

# THE WAY OF THE CROSS

## EL VIA CRUCIS



## PRAY WITH US

### REZA CON NOSOTROS

*We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.*

*Te adoramos, oh Cristo, y te alabamos,  
porque por tu santa cruz has redimido al mundo.*

*Opening Prayer:*

Almighty and eternal Father, / accept our prayer of thanksgiving for your Beloved Son, our Savior and Lord. / As we recall his Sacred Passion / send the Spirit of Christ into our hearts, / we beg You, so that whether we pray or work, we might do all in union with Christ our Redeemer. / Amen.

*Oración Inicial:*

Dios omnipotente y misericordioso, que nos has reunido en nombre de tu Hijo para alcanzar misericordia y encontrar gracia que nos auxilie. Mueve nuestro corazón, para que, con sinceridad, nos convirtamos a ti; que tu amor reúna de nuevo a quienes dividió y dispersó el pecado; para que, reparado tu amor, resplandezca en nuestra vida la imagen de tu Hijo, y así, puedan todos los hombres reconocer que fuiste tú quien enviaste a Jesucristo, Hijo tuyo y Señor Nuestro. Amen

*(to the tune of Stabat Mater – in Latin)*  
*(melodía de Stabat Mater en latín)*

*Stabat Mater dolorosa,  
Juxta crucem lacrymosa,  
Dum pendeat Filius.*

# THE FIRST STATION/ PRIMERA ESTACIÓN

## JESUS IS CONDEMNED TO DEATH JESÚS ES CONDENADO A MUERTE

We adore you, O Christ, and we praise you,  
Because by your holy cross, you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*Again, the high priest began to ask him, and said to him, "Are you the Christ, the Son of the Blessed One?" And Jesus said to him, "I am, and you shall see the Son of Man sitting at the right hand of the Power and coming with the clouds of heaven." But the high priest tore his garments and said, "What further need have we of witnesses? You have heard the blasphemy. What do you think?" And they all condemned him as liable to death.*

*(Mark 14, 61 to 64)*

### Response:

The kings of the earth rise up / and the princes conspire together against the Lord and against his Anointed. / I will proclaim the decree of the Lord; / the Lord said to me: / "You are my Son; this day I have begotten you. / Ask of me and I will give you the nations for an inheritance / and the ends of the earth for your possession."  
(Psalm 2, 2 & 7-8)

### Meditación:

Jesús está en el más humano de los lugares, ha experimentado una profunda solidaridad con tantas personas de este mundo. Ahora es injustamente condenado a la pena de muerte. Ha dicho "sí" a Dios y ha puesto su vida en manos de Dios.

### Prayer:

Let us pray. All-powerful and eternal God, for proclaiming the truth your Son, Jesus Christ, is condemned to death by crucifixion. Stir up your love in our hearts so that we might be ever faithful to all that You have told us and fear nothing more than the loss of your friendship through sin. Amen

*Cujus animam gementem,  
Contristatam et dolentem,  
Per transivit gladius*

# THE SECOND STATION/ SEGUNDA ESTACIÓN

## JESUS CARRIES HIS CROSS JESÚS CARGA LA CRUZ

We adore you, O Christ, and we praise you,  
Because by your holy cross, you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*And Pilate said to the Jews, "Behold, your king!" But they cried out, "away with him! Away with him! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priest answered, "We have no king but Caesar." Then he handed him over to them to be crucified. And so, they took Jesus and led him away, bearing the cross for himself.*

*(John 19, 14 to 17)*

### Response:

Who would believe what we have heard? / To whom has the arm of the Lord been revealed? / He grew up like a sapling before him, like a shoot from the parched earth; / there was in him no stately bearing to make us look at him, / no appearance that would attract us to him. / He was rejected and avoided by men, / a man of suffering, accustomed to infirmity, I one of those from whom men turn away, / and we held him in no esteem. (Is. 53, 1 to 3)

### Meditación:

Jesús es obligado a cargar la cruz en la que va a morir. La cruz representa el peso de todas nuestras cruces. ¡Lo que Jesús debe haber experimentado al sentir ese peso sobre sus hombros! Con cada paso penetra más profundamente en nuestra experiencia humana.

