



Lenten Friday Worship
Prepared for Family Prayer at Home due to Covid 19:

STATIONS OF THE CROSS

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

PREPARATION

We have gathered in Your presence, dear Jesus, to consider the great sacrifice You made for us on the cross, for it was Your love for us that brought You to Calvary.

You died in order to deliver us from the death of sin. You were drawn to the cross in order to draw us closer to You.

We have come, gathered at the foot of the cross, seeking Your life-giving grace. Help us understand Your great love and sacrifice, so we may learn to love you more.

O sorrowful Mother, Mary, we ask that we be permitted to stand beside you near the cross of Jesus to consider His passion and your grief.

Come, faithful Christians, join in meditation;
Jesus is judged now through false accusation.
Pilate condemns Him with two felons shameless,
Our Savior blameless.

THE FIRST STATION

Jesus Is Sentenced to Death

- V. We adore You, O Christ, and we bless You;
R. Because by Your cross and passion You have redeemed the world.

Jesus stood before Pilate, beaten and bleeding, with a crown of thorns on His head and a scepter of reed in His hand. The crowds, which only a few days before had joyously welcomed Him, now changed their shouts from “Hosanna” to “Crucify Him!”

Pressed by the temple authorities, Pilate reluctantly agreed to the crucifixion. Jesus received the unjust verdict in silence, fulfilling the prophecy of Isaiah, “Harshly dealt with, he bore it humbly, he never opened his mouth.” (*Isaiah 53:7*)

Let us pray.

Lord Jesus, of all the pains You were forced to bear, surely one of the greatest was hearing the shouts of the crowds calling for Your death.

Keep me from joining the crowd, Lord. When I am intimidated by threat of persecution or suffering – or merely inconvenience, I too hesitate to profess my faith in You.

And if I am wronged by human judgments, grant me the strength and courage to bear the wrong without hatred or desire for revenge. Amen.

- V: Have mercy on us, O Lord.
R: Have mercy on us.



Christ takes the cross now, mankind's soul embracing,
That wayward souls, each by His steps retracing,
Might through His passion, sign of Christ's oblation,
Find their salvation.

THE SECOND STATION

Jesus Takes Up His Cross

- V. We adore You, O Christ, and we bless You;
R. Because by Your cross and passion You have redeemed the world.

Jesus received the hard wooden cross upon shoulders which had already suffered much under the whip. He offered no resistance but accepted this humiliation because of His love for us which He proved a short while later on the hill of Calvary. There, His death would assure humanity's salvation.

Let us pray.

Lord Jesus, You spent Your ministry preaching a Gospel of peace and love, yet the very people who heard Your words and experienced Your goodness, placed a cross of execution upon Your shoulders. Because You loved them, and all of humanity, You were willing to die to guarantee our salvation.

Like those people, I too have often failed to understand Your message. Surely the weight of my sins made the cross even heavier to bear.

As I recall Your struggle with the cross, help me to understand why You accepted it. Fill my heart with the truth of Your gospel and help me join with Your Apostle Peter, who recognized his sins and wept over them. Amen.

- V: Have mercy on us, O Lord.
R: Have mercy on us.

Under the burden He grows weak, unsteady;
Jesus is falling; mankind must stand ready,
Ready to help Him; soothe the fallen Victim
When we afflict Him.

THE THIRD STATION

Jesus Falls the First Time

- V. We adore You, O Christ, and we bless You;
R. Because by Your cross and passion You have redeemed the world.

Jesus, fully aware of His final mission, began the journey toward the Hill of the Skull. All night long He was dragged from place to place, mocked and beaten without mercy. He had lost blood and His body grew ever weaker. The sweat and blood dripping from the crown of thorns marred His vision. He fell and the cross crashed down on top of Him.

But His love for us overcame His physical weakness and He rose from the dusty ground to proceed toward the fate which awaited Him.



Let us pray.

Lord Jesus, You fell because Your body could no longer bear the weight of the cross. I have fallen into sin so frequently because I fail to call upon Your strength.

I confess my faults, and I am truly sorry for my sins. I resolve to do all in my power to avoid them in the future. Although no one extended his hand to help You up, I know You will extend Your hand to raise me and lead me to Your kingdom where I will live with You forever. Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

Mary meets Jesus, doomed to crucifixion,
How deep their anguish, painful their affliction,
Bearing their crosses; Son and loving mother
Facing each other.

THE FOURTH STATION

Jesus Meets His Mother

V. We adore You, O Christ, and we bless You;

R. Because by Your cross and passion You have redeemed the world.

Jesus had helped many; His words were heard by many. But they were all gone now. His disciples left Him and hid for fear of their own lives.

