

# PRAYING THE STATIONS OF THE CROSS

trócaire

Praying the Stations of the Cross is a traditional way of praying during Lent.

We pray this familiar prayer to be with Jesus Christ, who walked this journey carrying the cross, the instrument of his death, out of love and commitment to us. We pray it also because we wish to become close to Jesus, who loves each of us so deeply. We walk this journey to get a glimpse at the heart and mind of Jesus Christ, who is alive today and experiencing the journey of the cross wherever our sisters and brothers are suffering throughout the world. We give thanks as we walk this journey. His Way of the Cross has brought hope and the possibility of new life into the dark places of our lives. Journeying with Jesus Christ allows us to become aware of where God is walking with us in our lives, and where we are called to be with others on their journey.

As you pray, be aware of where you have experienced the different stations in your life. Think also of your loved ones, your friends, your neighbours and your community as a whole; include them in your prayer, as you recall those who are experiencing something of Jesus Christ's journey at this time.



Altar in Ishiara Parish Church, Kenya.  
Photo credit: Gary Moore.

Look beyond your part of the world and be mindful that you share the human journey with people all over the world. Be mindful of the families from this year's Lenten campaign, in Kenya and Honduras, who are facing poverty, injustice and fear. Jesus walked the Way of the Cross for all humanity – now we walk in solidarity with all people.

*If leading the stations for a group, take a moderate pace, giving pause between the reader and the prayer led by the leader.*



Community of Kataboi, Turkana, Kenya, receiving a blessing at Mass. Photo credit: Gary Moore

## Introduction

**Leader:** We gather as sisters and brothers in Christ as we begin our prayer in the name of the Father and of the Son and of the Holy Spirit.

**All:** Amen.

**Leader:** We gather in these Lenten days to walk the journey of Jesus to Calvary. We come as individuals aware of the challenges and struggles in our own lives. We come as a community of believers and we come as members of our common humanity, mindful of people all over the world, who walk the Way of the Cross daily. We walk in love, as we come to share the ongoing pain and suffering of people who are feeling the effects of climate change, and whose lives are in danger for protecting their homes and land in Kenya, Honduras and all over the world.

**Reader:** This year we walk the journey of Jesus in solidarity with communities in Kenya and Honduras. Their lives are being stolen from them in different ways – by corporate exploitation and by climate change. We walk with them and with all people who are experiencing the Way of the Cross in their lives today.

**Leader:** Jesus our brother, awaken in us compassion for all who live the Way of the Cross daily. Fill our hearts with your love, showing us the way to embrace the world, extend your kingdom of mercy, justice, and love to all.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## First Station

**Reader: Pilate condemns Jesus to die.**

Condemnation kills hope. Sometimes in what we say or do, we leave other people devastated. We crush their hope.

**Leader:** Jesus our brother, help us make better choices so that we do not condemn others by our attitudes and actions.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## Second Station

**Reader: Jesus accepts his cross.**

Jesus accepts what he cannot change. People all over the world have to



Madris, with her children Alex (L) and Joy Faith (R) at their home in Kenya. Photo credit: Gary Moore

accept poor living conditions, hunger and violence, things that they often feel they cannot change. The effects of climate change on Madris and her family mean that the rains have not come to their home in Kenya for two years. Madris's crops are not growing and she has to walk for three hours to collect water for her family. With Trócaire's help, Madris and her family are fighting against the effects of climate change every day.

**Leader:** Jesus our brother, give us courage to speak out against the injustice suffered by others, and act to change what can be changed.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

### Third Station

**Reader: Jesus falls for the first time.**

The weight of the cross causes Jesus to fall. Many people around us are falling down under the heavy weight of bills they cannot pay or homes they

cannot keep. People around the world are carrying the weight of uncertainty over their homes, their livelihoods, their land and their future.

**Leader:** Jesus our brother, nudge us daily to share our time, our voice and our generosity with those in need.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

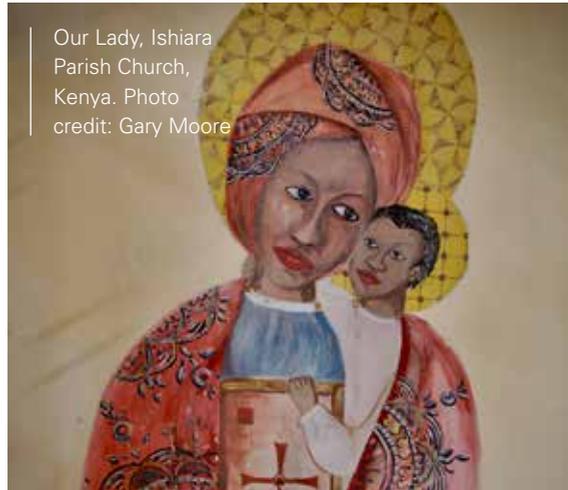
### Fourth Station

**Reader: Jesus meets his mother, Mary.**

How did Mary feel when she met Jesus? He is weighed down and surrounded by guards. She cannot lift the burden from him; however, she is there. Her presence alone must have given him strength.

