

STATIONS OF THE CROSS

Lent 2026

Mass in Adigrat,
Ethiopia



Written by Aidan Kelly,
a fourth-year Seminarian
from the Pontifical Scots College



SCIAF

Uniting for a just world
Caritas Scotland



Big change



TO THOSE USING THESE STATIONS

The Stations of the Cross present reflections to help us spend imaginative prayer time in Church or at home. We can gaze upon images or simply use our imagination to picture the scene. We can enter spiritually into our Lord's life, passion and death. For example, we might find resonances with our own struggles in life.

SCIAF's WEE BOX focus country this year is Ethiopia, and we highlight the huge problem of access to clean, safe water.

Water is life. Yet for millions, clean water is dangerously scarce.

We join in solidarity through prayer, and we lift our requests to an all-hearing, compassionate God. Prayer is powerful!

**"ONE WHISPER
TO GOD CAN CHANGE
EVERYTHING"**

– Pope Leo XIV

OPENING PRAYER

As we embark on this journey with You, Lord, on the way to Calvary, help us not to be afraid but place ourselves there to follow You on the road ahead. We unite our daily sufferings and those of the world with You.

Amen.

Ware,
Ethiopia



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.

With the sounding of Hosannas and the flapping of palm branches, He was given a kingly reception into the city of Jerusalem. Now those same crowds bay for His blood. Condemned, He is to be put to death as an ordinary criminal, to be disposed of with the lowest and His memory forgotten.

We pray in a special way for all those who suffer and are forgotten in the world. Especially the crises that we hear nothing of: war, persecution, natural disasters, famine and poverty.

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.

Already enduring great bodily suffering from horrendous torture, our Lord begins the arduous journey ahead of Him. He embraces the harsh wood, bearing upon His back the heaviness of the burden.

In this moment, we unite to His load, our own crosses knowing that He carries them with us. In faith, we also give to Him to all the people in the world who have the burden of lacking the most basic needs to survive.

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 way is narrow and treacherous to walk – and further humiliated, Jesus falls on the dirty street under the weight of the Cross.

Watching the Lord, we think of those in the world who make long and dangerous journeys in the scorching sun just to collect clean water – that basic source of life that sustains us all.

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.

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.

Mary, the Mother of Jesus, hurts tremendously at the sight of her beloved Son – before even she sees Him die at the hands of the soldiers who continue to torment Him on His way.

We think now of all families that are being torn apart by war and suffering in the world, especially all mothers who weep for their 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.

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.

A bystander is seized from the crowds to aid the struggling Lord Jesus. Simon of Cyrene, without hesitation, willingly offers his back to carry the load for a stranger condemned to die.

We pray for an end to the current slashing of aid to the poor by our leaders, recalling the words of Scripture: "I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me."

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.

From among the baying crowds that throng the way ahead, one woman – moved by compassion – rushes over to Jesus to wipe His face of blood.

We call to mind all those who are courageously risking their own lives to offer help to the suffering – and those who speak out against injustice to the poor.

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.

Jesus collapses to the ground again. The ends of the streets of Jerusalem seem so difficult to see – and the horrendous conclusion of the climb up to Calvary seems still so far away.

We pray that the work of SCIAF continues to bring hope to those who lack it: to those who hunger, to those who thirst, and to those who are uncertain of their future.

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.**

A crowd of women continue to follow Jesus on the way; they weep and mourn for Him. Jesus turns and speaks words of comfort to them: "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children."

We pray that in all our acts of almsgiving, we always help others to hear the voice of Jesus which says to them personally: "I have loved you."

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.**

The servant-king collapses to the ground again. He falls in solidarity with all the lowly who are abandoned. Poverty and humility are to be made the means of our salvation.

We pray that we always avoid individualism that cuts us off from communion with God and with others.

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.**

The soldiers mercilessly strip Jesus of His clothes, dividing them among themselves and casting lots for His tunic. He is to die totally exposed to the elements.

We pray for all, young and old, who lack the basic needs for their human dignity – that we may always recognise the value of every person as equal to that of our own.

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.**

Unimaginable pain is inflicted upon Jesus as He is nailed to the Cross. The Lamb of God is elevated upon the Cross in sacrifice for us all.

Fixing our gaze upon the crucified Lord Jesus, we contemplate the sign of the Father's unfathomable love for us in giving His Son for the life of the world.

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.

Water point,
Ethiopia



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.**

After hours of agony, Jesus breathes His last. It is accomplished.

The death of Jesus was not pointless but truly saving. From it we draw water that becomes a spring of water within us, welling up to eternal life – to life in union with 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.**

The crucified body of the Lord comes down from the Cross and into His Mother's arms.

We are reminded to pray for justice and dignity for all, in life and in death.

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.**

The body of Jesus is claimed by Joseph of Arimathea and is prepared following the customs for burial. He is laid in a tomb which is sealed with a stone at the entrance.

In death and entombment, we have been united with the Lord. We now await that day, when we shall be united with Him in His Resurrection.