Yet there was one who did not abandon Him. Overwhelmed by the sight of her Son being brought to His death, Mary remained as close to Him as she could. At one point she succeeded in breaking through the mob and reached His side. As their eyes locked, no words were needed between mother and Son.

Let us pray.

Lord, so much can be endured if there are friends nearby to help. But alone, each pain, each disappointment, can become unbearable. I cannot fully understand what You suffered that day, Jesus, but I know that Your pain was increased by the desertion of Your disciples and friends.

I, too, have often deserted You. I sometimes fail to defend Your teachings because I fear for my comfortable life. Help me to be like Mary, dear Lord. Give me the courage to push through the crowds of scoffers and doubters and stand beside You, my God and Savior. Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

Simon of Cyrene now the cross is bearing;
Helping the Savior, in His burden sharing.
Pray that we also turn from Jesus never,
But aid Him ever.

THE FIFTH STATION

Simon of Cyrene Helps Carry the Cross

V. We adore You, O Christ, and we bless You;



R. Because by Your cross and passion You have redeemed the world.

The soldiers feared that, because of His weakened state, Jesus would not make it to Calvary and the crucifixion. Since they could not find a volunteer to help, they forced a man called Simon, who came from the town of Cyrene, to carry the cross for a while.

Let us pray.

Lord Jesus, how often have I failed to offer myself for some good work. How often have I been forced into fulfilling my obligations, rather than willingly accept them. I am as ungrateful as the people present that day in Jerusalem. I fail to consider all You have done for me.

Help me to become a willing Simon to all of my brothers and sisters. Let me see You in each of them. Let me help lighten their burdens and assist them in their journey through life. Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

Saintly Veronica, now her Jesus meeting,
Wipes His face gently, bitterly is weeping.
Face of our Savior on her veil imprinted
Through love unstinted.

THE SIXTH STATION

Veronica Wipes the Face of Jesus

V. We adore You, O Christ, and we bless You;

R. Because by Your cross and passion You have redeemed the world.

With love and courage, yet another woman faced the angry crowds to comfort Jesus. Veronica approached Him to wipe His face, overrun with sweat and blood, with her veil. When she later looked at the veil, she found an imprint of His holy face upon it.

Let us pray.

O Lord, stamp Your image on my soul. May my eyes see only You and my mind remember only Your words. May my reason come to know You and my will fulfill Yours.

Give me the courage and love of Veronica, so I may always and everywhere defend Your holy truths. Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

See the dear Savior showing His exhaustion;
As the cross presses heavily upon Him.
Blood flows so freely; see the Savior languish;
He falls in anguish.

THE SEVENTH STATION

Jesus Falls the Second Time



V. We adore You, O Christ, and we bless You;

R. Because by Your cross and passion You have redeemed the world.

Every step of the way brought increased pain and decreased strength. Once again carrying His own cross, Jesus fell for the second time.

How often it is that way with us. The further we are along the way of life, the darker and more painful the weight of our cross seems to be. The joys of the world begin to hold less and less comfort for us. Yet, if we walk with Jesus, we have nothing to fear. Although the path may seem narrow and harsh, it has been plainly marked with His blood. He is there to help us along should we falter.

Let us pray.

Lord Jesus, You traveled a very difficult road for me. You have made the way easy and now invite me to join You in the journey. I am ready to follow, Lord. Help me to reach the hearts of other people and tell them about Your goodness. Guide me in comforting the pains and tears of my brothers and sisters around me. Increase my faith so that I may truly fulfill Your holy will. Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

Seeing the women deep in lamentation,

Jesus in pity speaks in consolation.

Lord, pray we now, in ev'ry future morrow

Comfort our sorrow.

THE EIGHTH STATION

Women of Jerusalem Weep Over Jesus

V. We adore You, O Christ, and we bless You;

R. Because by Your cross and passion You have redeemed the world.

A group of women were overcome with the sight of Jesus' agony. They wept and mourned for Him. Jesus broke the silence which no judge nor torture could break. He looked at the women and said: "Daughters of Jerusalem, do not weep for Me; weep rather for yourselves and for your children." (*Luke 23:28*)

Let us pray.

Savior, You do not wish us to shed tears over Your humiliation and suffering, for You voluntarily accepted the cross. Rather, You have told us to weep over the faults and failures of our lives. May I, with true sorrow and penance, cleanse my soul and gain Your mercy. Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

Once more He falls, His cross its toll is taking;

Three times He fell, His heart and body aching.

Jesus now grovels in the dust, so lowly;

God's Son most holy.



