jesus, by the compassion which you felt for Your Mother, have compassion for us and give us a share of her intercession. Our most afflicted Mother, intercede for us, that through the sufferings of Your Son, we may bear with courage the sorrows of this life.



Fifth Station - SIMON OF CYRENE HELPS JESUS TO CARRY THE CROSS

O Jesus, just as Simon relieved You of Your burden, inspire us also to console You by our prayers of reparation and love.



Sixth Station - VERONICA WIPES THE FACE OF JESUS

O Jesus, may the contemplation of Your Holy Face enkindle in our hearts a more fervent love for You, and may Your image be graven on our minds and souls until we are transformed into Your likeness.



Seventh Station - JESUS FALLS FOR A SECOND TIME

O Jesus, our repeated falls into sin have added to the burden which You carried for our redemption. As you are weakened by the weight of our sins, we are the cause of this second fall. Please give us the strength never to offend You again.



Eighth Station - JESUS SPEAKS TO THE WOMEN OF JERUSALEM

O Jesus, just as You instructed the women of Jerusalem, please instruct us in the ways of virtue and help us to escape the dreadful judgements prepared for all who reject or neglect You in this life.



*You shall love the Lord your God with all
your soul, with all your mind and with
all your strength Mk 12:30*

Stations of the Cross



Saint Michael Center
for the Blessed Virgin Mary

1481 S King St #150B
Honolulu, HI 96814

1-800-505-MARY (6279) / 1-808-943-7088
www.saintmichaelusa.org www.jmjstore.org



Ninth Station - JESUS FALLS FOR THE THIRD TIME

O Lord Jesus, we entreat You, by the merits of this third most painful fall, to pardon our frequent relapse and our long continuance in sin. May the thought of Your sufferings grieve us and move us to make frequent acts of love and reparation.



Tenth Station - JESUS IS STRIPPED OF HIS GARMENTS

O Jesus, by the pain You suffered in having Your clothing torn from Your bleeding body, please strip us of all conceit and pride, and instruct us in the ways of humility, purity of intention and simplicity of heart.



Eleventh Station - JESUS IS NAILED TO THE CROSS

As You were nailed to the Cross, O Jesus, fasten our hearts there also, that they may be united to You until death.



Twelfth Station - JESUS DIES ON THE CROSS

O Jesus, we devoutly embrace the holy Cross whereon You loved us even unto death. We thank You for Your sacrifice, and we desire to love You as much as You love us.



Thirteenth Station - JESUS IS LAID IN THE ARMS OF HIS HOLY MOTHER

We grieve with You, O Mary, for the sorrow you experienced as you examined the wounds on the body of your dear Son. By these sacred wounds may we obtain pardon and mercy for our sins.



*You shall love the Lord your God with all
your soul, with all your mind and with
all your strength Mk 12:30*

Stations of the Cross



Saint Michael Center
for the Blessed Virgin Mary

1481 S King St #150B
Honolulu, HI 96814

1-800-505-MARY (6279) / 1-808-943-7088

www.saintmichaelusa.org www.jmjstore.org



Fourteenth Station - JESUS IS LAID IN THE TOMB

O Jesus, some day our bodies will also be placed in a tomb. Freed from the bonds of this earth, may we be received into Heaven by You and Your Holy Mother, so that we may praise and love You for all eternity. Amen.

PROMISES TO THOSE WHO FREQUENTLY MAKE THE STATIONS OF THE CROSS.

According to Br. Stanislaus, (1903-1927) of the Christian Schools at Bugeo, these promises were given to him by Our Lord. According to his Master of Novices, Br. Stanislaus was an especially privileged soul who received messages from Heaven.

1. I will grant everything that is asked of Me with faith when making the Way of the Cross.
2. I promise eternal life to those who from time to time pray the Way of the Cross.
3. I will follow them everywhere in life, and I will help them especially at the hour of death.
4. Even if they have more sins than blades of grass in the fields and grains of sand in the sea, all of these sins will be erased by The Way of the Cross. (This promise does not eliminate the obligation to confess all mortal sins and this before receiving Holy Communion.)
5. Those who pray the Way of the Cross often will have a special glory in Heaven.
6. I will deliver them from purgatory - indeed, if they go there at all - the first Tuesday or Friday after their death.
7. I will bless them at each Way of the Cross, and My blessing will follow them everywhere on earth and after death, in Heaven for all eternity.
8. At the hour of death I will not permit the Devil to tempt them; I will lift all power from him in order that they may repose tranquilly in My arms.
9. If they pray it with true love, I will make each one of them a living ciborium in which it will please Me to pour My grace.
10. I will fix My eyes on those who pray The Way of the Cross often; My hands will always be open to protect them.
11. As I am nailed to the Cross, so also will I always be with those who honor Me in making the Way of the Cross frequently.
12. They will never be able to separate themselves from Me, for I will give them the grace never to commit a mortal sin.
13. At the hour of death I will console them with My presence, and we will go together to Heaven. Death will be sweet to all those who have honored Me during their lives by praying the Way of the Cross.
14. My soul will be a protective shield for them and will always help them whenever they have recourse to it.

We are a 501C Non-Profit Corporation. Thank you for your generous support of our ministry. All donations are tax deductible.

Please pray for our ministry

"Support for this prayer leaflet is made possible by your generous tax-deductible donations"