### Prayer:

Let us pray. Father in heaven, your Son, Jesus Christ, still carries his Cross in his persecuted brothers and sisters throughout the world. Make us feel the needs of all persons so that we might as readily help them as we would help Jesus himself. Amen.

*O quam tristis et afflicta  
Fruit illa benedicta  
Mater Unigeniti!*

# THE THIRD STATION/ TERCERA ESTACIÓN

## JESUS FALLS THE FIRST TIME JESÚS CAE POR PRIMERA VEZ

We adore you, O Christ, and we praise you,  
Because by your holy cross, you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*If the world hates you, know that it has hated me before you. If you were of the world, the world would love what is its own. Because you are not of the world, but I have chosen you out of the world, therefore the world hates you. Remember the word that I have spoken to you: No servant is greater than his master. If they have persecuted me, they will persecute you also. (John 15, 18 to 20)*

### Response:

Why are your clothes red, / and your garments like those of the wine presser?  
/ "The wine press I have trodden alone, / and of my people there was no one  
with me. / I trod them in my anger, and trampled them down in my wrath /  
their blood spurted on my garments and I stained all my clothes. / I looked  
about, but there was no one to help, / I was appalled that there was no one to  
lend support; I so my own arm brought about the victory." (Is. 63, 2 to 5)

### Meditación:

El peso es insoportable. Jesús cae agobiado. Postrado sobre el camino, conoce la experiencia de la debilidad que se siente bajo el peso de las cargas injustas. Siente la impotencia de preguntarse si podrá continuar. Lo levantan y es obligado a seguir adelante.

### Prayer:

Let us pray. O God, to free us from sin and weakness your Son, Jesus Christ, embraced his fearful passion and crucifixion. Strengthen us in our baptismal resolutions by which we renounced sin and Satan, so that through the passion of this life's sufferings we might rise to a new life of joyful service free of all selfishness. Amen

*Quae moerebat, et dolebat,  
Pia Mater dum videbat  
Nati poenas inclyti.*

## FOURTH STATION/ CUARTA ESTACIÓN

### JESUS MEETS HIS AFFLICTED MOTHER JESÚS SE ENCUENTRA CON SU MADRE

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

*Scripture:*

*Now there were standing by the cross of Jesus his mother and his mother's sister, Mary of Cleophas, and Mary Magdalene. When Jesus, therefore saw his mother and the disciple standing by, whom he loved, he said to his mother, "Woman, behold your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. (John 19, 25 to 27)*

*Response:*

To what can I compare you, O daughter Jerusalem? / What example can I show you for your comfort, virgin daughter Zion? / For great as the sea is your distress; / who can heal you? (Lam. 2, 13)

*Meditación:*

El sendero de Jesús le lleva a una poderosa fuente de su propio vigor para continuar. Toda su vida, su madre. Ahora ambos se miran a los ojos. ¡Cuánto dolor debe ver Jesús en las lágrimas de María! Les unen el amor y la confianza en Dios.

*Prayer:*

Let us pray. O blessed Lord, at your passion a sword of sorrow pierced the loving heart of your mother as Simeon had foretold. Grant that we who look back on her sorrows with compassion might receive the healing fruits of your sufferings. Amen

*Quis est homo qui non fleret  
Matrem Christi si videret  
In tanto supplicio?*

# THE FIFTH STATION/ QUINTA ESTACIÓN

## SIMON OF CYRENE HELPS JESUS TO CARRY HIS CROSS SIMÓN DE CIRENE AYUDA A JESÚS

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*And when they had mocked Jesus, they took the purple cloak off and put his own clothes on him, and they led him out to be crucified. Then they forced a certain passer-by, Simon of Cyrene coming from the country, to take up his cross. They brought Jesus to the place called Golgotha a name meaning 'the place of the skull.'*

