

Stations of the Cross

Lent 2024



Written by Niamh Duffy and Matthew Donnelly
Diocese of Paisley Young People's Group

 **SCIAF**
Uniting for a just world
Caritas Scotland

**WEE
BOX**
Big change

Sister Epiphanie,
SCIAF partner,
CEJP Rwanda



To those leading the Stations

The Stations of the Cross have long been a feature of the Church's devotional life, especially during the season of Lent. When used in a Parish setting, these Stations may be a preparation for daily Mass or may follow immediately afterwards.

This year's Stations are written by Niamh Duffy and Matthew Donnelly from the Diocese of Paisley Young People's Group. We are incredibly grateful to both Niamh and Matthew for the time and dedication they have shown to SCIAF.

There is a PowerPoint of images from SCIAF's work in Rwanda to accompany this year's Stations at sciaf.org.uk/resources

If you would like more of these booklets or would like a representative from SCIAF to lead the Stations in your Parish, please get in touch with us at getinvolved@sciaf.org.uk

Opening reflection



Pope Francis highlights to us the importance of prayer in our everyday lives: "We often focus on so many urgent but unnecessary things. We occupy and preoccupy ourselves with so many secondary realities. And perhaps without even recognising it, we neglect what counts the most and we allow our love for God to grow cold, to grow cold bit by bit".

Pope Francis reminds us that prayer is like medicine for the weary soul. He explains that when we are poorly, we must remember to be consistent with our methods of healing. We should, therefore, remember that the consistency of daily prayer can heal our soul. Furthermore, Pope Francis tells us that we cannot solely live on individual strong moments of prayer: "We need the daily water of prayer, we need time dedicated to God, so that he can enter into our time, into our lives."

On the night he was betrayed, Jesus prayed in Gethsemane. Even in knowing that he would be betrayed, Jesus took the time to speak with God, Our Father. The importance of prayer in his life did not waver, even in the knowledge of his impending suffering. Jesus demonstrates profound love, not only in death but the way he faced death. Jesus was shown hatred and brutality yet showed only love and compassion in return; he prayed for those who had forsaken him.

May we find too the strength and love to pray, as Jesus did, for those who have acted in hatred and ignorance.

This Lent, we especially pray for the people of Rwanda, the focus of this year's WEE BOX appeal. We pause to reflect, connect, and pray for healing and hope for communities in Rwanda. We know that, through prayer, we can deepen our relationship with God, seek guidance, and offer support to those in need. Prayer also allows us to express love and gratitude to God and can motivate us to take action for social justice.



Fr Rurenga Narcisse,
Rwanda

Opening prayer

The Word of God was made flesh and dwelt amongst us. Our Lord, Jesus Christ, became man and died on the Cross for the salvation of the world, in accordance with His words: "No one has greater love than this, to lay down one's life for one's friends." (John 15:13)

O Jesus, we want to make this Way of the Cross to show how much we love You and tell You how sorry we are for having hurt You by our sins.

We wish to gain all the indulgences that we can, and offer them for the poor souls of purgatory, especially our family and friends.

Mary, Our Lady and Mother of Sorrows, be with us, and help us to pray well.

Amen.

First Station Jesus is condemned to death

Leader:

We adore You, O Christ and we praise You.

**All: (genuflecting)
Because by Your holy Cross You have redeemed the world.**

"Pilate also had an inscription written and put on the Cross. It read, 'Jesus of Nazareth, the King of the Jews.'" (John 19:19)

O Jesus, You desired to die for us that we may receive supernatural life, sanctifying grace and become a child of the Father God Almighty. How precious our lives are to You. Teach us to appreciate it more and more. Help us never to lose it by sin.

Lord Jesus, grant that no child experiences the threat of hunger, violence, or war. May those in positions of authority protect these children's rights and uphold their dignity.

**All:
I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.**

Second Station Jesus accepts his Cross

Leader:

We adore You, O Christ and we praise You.

**All: (genuflecting)
Because by Your holy Cross You have redeemed the world.**

"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 15:20)

O Jesus, You have chosen to die a humiliating death on the Cross. You have paid a high price for our redemption and the life of grace that is bestowed upon us. May we love You always and bear our Cross for Your sake.

Lord Jesus, help us to have compassion for others. Most especially, give us grace to show mercy and love for those who have wronged us. Help us to forgive as You forgive. Remind us that everyone is someone's son or daughter and, most importantly, that everyone is a child of God.