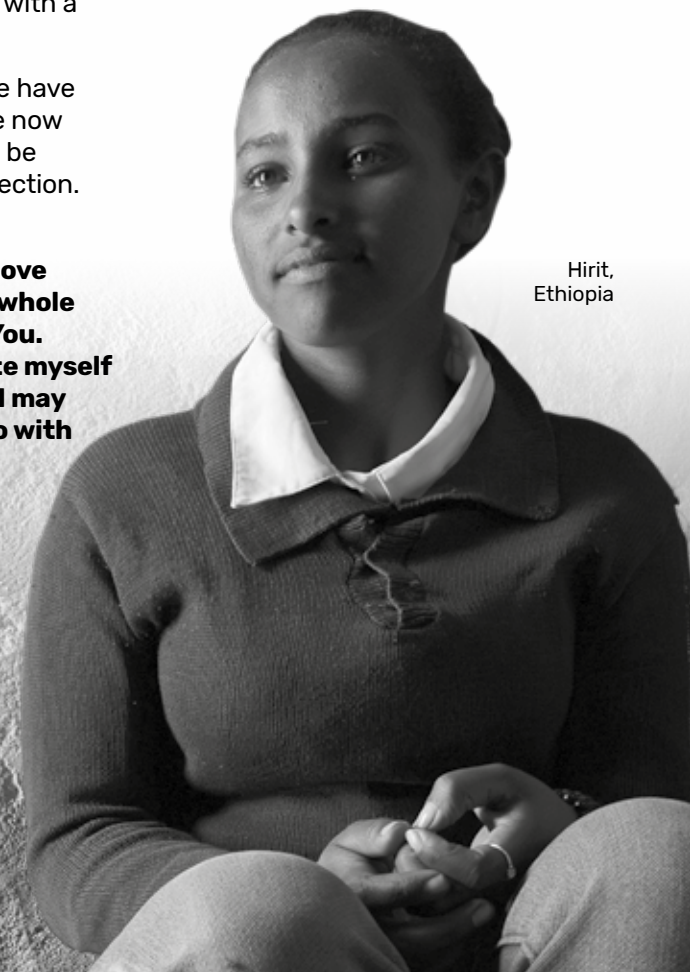
All:

**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

Lord Jesus, we thank You for allowing us to enter into the mystery of Your Passion and death. You have freed us from the burden of sin and death. Help us to conform our lives to Yours and help us to see others as You do. Who lives and reigns for ever and ever.

Amen.



Hirit,
Ethiopia

WEE BOX PRAYER

God of Life-Giving water,
we give You our praise.

We lift to You all those that seek
water but do not find.

Quench their thirst and provide
all that they need.

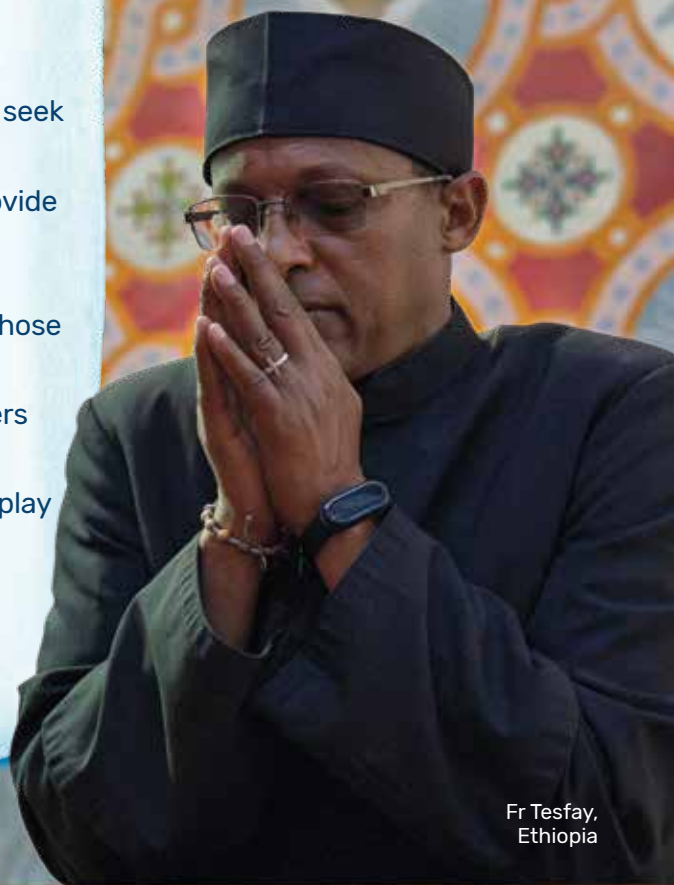
May we, the SCIAF family,
continue to be a voice for those
unheard;

a pillar of hope for our sisters
and brothers.

We ask that You help us to play
our part in building a world

where justice flows like
a mighty river.

Amen



Fr Tesfay,
Ethiopia



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. 196 Clyde Street, Glasgow, G1 4JY. Tel: 0141 354 5555. Scottish Charity No: SC012302. Company No: SC197327. Photos by James Cave (SCIAF).