THE NINTH STATION

Jesus Falls the Third Time

V. We adore You, O Christ, and we bless You;

R. Because by Your cross and passion You have redeemed the world.

Jesus had by now become so weak that His strength was almost completely gone. He fell for the third time.

Let us pray.

When I look at You exhausted and bleeding, my dear Lord, and I watch as You struggle to rise from the ground to continue on to Calvary, where You will die for me, I am filled with sadness.

You have done so much for me, Jesus, and I am often unwilling to do just a little for You. I confess that I have sinned. I have not cared for my brothers and sisters as You have taught me to. I have even failed to care for my own spiritual life. I have deprived others of my presence at Mass and myself of the Sacraments.

Lord Jesus, help me to change. Forgive me for all those things I have neglected to do which should have been done. Lift me up once more. Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

See the dear Lord, Who clothed this earth in splendor,
Who bathed the heav'ns in starlight calm and tender,
Stripped of His garment, mocked in cruel fashion;
Lord of Compassion.

THE TENTH STATION

Jesus Is Stripped of His Garments

V. We adore You, O Christ, and we bless You;

R. Because by Your cross and passion You have redeemed the world.

The journey was over. He had reached the summit of the hill called Calvary. The cross was laid down and prepared to receive its victim.

The clothes, which Jesus had worn throughout the entire ordeal, had become like bandages, pressing against the dried blood of many wounds. The executioners tore off the garments without pity, reopening many of these wounds.

Let us pray.

Lord Jesus, what a difference between You and I. You are covered with wounds and have experienced bitter suffering. I am often more concerned only with the pleasures of this world. Help me to change my life, so I may live in accord with Your will, for You are the Resurrection and the Life of all who hope in You. Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

So to complete our Lord's most holy passion,



They wound His body in most grievous fashion.
Callous tormentors, to the cross they nail Him,
Our blameless Victim.

THE ELEVENTH STATION

Jesus Is Crucified

- V. We adore You, O Christ, and we bless You;
R. Because by Your cross and passion You have redeemed the world.

The great moment of our redemption and salvation had come. The “Word become Flesh” had been nailed to the cross. Heavy nails pierced the sacred hands that had blessed and fed so many. The feet, which had walked through the cities and villages carrying the gospel of love and peace, were fixed to the hard wood of the cross. They would pierce that heart which was so full of love for all people.

Let us pray.

Dear Mary, Mother of Sorrows, my sins are like a sword that wounded your heart. Help me to turn away from everything which distracts me from your Son. Pray for me that, as you stood courageously beneath the cross, I may also find the strength to remain faithful to our Lord, especially in times of suffering or despair. Amen.

- V: Have mercy on us, O Lord.
R: Have mercy on us.

Raised is His cross in view of all the scornful,
Bearing the King of pain, a sight so mournful.
True God, true man, death’s lonely vigil keeping;
Mourn Him with weeping.

THE TWELFTH STATION

Jesus Dies on the Cross

- V. We adore You, O Christ, and we bless You;
R. Because by Your cross and passion You have redeemed the world.

The terrible ordeal was finally drawing to its conclusion. Jesus said, “It is accomplished,” (*John 19:30*) and He died.

Just as the words of a dying parent should be dear to us, so also the words of our Lord should be sacred. Even at the last moments of life, Jesus continued to teach us. From the pulpit of the cross He gave us a great lesson on loving those who persecute or mistreat us: “Father, forgive them, for they do not know what they are doing.” (*Luke 22:34*)

Let us pray.

I place my life into Your hands, Lord. I give You all that I am and all that I possess.

I give my mind that it may not drive me into the depths of error. I give my will that it may never run contrary to Yours. I offer my memory, that in remembering You it may never stray into worthless illusions.



You took up the cross for me – I will accept it with You and find my strength in it. Grant that at the hour of my death, I may call with You, “Father, into Your hands I commit my spirit.”
(*Luke 22:46*) Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

Time to remove His wounded, lifeless body;
Mary receives Him, Son so pure and holy.
Her arms embrace Him; she is filled with grieving,
And barely living.

THE THIRTEENTH STATION

The Body of Jesus Is Taken Down from the Cross

V. We adore You, O Christ, and we bless You;

R. Because by Your cross and passion You have redeemed the world.

The crowds have left Calvary. Very few remain now that the deed has been done. Joseph of Arimathea and Nicodemus remove the lifeless body of Jesus from the cross and place it in the arms of His blessed mother. Think of the pain she must have felt as she gazed at the body of her Son.

