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SCIAF
Scottish Catholic International Aid Fund

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Stations of The Cross

and prayers for Lent 2015

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Stations of The Cross

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. They may also be a stand-alone devotion for the faithful or used for private prayer.

This year's Stations link SCIAF's work with women farmers in Africa with agricultural imagery drawn from the soil of the Gospel. There are brief intercessions on this theme (and others besides).

All photos were taken by Thomas Omondi and Anthony McVeigh. They feature our work in Malawi and Rwanda

OPENING PRAYER

This is what you were called to do, because Christ suffered for you and left an example for you to follow the way he took.

(1 Peter 2:21)

God our Father,

I stand before you in this place and I ask you to touch my heart with a ray of your Light. Help me to see this journey as a following in the faltering steps of your Son and of every one of your children who has walked the path of sorrow.

Change me as I go.

Amen.

THE FIRST STATION

Jesus is condemned to death

Leader:

We adore you O Christ and we bless you.

All: (genuflecting)

Because by your holy cross you have redeemed the world.

We pray for those condemned without just cause and those with no one to plead for them.

'It was you who accused the Holy One, the Just One, you who demanded the reprieve of a murderer while you killed the prince of life. God, however, raised him from the dead, and to that fact we are the witnesses.'

(Acts 3:14-16)

Lord Jesus, your words began to open a door in Pilate's heart – but fear slammed it shut, as it shuts off so many paths in this world. May we be open to your liberating word and rise above the clamour of our fears.

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.

THE SECOND STATION

Jesus takes up his cross

Leader:

We adore you O Christ and we bless you.

All: (genuflecting)

Because by your holy cross you have redeemed the world.

We pray for those who are heavily burdened by the weight of their own crosses.

Blessed be the Lord day after day, the God who saves us and bears our burdens! (Psalm 68: 19)

Lord Jesus, the cross is tied to your shoulders like a beast of burden. But through this yoke, you make your cross a plough, turning over the hard earth of our hearts and planting in them the seed of the Word. Help us to see the cross as an invitation to fruitfulness.

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.

THE THIRD STATION

Jesus falls for the first time

Leader:

We adore you O Christ and we bless you.

All: (genuflecting)

Because by your holy cross you have redeemed the world.

We pray for those who fall, or those whom we cause to fall.

Give my eyes light or I shall sleep in death, and my enemy will say, 'I have beaten him', and my oppressors have the joy of seeing me stumble. (Psalm 13:3-4)

Lord Jesus, to fall is always a humiliation, even when unseen. Your falling is part of a spectacle of torment: you fall before eyes that wish to see you brought low. If I take pleasure in the fall of another, help me see that I too am falling. Raise me up with 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.

THE FOURTH STATION

Jesus meets his mother

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

**We pray for those who lack the
support of friends and family.**

*But when the appointed time came,
God sent his Son, born of a woman,
born a subject of the Law, to redeem the
subjects of the Law and to enable us to
be adopted sons.
(Galatians 4:4-6)*

Lord Jesus, your Mother sees you
coming towards her, carrying not a gift
nor a grandchild, but the cross. And yet,
in the mysterious depths of providence,
the cross is your gift. Through it, her
motherhood is lifted up and becomes
universal: she is our Mother too.

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.

THE FIFTH STATION

Simon of Cyrene helps Jesus

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

**We pray for those who come to the
help of the poor.**

*Carry each other's troubles and fulfil the
law of Christ.
(Galatians 6:2-3)*

Lord Jesus, how did Simon help you?
Did he take the cross upon his own
shoulders or did he carry it with you? In
the end, what matters is that we know
his name. Having walked with you on
this road, he must have followed you
thereafter. Simon's way of the cross
became his way to life.

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.

THE SIXTH STATION

Veronica wipes the face of Jesus

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

**We pray for those who help others
recognise their true beauty and
dignity.**

*"If I have found favour with you, accept
the gift I offer. To speak truly, I came into
your presence as into the presence of
God, but you have received me kindly."
(Genesis 33:10)*

Lord Jesus, blood, sweat and tears
are the lot of so many in our world.
Sometimes it is hard to see their
beauty and dignity through this mask
of suffering: but Veronica saw through
yours. In wiping your face, she shows
us your true image reflected in the faces
of the poor and the marginalised.

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.

THE SEVENTH STATION

Jesus falls for the second time

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

**We pray for those beset by fear in
their lives.**

*His state was divine, yet he did not cling
to his equality with God but emptied
himself to assume the condition of a
slave, and became as men are.
(Philippians 2: 6-8)*

Your fall brings you to the ground again.
You become one of us, walking this
earth - which you formed from the dust
of the universe - as a man, formed from
that same dust. Through your self-
emptying you set aside your equality
with God. In your fall you raise us up.

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.

THE EIGHTH STATION

Jesus meets the women of Jerusalem

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

We pray for mothers who plant the seed of faith in their families.