*(Mk. 15, 20 to 22)*

### Response:

With a loud voice I cry out to the Lord; / with a loud voice I beseech the Lord. / My complaint I pour out before him; before him I lay bare my distress. / When my spirit is faint within me, you know my path. / In the way along which I walk they have hid a trap for me. / I look to the right to see, but there is no one who pays me heed. / I have lost all means of escape; / there is no one who cares for my life. (Ps. 141, 2 to 5)

### Meditación:

Jesús llega hasta a experimentar nuestra lucha por recibir ayuda. Tiene que experimentar la pobreza de no poder llevar su carga por sí mismo. Se ve privado de la satisfacción de llevar esta carga por sí solo.

### Prayer:

Let us pray. Lord Jesus Christ, help us to see in the sufferings and shortcomings of our lives a share in Your Cross; strengthen and console us in the belief that we bear all things in union with You, who have taken upon Yourself even our guilt. Amen

*Quis non posset contristari,  
Christi Matrem contemplari  
Dolentem cum Filio?*

## THE SIXTH STATION/ SEXTA ESTACIÓN

### VERONICA WIPES THE FACE OF JESUS VERÓNICA LIMPIA EL SUDOR DEL ROSTRO DE JESÚS

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

*Scripture:*

*"Lord, when did we see you hungry, and feed you; or thirsty, and give you drink? And when did we see you a stranger, and take you in; or naked, and clothe you? Or when did we see you sick, or in prison, and come to you?" And answering the king will say to them, "Amen, I say to you, as long as you did it for one of these, the least of my brethren, you did it for me." (Mt. 25, 37 to 40)*

*Response:*

*A faithful friend is a sturdy shelter; / he who finds one finds a treasure./ A faithful friend is beyond price, no sum can balance his worth. / A faithful friend is a life-saving remedy such as he who fears God finds. / for he who fears God behaves accordingly, / and his friend will be like himself. (Sirach 6, 14 to 17)*

*Meditación:*

Jesús ha sido azotado y golpeado. Se encuentra con una discípula compasiva y amorosa quien limpia el vulgar escupitajo y la triste sangre de su rostro. En su velo, ella descubre la imagen de su rostro – es su regalo. Para que nosotros lo contemplemos por siempre.

*Prayer:*

Let us pray. Almighty and ever-loving God, we feel your love and understanding in the consolation and support we receive from one another. Give us we beg You, the courage and dedication to sacrifice and suffer with those who are in need, the least of your people. Amen

*Pro peccatis suae gentis,  
Vidit Jesum in tormentis,  
Et flagellis subditum*



# THE SEVENTH STATION/ SÉPTIMA ESTACIÓN

## JESUS FALLS THE SECOND TIME JESÚS CAE POR SEGUNDA VEZ

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*It was our weaknesses that he carried, our sufferings that he endured, while we thought of him as stricken, as one struck by God and afflicted. But he was pierced for our offenses, crushed for our sins; upon him was the punishment that makes us whole, by his stripes we were healed. We had all gone astray like sheep, each following his own way; but the Lord laid upon him the guilt of us all.*

*(Is. 53, 4 to 6)*

### Response:

*Though he was harshly treated, / he submitted and opened not his mouth; / like a lamb led to the slaughter or a sheep before the shearers, / he was silent and uttered no cry. / When he was cut off from the land of the living, and smitten for the sin of his people, / a grave was assigned him among the wicked and a burial place with evildoers, / though he had done no wrong nor spoken any falsehood.*

*(Is. 53, 7 and 9)*

### Meditación:

A pesar de la ayuda, Jesús tropieza y cae nuevamente. Jesús ha visto la muerte anteriormente. Ahora puede sentir la profunda debilidad de la invalidez, la enfermedad y la vejez, allí, de rodillas, bajo el peso de su cruz.