**All:
I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.**

Third Station Jesus falls the first time

Leader:

We adore You, O Christ and we praise You.

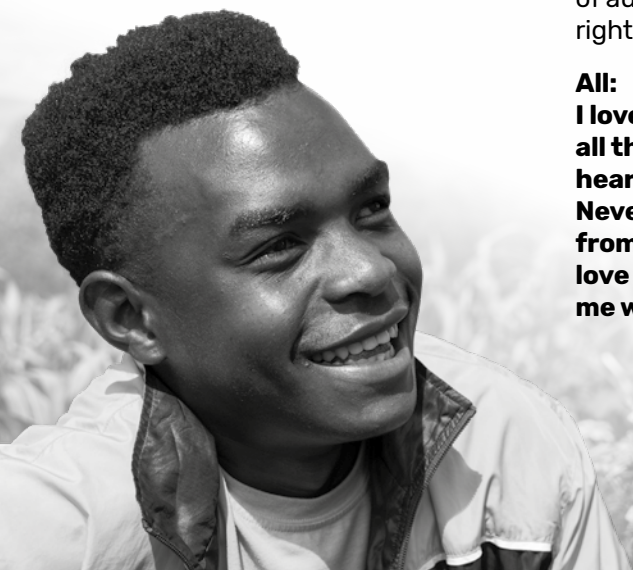
**All: (genuflecting)
Because by Your holy Cross You have redeemed the world.**

"The Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being." (Genesis 2:7)

O Jesus, Your painful fall under the Cross and Your quick rise teach us to repent and rise instantly. May we never be forgetful of Your love and commit mortal sin. Make us strong enough to conquer our wicked passions.

Lord Jesus, You worked as a carpenter and understood the challenges and rewards of labour. Help all those who work to provide for the daily needs of themselves and their families. May we always appreciate the dignity of work and workers.

**All:
I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.**



Emmanuel, Rwanda

Fourth Station Jesus meets his mother

Leader:

We adore You, O Christ and we praise You.

All: (genuflecting)

Because by Your holy Cross You have redeemed the world.

"I was like someone lifting an infant to his cheek, and that I bent down to feed him." (Hosea 11:4)

O Jesus, Your afflicted Mother – Mary Most Holy – was resigned to Your Passion because she is our Mother also, and wants to see us live and die as a child of God. Grant us a tender love for You and Your Holy Mother.

Lord Jesus, You made us in Your image. "In his image he created them. Male and female, he created them." (Genesis 1:27)

As Your children may we truly value the precious moments of family, friendship and love. May we recognise in these moments the very image of the love of God, the Father.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Fifth Station Simon of Cyrene helps Jesus

Leader:

We adore You, O Christ and we praise You.

All: (genuflecting)

Because by Your holy Cross You have redeemed the world.

"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)

O Jesus, Simon reluctantly helped You to carry the Cross. Make us better understand the value of our sufferings, which should lead us closer to You. As Simon was united with You through the Cross, unite us also.

Lord Jesus, You taught that to lay down our lives is to show the most profound love. May You inspire in us the generosity to truly and sincerely lay down our lives as a gift for those around us – and for You, our beloved Lord.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Sixth Station Veronica wipes the face of Jesus

Leader:

We adore You, O Christ and we praise You

All: (genuflecting)

Because by Your holy Cross You have redeemed the world.

"She wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn." (Luke 2:7)

O Jesus, how graciously did You reward that courageous woman. When we side with You against sin and temptation, You surely will increase the beauty of our soul and fill us with joy and peace. Jesus, give us courage.

Lord Jesus, the image of Your loving, blood-stained face was left on the cloth of Veronica. Even more beautiful, the image of Your love for us was left on her heart. May we also show love and tenderness when we encounter those in need.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Seventh Station Jesus falls the second time

Leader:

We adore You, O Christ and we praise You.

All: (genuflecting)

Because by Your holy Cross You have redeemed the world.

"We know that the whole of creation has been groaning in labour pains until now." (Romans 8:22)

O Jesus, despite our good resolutions we have sinned repeatedly. But Your sufferings assure us of forgiveness if only we return to You with a contrite heart. We repent for having offended You. Help us to avoid sin in the future.

