

*Spiritual exercises for the home or apartment. Wednesday at 7pm, the Catholic Diocese of Memphis and all of west Tennessee will be praying together.*

## Wednesday

### Stations of the Cross

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

**Preparatory Prayer:** O Jesus, my adorable Savior, I seek Your forgiveness and mercy for myself and for my loved ones, for those hardened by sin, and all the faithful departed. Wash away my sins and those of the whole world through the infinite merits of Your Passion. Give me the grace to enter more deeply into the mystery of Your Cross, so that sharing in Your suffering and death, I may experience a deep sorrow for my sins and be ready to embrace willingly, even with joy, all the sufferings and humiliations of this life and pilgrimage. Amen.

**You will say an Our Father, a Hail Mary and a Glory Be AFTER each station**

**I. JESUS IS CONDEMNED TO DEATH**

*Meditate on how Jesus was scourged and crowned with thorns, and how He was then unjustly condemned by Pilate to die on the cross.*

**II. JESUS CARRIES HIS CROSS**

*Meditate how the heavy cross was laid upon Jesus' bruised shoulders. He accepts it meekly and courageously, because by that cross he wills to redeem the world*

**III. JESUS FALLS FOR THE FIRST TIME**

*Meditate how Jesus, laboring under the weight of the cross, slowly sets forth on the way to Calvary. His agony in the garden has exhausted His body; He is sore with blows and wounds; His strength fails Him; He falls to the ground under the cross.*

**IV. JESUS MEETS HIS MOTHER**

*Meditate on the meeting between Son and mother on the way to Calvary. How oppressive that experience must have been for both of them. What a sword of anguish must have pierced Mary's maternal heart.*

**V. SIMONE OF CYRENE HELPS JESUS CARRY THE CROSS**

*Meditate on Jesus's failing physical strength. He became unable to go on, and how the soldiers then seized Simon of Cyrene and forced him to help Jesus carry His cross.*

**VI. VERONICA WIPES THE FACE OF JESUS**

*Meditate on Veronica seeing Jesus so afflicted, His face soiled with sweat and blood. She offered Him her veil. Jesus took the veil, wiped His face, and left imprinted on the cloth the image of His divine countenance.*

**VII. JESUS FALLS FOR THE SECOND TIME**

*Meditate on how Jesus' struggle to go on increased His pain and cost Him a constantly greater loss of blood, until His strength failed a second time, and He fell upon the ground again.*

**VIII. JESUS SPEAKS TO THE WOMEN OF JERUSALEM**

*Meditate on the holy women of Jerusalem, upon seeing Jesus stumbling along, bathed in His own blood, wept with compassion. To them Jesus said: "Do not weep for Me; weep instead for yourselves and for your children."*

**IX. JESUS FALLS FOR THE THIRD TIME**

*Meditate on Jesus, arriving exhausted at the foot of Calvary, falling for the third time. His weakness was extreme and the cruelty of His executioners was excessive; they tried to hasten His steps when He hardly had the strength to move.*

**X. JESUS IS STRIPPED OF HIS GARMENTS**

*Meditate now on how Jesus arrived at the place of His Crucifixion. The soldiers tore His clothes from His bleeding body, leaving Him exposed to the cold, rude stare of the scoffing crowd.*

**XI. JESUS IS NAILED TO THE CROSS**

*Meditate on how Jesus lies down upon His cross, and how He extends His arms to offer up the sacrifice of His life for our salvation. The soldiers nail Him hands and feet, to His gibbet. And then they raise it, leaving Him to die upon it in terrible anguish.*

**XII. JESUS DIES ON THE CROSS**

*Meditate how Jesus agonized for three hours, dying upon the cross. Then, overcome at last, His body sagged limply; His head fell forward upon His chest; and He handed over His Spirit.*

**XIII. JESUS IS TAKEN DOWN FROM THE CROSS**

*Meditate how two of His disciples, Joseph and Nicodemus, took Jesus' body down from His cross, and how they laid Him in the arms of His stricken mother. She received Him with tenderness, pressing Him close to her afflicted heart.*

**XIV. JESUS IS LAID IN THE TOMB**

*Meditate on how the body of Jesus is taken from the arms of His mother and laid in the tomb. The tomb is closed, and the lifeless body remains until the hour of its glorious Resurrection.*

**Closing Prayer:** O Jesus, lying buried in the tomb, I reverently kiss the stone that encloses You. But on the third day, You rose in glory. By the Resurrection, call me too to rise in glory on the last day, to be forever united with You.

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