### Prayer:

Let us pray. Lord Jesus Christ, You shared in our weaknesses and accepted our guilt. Grant us the favor of rejoicing over our human weaknesses, so that in all we do, Your strength, dwelling in us, may be shown to all others. Amen

*Vidit suum dulcem natum  
Moriendo, desolatum,  
Dum emisit spiritum*

# THE EIGHTH STATION/ OCTAVA ESTACIÓN

## JESUS MEETS THE WOMEN OF JERUSALEM JESÚS CONSUELA A LAS MUJERES DE JERUSALÉN

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*There was following Jesus a great crowd of people, and among them were some women who were bewailing and lamenting him. Jesus turning to them said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children." (Luke 23, 27-28)*

### Response:

Come, all you who pass by the way, / look and see whether there is any suffering like my suffering. / suffering with which the Lord has afflicted me on the day of his blazing wrath. / At this I weep, my eyes run with tears: / far from me are all who could console me, / far away are any who might revive me. (Lam. 1, 12 and 16)

### Meditación:

Las mujeres de Jerusalén, y sus niños y niñas, vienen a consolarle y a darle gracias. Han visto su compasión y han aceptado sus palabras de curación y libertad. Conoce el misterio de enfrentar la separación de la muerte.

### Prayer:

Let us pray. Beloved Jesus, with tears of pity these women of Jerusalem responded to You, broken, bruised, and beaten, on the road to Calvary. Deepen our faith, we beg You, so that we may see You in our brother and sisters, bruised by our envy, beaten down by injustice, and broken by our greed and our indifference. Amen

*Eia Mater, fons amoris,  
Me sentire vim doloris.  
Fac, ut tecum lugeam.*

# THE NINTH STATION/ NOVENA ESTACIÓN

## JESUS FALLS A THIRD TIME JESÚS CAE POR TERCERA VEZ

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*I lie prostrate in the dust; give me life according to your word. I declared my ways and you answered me; teach me your commands. Make me understand the way of your precepts, and I will meditate on your wondrous deeds. My soul weeps for sorrow; strengthen me with your words. (Ps. 118, 25 to 28)*

### Response:

The Lord is my light and my salvation; / whom should I fear? / The Lord is my life's refuge; / of whom should I be afraid? / When evildoers come at me to devour my flesh, / my foes and my enemies themselves stumble and fall. / Though an army encamp against me, / my heart will not fear; / though war be waged upon me, even then will I trust. (Ps. 26, 1 to 3)

### Meditación:

Esta última caída es devastadora. Jesús apenas puede seguir hasta el final. Haciendo acopio de las fuerzas que le quedan, apoyado por su confianza en Dios, Jesús se desploma bajo el peso de la cruz. Le ayudan a levantarse para que pueda llegar a la colina de la crucifixión.

### Prayer:

Let us pray. Almighty and eternal God, You permitted your Son to be weakened, crushed, and profaned so that He might rise from the dead freed from the ravages of sin. Help us to accept our weaknesses and failings as forerunners of our glorious resurrection in union with your Son. Amen

*Fac, ut ardeat cor meum  
In amando Christum Deum,  
Ut sibi complaceam.*

# THE TENTH STATION/ DÉCIMA ESTACIÓN

## JESUS IS STRIPPED OF HIS CLOTHES JESÚS ES DESPOJADO DE SUS VESTIDURAS

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*They gave Jesus wine to drink mixed with gall; but when he had tasted it, he would not drink. Then after they had crucified him they divided his clothes, casting lots to fulfill what was spoken through the prophet, "They divided my clothes among them, and upon my garments they cast lots." (Mt. 27, 34-35)*