Lord Jesus, in our world, life is often devalued and seems secondary to the pursuit of wealth and status. May we value the gift of life and protect and care for those mothers who are carrying children. May they grow in love for their child and their family and may their children flourish under such self-sacrifice and generosity.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Eighth Station

Jesus meets the women of Jerusalem

Leader:

We adore You, O Christ and we praise You.

All: (genuflecting)

Because by Your holy Cross You have redeemed the world.

"Large numbers of people followed him, and women too, who mourned and lamented for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me; weep rather for Yourselves and for Your children.'" (Luke 23: 27-28)

O Jesus, You told the women of Jerusalem to weep for their sins rather than for You. Make us weep for our sins, which caused Your terrible sufferings and the loss of my friendship with You.

Lord Jesus, Lamb of God, You promise to wipe away every tear from the eyes of those who mourn. May You comfort and console all those who are weighed down by sorrows and broken by grief. Lead them towards a new place of restoration and peace.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Ninth Station

Jesus falls the third time

Leader:

We adore You, O Christ and we praise You.

All: (genuflecting)

Because by Your holy Cross You have redeemed the world.

"Truly I tell You, today You will be with me in Paradise." (Luke 23:43)

O Jesus, we see You bowed to the earth, enduring the pains of extreme exhaustion. Grant that we may never separate ourselves from You in time of hardship and spiritual distress. Let us come to You for help and comfort.

Lord Jesus, You are the Word Made Flesh, and all things were made through You. You created the earth for us to enjoy and to appreciate Your beauty as it is reflected in the works of Your hand. May we care for Your creation, look after it and value it more fully than we have done and with the generosity You showed to us in the beginning.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Tenth Station

Jesus is stripped of his clothing

Leader:

We adore you, O Christ and we praise You.

All: (genuflecting)

Because by Your holy Cross You have redeemed the world.

"I assure you that not even Solomon in all his royal robes was clothed like one of these." (Matthew 6:29)

O Jesus, You permitted Yourself to be stripped of Your garments. Strip us of sin and clothe us with Your holiness. Grant that we may sacrifice all our attachments rather than imperil the Divine life of our soul.

Lord Jesus, we pray for those who are stripped of their dignity through our lack of love and the careless society we have created. May we grow in our compassion for those we meet. Help us to act as the Good Samaritan and cross the streets that divide us so that we see others as You see them. May we provide clothing where it's needed and restore the dignity of all Your children.

All:

I love you Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Eleventh Station

Jesus is crucified

Leader:

We adore You, O Christ and we praise You.

All: (genuflecting)

Because by Your holy Cross You have redeemed the world.

"The Son of man must be lifted up." (John 3:14)

O Jesus, how could we complain about being nailed to God's commandments, which are given for our salvation, when we see You nailed to the Cross! Strengthen our faith and increase our love for You. Help us to keep Your Commandments.

Lord Jesus, You did not seek glory and did not grasp equality with God, but You emptied Yourself, humble even unto death. You called Your disciples to imitate Your profound act of love. May we lay down our lives for one another in our families and in our everyday.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Twelfth Station Jesus dies on the Cross

Leader:

We adore You, O Christ and we praise You.

All: (genuflecting)
Because by Your holy Cross You have redeemed the world.

"One of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of blood and water." (John 19:34)

O Jesus, dying on the Cross, You preached love and forgiveness. May we be thankful that You have made us a child of God. Help us to forgive all those who hurt us, so that we ourselves may obtain forgiveness from You.

Lord Jesus, we pray for the people of Rwanda, a people who have known the deepest sorrow and suffering. May the crucified Christ restore them and ever more deeply pour out the grace of mercy. May Rwanda and her people flourish in the light of Christ and shine with the glory of God.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Thirteenth Station Jesus is taken down from the Cross

Leader:

We adore You, O Christ and we praise You.

All: (genuflecting)
Because by Your holy Cross You have redeemed the world.

"Jesus gave a loud cry and breathed his last." (Mark 15:37)

O Jesus, a sword of grief pierced Your Mother's heart when You were lying lifeless in her arms. Grant us through her intercession to lead the life of a loyal child of Mary, so that we may be received into her arms at our death.

Lord Jesus, we pray for those who mourn and are left with the emptiness of death. May You, who wept for the death of Your friend Lazarus, You who were mourned by Your own loved ones, restore them to hope in the resurrection and the joy of heaven.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Fourteenth Station Jesus is laid in the tomb

Leader:

We adore You, O Christ and we praise You.

