



Diocese of Shrewsbury Virtual Pilgrimage to Lourdes 2020

Stations of the Cross - Lower

If you would like to join in with the stations of the cross, at the start of each station please respond as follows:

We Adore you O Christ and we praise you

Response: Because by Your Holy Cross you have redeemed the world

At each of the stations after Let us Pray, please join in with the prayer as follows:

The First Station

Jesus, by the power of your spirit who lives within each of us, help us to look for and find the good in others and in ourselves. Help us to respect the uniqueness of each person, for we are all created in God's image and likeness. Teach us to love. Amen.

The Second Station

Jesus, by the power of your spirit who lives within each of us, help us to trust in your promise to be with us always as we take up our crosses. During our roughest and most challenging times, help us to lean on you and support one another. Teach us to love. Amen.

The Third Station

Jesus, by the power of your spirit who lives within each of us, help us to get up when we fall and fail in life. Give us the strength to try again and again to live the way you taught us to live, no matter how many times we stumble. Teach us to love. Amen.

The Fourth Station

Jesus, by the power of your spirit who lives within each of us, comfort and strengthen all parents throughout the world. Comfort and Strengthen our parents too. Help us to follow the fourth commandment by honouring our parents with respectful words and actions. May we give them the same respect we give our friends. Teach us to say 'Thank You,' 'I'm Sorry' and 'I love you.' Teach us to love. Amen.

The Fifth Station

Jesus, by the power of your spirit who lives within each of us, give us the courage to break free from the chains that prevent us from being a friend to someone in need. Help us to stay true to ourselves and to you as we follow Simon's example. And when we struggle with the weight of our own crosses, don't let us be too proud to accept another person's helping hand and heart. Teach us to love. Amen.

The Sixth Station

Jesus, by the power of your spirit who lives within each of us, help us to act with kindness and compassion as we unite our love with yours in caring for someone who is hurting. Help us to be kind to ourselves and others. Teach us to love. Amen.

The Seventh Station

Jesus, by the power of your spirit who lives within each of us, we ask for a never-give-up attitude. When we fall give us the courage to keep on going. May we know in the depths of our hearts how much we are loved by you just as we are. Teach us to love. Amen.

The Eighth Station

Jesus, by the power of your spirit who lives within each of us, help us to turn our feelings of grief and pity into acts of love. We know that the kind act we do for one of our brothers or sisters, is also done for you. Give us the strength to try to make a difference – one step at a time. Teach us to love. Amen.

The Ninth Station

Jesus, by the power of your spirit who lives within each of us, allow the warmth of your love to touch us when all looks to be too much, when we feel overburdened by life, when nothing makes sense any longer. Give us strength to say our Amen to God and to trust in the Father's care. Teach us to love. Amen.

The Tenth Station

Jesus, by the power of your spirit who lives within each of us, help us to walk the path of respect for all people. Teach us to love. Amen.

The Eleventh Station

Jesus, by the power of your spirit who lives within each of us, help us to be true to ourselves and to others. Give us a sensitive heart to ease the burden of those who can't help themselves. Teach us to love. Amen.

The Twelfth Station

Lord, dying you destroyed our death, rising you restored our life. Lord Jesus come in Glory.

The Thirteenth Station

Jesus, by the power of your spirit who lives within each of us, give us the strength to deal with our feelings of hopelessness and despair. Help to turn to you in painful and difficult times. Teach us to love. Amen.

The Fourteenth Station

Jesus, by the power of your spirit who lives within each of us, who lives within each of us, help us to live each day fully and help us see the abundant blessing that surround us. Teach us to love. Amen.

The Fifteenth Station

Risen Lord, fill our hearts with Easter joy. May the light of your new life shine forth from us, so that we may fill the world with the good news of the resurrection. Lord, dying you destroyed our death, rising you restored our life. Lord Jesus come in Glory.