### Response:

Happy is the man whom God chastises! / Do not reject the punishment of the almighty. / For he wounds, but he binds up; he smites, but his hands give healing. / Insult has broken my heart, and I am weak; / I looked for comforters, and I found none. / Rather they put gall in my food, and in my thirst they gave me vinegar to drink. (Job 5, 17 & 18; Ps. 68, 21 & 22)

### Meditación:

Parte de toda esta indignidad es ser crucificado desnudo. Jesús es despojado completamente de cualquier tipo de orgullo. Las heridas de su espalda se abren de nuevo. Experimenta la última vulnerabilidad de los indefensos. Ningún escudo le protege. Bajo las miradas que le escrutan, sus ojos se vuelven al Cielo

### Prayer:

Let us pray. Lord Jesus Christ, stripped of everything, You were exposed to the jeers and contempt of the people whom You loved. Clothe us with genuine love of others, so that nothing we suffer may ever fill our hearts with hatred or bitterness. Amen

*Sancta Mater istud agas,  
Crucifixi fige plagas  
Cordi meo valide.*

# THE ELEVENTH STATION DÉCIMA PRIMERA ESTACIÓN

## JESUS IS NAILED TO THE CROSS JESÚS ES CRUCIFICADO

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

*Scripture:*

*When they came to Golgotha, the place called the Skull, they crucified Jesus and the robbers, one on his right and other on his left. And Jesus said, "Father, forgive them, for they do not know what they are doing." (Lk. 23, 33-34; Jn. 19,18)*

*Response:*

My God, my God, why have you forsaken me, / far from my prayer, far from the words of my cry? / O my God, I cry out by day, and you answer not; / I cry out by night, and there is no relief for me. / All my bones are racked. / My heart has become like wax melting away within my chest. / My throat is dried up like baked clay, my tongue cleaves to my jaws; / they have pierced my hands and my feet; / I can count all my bones. (Ps. 21, 2-3, 15-16, 17b)

*Meditación:*

Enormes clavos perforan sus pies y manos para fijarle a la cruz. Está sangrando mucho más. Cuando levantan la cruz, el peso de su vida cuelga de esos clavos. Cada vez que trata de erguirse para respirar, se le escapa un poco más de vida.

*Prayer:*

Let us pray. Lord and Savior, You have told us that we too must accept crucifixion if we are to accept resurrection with You. Help us to rejoice in the sufferings that come with the fulfillment of our daily duties, seeing in them the royal road of the cross to the resurrection. Amen.

*Tui nati vulnerati,  
Tam dignati pro me pati  
Poenas mecum divide.*

# THE TWELFTH STATION DÉCIMA SEGUNDA ESTACIÓN

## JESUS DIES ON THE CROSS JESÚS MUERE EN LA CRUZ

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*It was now about the sixth hour, and there was darkness over the whole land until the ninth hour. And the sun was darkened, and the curtain of the temple was torn in the middle. Jesus cried out with a loud voice and said, "It is finished. Father, into your hands I commend my spirit." Then, bowing his head, he died.*

*(Lk. 23, 44 to 46; Jn. 19, 30b)*

### Response:

My people, what have I done to you? / or in what have I offended you?  
/ Answer me. / What more should I have done, and did not do? / I led you  
out of the land of Egypt, and you prepared a cross for me. / I opened the Red  
Sea before you, and you opened my side with a lance. / I gave you a royal  
sceptre, and you have given me a crown of thorns. With great power I lifted  
you up, and you have hung me upon a cross. / My people, what have I done  
to you, or in what have I offended you? Answer me. (from the Reproaches of  
Good Friday)

### Meditación:

Jesús fue arrojado a la cruz. Él extendió sus brazos y ofreció su vida al Padre para nuestra salvación. Los soldados lo clavaron en la cruz y empujaron a la cruz para que se pusiera de pie.