All: (genuflecting)
Because by Your holy Cross You have redeemed the world.

"Your sons shall come from far away, and Your daughters shall be tenderly carried." (Isaiah 60:4)

O Jesus, Your enemies triumphed when they sealed Your tomb. But Your external triumph began on Easter morning. Strengthen our good will to live for You until the Divine life of our soul will be manifested in the bliss of heaven.

Lord Jesus, You were laid in Joseph's tomb by the tender hands of those that loved You. We pray for all those who care for the sick and the dying; those who tenderly restore health and dignity to those they work with. May they be strengthened in their work of mercy and inspired by Your gift of love for us.

All:

I love You Jesus, my love above all things; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, and then do with me what You will.

Concluding Prayer

Almighty Father,

Your son Jesus was buried in the tomb amidst sorrow and grief by people who did not yet fully understand the joy and celebration of resurrection.

May we who have known the Risen Christ never again tire or grow weary in our proclamation of the great Kingdom of God. May we be restored by these prayers and may this way of sorrow lead us to everlasting Easter joy. Through Christ our Lord, Amen.

For the intentions of our Holy Father Pope Francis:

**Our Father
Hail Mary
Glory Be**



Elina with Sister Epiphanie,
Rwanda



WEE BOX prayer

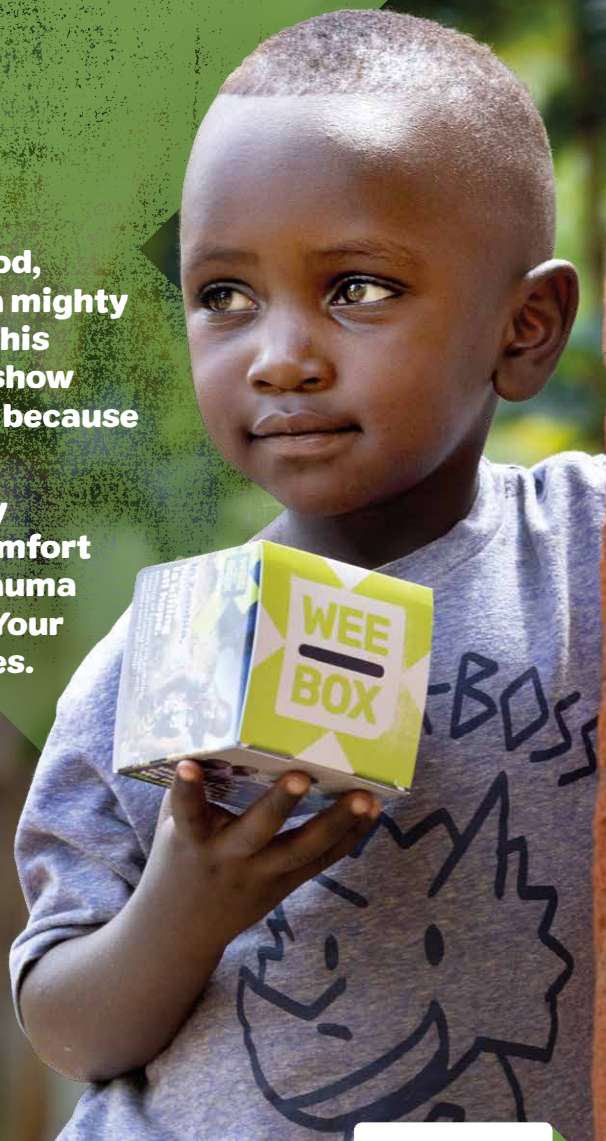
**Loving Father, Merciful God,
we worship You. You are a mighty
God, far above the sin of this
world, yet You choose to show
compassion to each of us because
You love us.**

**We remember the country
of Rwanda. Bring Your comfort
on those who live with trauma
and suffering, and bring Your
healing power in their lives.**

**Help us understand the
ways of Jesus better,
so that we can show love
in action to our sisters
and brothers across
the world.**

Amen.

Village scenes, Rwanda



Scottish Catholic International Aid Fund

SCIAF is the official relief and development agency of the Catholic Church in Scotland and a proud member of the Caritas family. 7 West Nile Street, Glasgow, G1 2PR. Tel: 0141 354 5555. Scottish Charity No: SC012302. Company No: SC197327. Photos by Colin Hattersley and James Cave (SCIAF).



WEE BOX

Big change