Surely she recalled how, not too long ago, she held the small child in Bethlehem. She remembered how her Child, filled with wisdom and understanding, astonished the scholars at the temple. She saw Him walking through the countryside, teaching people about His Father in heaven, smiling at the children, restoring health to the sick, giving hope to the hopeless.

Now it seemed to be over. Her Son was dead, and her own heart crushed with the loss.

Let us pray.

Mary, mother of Jesus, the Church has called you the Queen of Martyrs, for you have endured a suffering beyond what we could understand. Pray for us, dear mother, now and at the hour of our death. Amen.

V: Have mercy on us, O Lord.

R: Have mercy on us.

Christ's broken body in the tomb is buried.
May He for ever in our hearts be carried.
Each heart in sorrow, open wide your portal
For God immortal!

THE FOURTEENTH STATION

The Body of Jesus Is Placed in the Tomb

V. We adore You, O Christ, and we bless You;

R. Because by Your cross and passion You have redeemed the world.

The body of Jesus was taken from His mother and brought to a tomb where it was laid to rest. The tomb was sealed and His body remained there until the Resurrection.



Wicked people believed that, following the execution of Jesus, they could bury the truths He taught together with His body.

Let us join Christ's funeral procession. It is not very large. We find John, the youngest disciple; Nicodemus, Joseph of Arimathea, a few faithful women and, of course, Mary, the mother of Jesus.

Where are the disciples? Where are all those whom Jesus taught, fed and healed? They were afraid of persecution, so they fled; thus inflicting Jesus with the greatest pain He had to bear.

Let us pray.

Although everyone seems to have deserted You, Lord, I will not desert You, or Your holy Church which You established to continue Your mission.

Give me the spirit of courage and perseverance that I may always and everywhere confess by word and confirm by deed my faith in You.

When I am wronged or persecuted, help me to sustain my trust in You and my willingness to suffer, if necessary, for Your holy cause. Grant me the unswerving dedication and courage of Your holy saints and martyrs.

And when my body has returned to the earth from which it came, receive my immortal soul into Your eternal glory so that I may love and bless You forever. Amen.

Our Father, Hail Mary, Glory be

V. Have mercy on us, O Lord;

R. Have mercy on us.

THE CLOSING PETITION

Lord, for us Your wounds were suffered;
O Christ Jesus, have mercy on us. (*3 times*)

V. God did not spare His own Son,

R. But delivered Him up for all of us.

Let us pray.

O Father, we ask You to be gracious to us, the congregation of faithful believers for whom Your Son, Jesus, was betrayed, suffered and died. May we become partakers in the merits of His redemption by living lives in accord with His teachings. We ask this in the name of Jesus Christ, our Lord. Amen.

V. In every grief and sorrow.

R. Come to our aid, O Blessed Virgin Mary

Let us pray.

Almighty and merciful God, our most gracious Father, You permitted the Most Blessed Mother to suffer together with our Lord Jesus Christ to the last moment of His earthly life, thereby giving us an example of faithfulness and unbounded love. Grant that following her virtues in our life, we may gain eternal salvation. We ask this through Jesus Christ, our Lord. Amen.



Prayer in Time of National Anxiety

I come to You, Lord, in this time of uncertainty and confusion that has gripped our nation. I pray that our leaders and representatives in government are filled with Your peace, strength and courage. May your gifts of wisdom and understanding, fortitude and counsel be sought and utilized by them for the well-being of our country. By their belief and trust in You may they provide capable leadership, promote unity and peace, and be attentive to the concerns of our people. May Your Church provide support and comfort; and help strengthen our hope for peace through our Lord Jesus Christ. Amen.

The Angelus – *seeking the intercession of our Blessed Mother*

- V. The Angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.
Hail Mary ...
- V. Behold the handmaid of the Lord.
R. Be it done unto me according to your word.
Hail Mary...
- V. And the Word was made Flesh.
R. And dwelt among us.
Hail Mary ...
- V. Pray for us, O holy Mother of God,
R. That we may be made worthy of the promises of Christ.

Let us pray.

O Lord, we ask You, pour forth Your grace into our hearts; that we, to whom the incarnation of Christ, Your Son, was made known by the message of an angel, may by His passion and cross be brought to the glory of His Resurrection. We ask this through the same Jesus Christ, our Lord. Amen.

Closing Hymn: People, My People

People my people, how have I betrayed you?
How have I grieved you, how could I have failed you?
For I have saved you from the might of Pharaoh,
But now you lead me to the cross to suffer.

People my people, how have I betrayed you?
How have I grieved you, how could I have failed you?
For I have raised you over ev'ry nation,
Now you would have me bear shame and crucifixion.

May God bless you all and have a blessed day!
Fr. Sr. Rob