### Prayer:

Our Father, Who art in heaven, hallowed be thy name. / Thy kingdom come,  
I Thy will be done, on earth as it is in heaven. / Give us this day our daily  
bread, / and forgive us our trespasses as we forgive those who trespass  
against us. / And lead us not into temptation, / but deliver us from evil.  
Amen

*Fac me tecum pie flere,  
Crucifixo condolere,  
Donec ego vixero.*

# THE THIRTEENTH STATION/ DÉCIMA TERCERA ESTACIÓN

## THE BODY OF JESUS IS TAKEN DOWN FROM THE CROSS JESÚS ES BAJADO DE LA CRUZ

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

### Scripture:

*When the soldiers came to Jesus, they saw that he was already dead so that they did not break his legs, but one of them opened his side with a lance, and immediately there came our blood and water. Joseph of Arimathea, because he was a disciple of Jesus (although a secret one for fear of the Jews), besought Pilate that he might take away the body of Jesus. And Pilate gave permission. (Jn. 19, 33-34, 38a.)*

### Response:

O my people, I will open your graves and have you rise from them, / and I will bring you back to your land. / Then you shall know that I am the Lord. I O my people! I will put my spirit in you that you may live. / You shall know then that I am the Lord. / I have promised it, / and I will do it, says the Lord. (Ezekiel 37, 12-14)

### Meditación:

¡Qué ternura en el dolor! El cuerpo exánime de Jesús yace en brazos de su madre. Verdaderamente ha muerto. Un sacrificio profundo, completo.

### Prayer:

Let us pray. Beloved Savior, You returned to the Father all that He had given You, so that He might restore all to You a hundred-fold in the glorious resurrection. Help us, we beg You, to give generously of ourselves in all that we do for You, so that like You we might be made perfect in a new resurrection. Amen

*Juxta crucem tecum stare,  
Et me tibi sociare,  
In planctu desidero*

# THE FOURTEENTH STATION DÉCIMO CUARTA ESTACIÓN

## JESUS IS LAID IN THE TOMB JESÚS ES LLEVADO AL SEPULCRO

We adore you, O Christ, and we praise you,  
Because by your holy cross you have redeemed the world.  
Que por tu santa cruz has redimido al mundo.

*Scripture:*

*Joseph of Arimathea took the body of Jesus, and wrapping it in a clean linen cloth he laid it in his new tomb, which he had hewn out of rock. Then he rolled a large stone against the entrance of the tomb and departed. (Mt. 27, 59-60)*

*Response:*

I will praise you, O Lord, for you drew me clear and did not let my enemies rejoice over me. / O Lord, my God, I cried out to you and you healed me. / O Lord, you brought me up from the lower world; I you preserved me from among those going down into the pit. / Sing praise to the Lord, you his faithful ones, and give thanks to his holy name. / For his anger lasts but a moment; his good will is for a lifetime. / At nightfall, weeping enters in, but with dawn comes rejoicing. (Ps. 29, 2 to 6)

*Meditación:*

Llevan el cuerpo de Jesús al lugar de su descanso. La enorme piedra que sella la tumba es el signo final de la permanencia de la muerte.

*Virgo virginum praeclara,  
Mihi jam nos sis amara,  
Fac me tecum plangere.*



***Closing Prayer:***

Let us pray. Almighty and eternal God, on the edge of sadness when all seemed lost, You restored to us the Savior we thought defeated and conquered. Help us, we beg You, so to empty ourselves of self- concern that we might see your hand in every failure and your victory in every defeat. These things we ask in the name of your Son, Jesus Christ, who lives and reigns forever with You in the unity of the Holy Spirit. Amen

***ORACIÓN FINAL:***

Señor y Dios nuestro, fuente de alegría y de esperanza, hemos vivido junto a María los acontecimientos de la Salvación. Haz ahora que la contemplación de estos misterios nos llene de tu gracia y nos capacite para ser, en medio del mundo, testigos de la Resurrección. Te pedimos por la intercesión de María: ser apóstoles de la paz y de tu amor. Por Jesucristo nuestro Señor. Amén