Angela is a mother protecting her family in Honduras. For many years, she has fought in defence of the forest and natural resources of the Tolupan people against the activities of logging companies. This is a dangerous role in Honduras. Like Mary the mother

Our Lady, Ishiara Parish Church, Kenya. Photo credit: Gary Moore



of Jesus, Angela must feel a huge burden. She must take strength from knowing that her presence provides her community with great strength and courage.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## Fifth Station

**Reader: Simon of Cyrene helps carry the Cross**

By working alongside communities struggling, Trócaire's partners help people to carry their cross, and to regain their dignity and their hope.

**Leader:** Jesus our brother, recruit us as assistant workers by our prayers and generosity.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## Sixth Station

**Reader: Veronica wipes the face of Jesus.**

Compassion and kindness are at the heart of Veronica's action. Compassion for others and doing something to help are at the heart of what it means to be a follower of Jesus. In Kenya, Madris is part of a women's group called Silk. They run a savings scheme and help each other by working together on crops or by knitting clothing for newborns. Madris says that this is a place where she feels loved.



Angela, Jocsan and baby Helen at their home, Honduras. Photo Credit: Simon Burch

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## Seventh Station

**Reader: Jesus falls for the second time.**

To get up after falling is hard. Getting up a second time is harder still. Many people are beaten down when they try to rise.

**Leader:** Jesus our brother, give us hope when we fall down. Help us to notice others who have been knocked back and give us courage to stretch out a hand of friendship and solidarity.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## **Eighth Station**

**Reader: Jesus meets the women of Jerusalem.**

Women around the world show great resilience and strength in the face of injustice. Jesus recognises their plight and feels for them.

'In 2010, a logging company entered our land,' Angela explains. 'We were asleep and did not understand what was happening. Now we have woken up. Now we are fighting against the logging company.'

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## **Ninth Station**

**Reader: Jesus falls for the third time.**

Many people get knocked down time and again through no fault of their own. Unjust governments, natural disasters, land grabbing and climate change can all prevent someone from being able to get up again. Jesus teaches us in this moment to get up and keep going

**Leader:** Jesus our brother, open our hearts to feel the pain and despair of those being knocked down again and again and again. Help us to support them to get back up.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## **Tenth Station**

**Reader: Jesus is stripped of his clothes.**

Families and communities are stripped of their homes or their lands daily. Corruption and climate change can leave people destitute. Through the stories of the families in Kenya and Honduras, we see the struggles faced by people all over the world. Even though these families live thousands of miles apart, in different counties, they are connected as mothers fighting to protect the future for their children and grandchildren.

**Leader:** Jesus our brother, you know what it feels like to be stripped of your dignity. Make us advocates for those who are fighting to protect their families' futures.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## **Eleventh Station**

**Reader: Jesus is nailed to the cross.**

The sheer brutality of being nailed. Jesus is nailed because he threatens the status quo. He is nailed because others want to get rid of him; however, he is doing this for us, for our salvation.

**Leader:** Jesus our brother, open our eyes to see the people who are nailed in our society because they challenge our comfort, our status and our wealth. Bless all those who speak out for truth, especially those defending human rights around the world.



Berta Caceres, murdered in 2017 for fighting to protect her community land in Honduras. Photo credit: Goldman Environmental Prize

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## Twelfth Station

**Reader:** **Jesus dies on the cross.**

Jesus dies because of the way he lived – his stand for justice and truth, his belief that God’s greatest interest lies with those who are placed on the fringes of society.

In 2018, 247 people were murdered globally for defending land and indigenous rights.

**Leader:** Jesus our brother, challenge the way we live. Make us more conscious of those becoming poorer and more excluded in our society.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## Thirteenth Station

**Reader:** **Jesus is taken down from the cross after his death.**

Jesus’ body is removed from the cross and taken by his friends. In atrocities and war, oftentimes families and friends do not get to mourn over their dead.

**Leader:** Jesus our brother, nurture respect for the land that you gave us. .

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

## Fourteenth Station

**Reader:** **Jesus is placed in the tomb.**

Jesus being placed in the tomb seemed like the end. His disciples may have felt as if all hope was lost. In parts of our world, people are fighting to hold onto hope in the face of the challenges of drought or the exploitative actions of multinationals. We remember the families from this year’s Lenten campaign and countless others like them.

**Leader:** Jesus our brother, be with us when we lose hope. May we work with Trócaire and other organisations who offer support and solidarity to people in the midst of despair.

**All:** *Save us, saviour of the world, for by your cross and resurrection you have set us free.*

**Leader:** We have walked this journey of Jesus to the cross with each other.



*Parish Choir of Kataboi, Turkana, Kenya at Mass.*

*Photo credit: Gary Moore*

It ends in despair with the burial of Jesus; however, our faith teaches us that this is not the end. We trust in the hope that Jesus was raised from the dead, and in this way, God has transformed our lives too. Darkness, fear and injustice will not prevail. Jesus Christ, our brother and saviour, hold us close to you in our struggles.

Remind us always of the difficulties faced by those most vulnerable in our world. Give us the courage to speak out as you did and to act for justice. We make this prayer in your name.

**All:** *Amen.*

**Leader:** Let us go from here as people of the Resurrection: sharing our hope with all who despair; sharing our voice and generosity with the thousands of families who are living in fear of their homes and land being taken from them; sharing our support with all who walk the Way of the Cross daily.

*Leader invokes God's blessing and crosses herself/himself, saying:*

May the almighty and merciful God bless and protect us, the Father, and the Son and the Holy Spirit.

**All:** *Amen.*

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