*I am reminded of the sincere faith which
you have; it came first to live in your
grandmother Lois, and your mother
Eunice, and I have no doubt that it is the
same faith in you as well.
(2 Timothy 1:5)*

All too often it is women and children
who suffer for the mistakes of the
powerful. In stopping to speak to them
you remind us of their power. They
bring new life into the world and coax
new growth from the soil. Here too the
plough of the cross bears fruit.

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.

THE NINTH STATION

Jesus falls for the third time

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

We pray for those who experience betrayal and slander.

*For I put my trust in you, Yahweh...
Stop them gloating over me, do not let
them take advantage of me if my foot
should slip. And now my fall is upon me,
there is no relief from my pains.
(Psalm 38:15-17)*

Lord Jesus, it is hard to walk the
uneven paths of this world. All too often
we fall just short of our goal. Give us
perseverance in those moments of
weariness and resignation.

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.

THE TENTH STATION

Jesus is stripped of his clothing

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

We pray for those who are stripped of their rights and their dignity.

*They glare at me, gloating;
they divide my garments among them
and cast lots for my clothes
(Psalm 22: 17-18)*

Lord Jesus, those who stripped you
meant your nakedness to be a thing
of shame: but just as you made your
cross the Tree of Life, so you, the
Second Adam, re-clothe our bodies in
their original dignity. By donning our
flesh you restore what was lost through
sin, you take away the shame of our
estrangement from 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.

THE ELEVENTH STATION

Jesus is crucified

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

We pray for those who feel they no longer have the strength to face the trials of life.

*I am like water draining away...
A gang of villains closes me in;
They tie me hand and foot
And leave me lying in the dust of death.
(Psalm 22: 14-16)*

Lord Jesus, the tools of your trade are
put to a cruel purpose: wood, hammer
and nails now hold you fast. Those
hammer blows resound with the weight
of all the ages when we have taken tools
and made them weapons: when instead
of creating, we have destroyed. Forgive
us, 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.

THE TWELFTH STATION

Jesus dies on the cross

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

**We pray for those whose lives are
turned upside down by death.**

*He was bearing our faults in his own
body on the cross, so that we might
die to our faults and live for holiness;
through his wounds you have been
healed*

(1 Peter 2:24)

Lord Jesus, as you die even your death
brings life. The breath which escapes
your lips is the breath of God which
brought order out of chaos. That same
breath will revive the apostles on the
day of your rising. It is your gift to 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.

THE THIRTEENTH STATION

Jesus is taken down from the cross
and placed in the arms of his mother

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

**We pray for mothers who mourn their
children.**

*My heart has no lofty ambitions,
My eyes do not look too high...
Enough for me to keep my soul
tranquil and quiet like a child in its
mother's arms.*

(Psalm 131: 1-3)

Mary, mother of us all, your arms were
your son's first cradle – and his last. Be
with those who suffer the loss of their
children, especially through violence,
addiction or hunger.

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.

THE FOURTEENTH STATION

Jesus is laid in the tomb

Leader:

We adore you O Christ and we
bless you.

All: (genuflecting)

Because by your holy cross you have
redeemed the world.

**We pray for all those preparing for the
Easter sacraments.**

*In peace I lie down, and fall asleep
at once, since you alone, Yahweh, make
me rest secure.*

(Psalm 4: 8)

In death, your resting place was not your
own. The compassion of others gave you
shelter, the seed of faith moved Joseph
to place you in his tomb. These acts of
kindness make room for God to achieve
his great purpose. Whenever we are
moved to pity or kindness, help us see
that we too make room for your Father to
do great things through 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

God our Father,

**The ending of this journey
is but a beginning:
death will be conquered,
wounds will be healed,
Love will rise triumphant over all.**

**We believe this to be true:
but help us to make the journey from
holding this belief in our minds and
making it flesh in our daily lives.
For that is what it means to be an
Easter People: to not only say
'I love you, Jesus' but to show that
love in plain sight of the world.**

**We ask this, Father, in the name of
your Risen Son and in the power of
your Holy Spirit,**

You who are God forever blessed!

Amen.

**Our Father
Hail Mary
Glory Be**

Prayers for Lent

PRAYER TO OUR LADY

Our Lady of Africa,
Mother of us all,
Gather together all those who follow
Jesus Christ.

May we be one in the Church of your
Son.

May those who have not yet recognised
Him as the Son of the Father be drawn
to his Light.

You who were present with the Apostles
at the beginning of the Church,
support the apostles of today that they
may boldly proclaim the Word of God.

You who were open to the Holy Spirit,
welcoming Jesus within you
and giving Him to the world,
obtain for today's young people
a like openness and availability.

Our Lady of Africa,
Queen of Peace,
Deliver the gift of serenity to all nations
torn apart by hatred and resentment.

May your Son's law of Love
win over and unite all hearts,
so that together we may sing the Glory
of the Father, the Son and the Holy Spirit.

Amen.

LENTEN GRACE BEFORE MEALS

Father,

As we bless you for this food,
Help us to feast on all that brings us life:
truth, love and peace,
and to fast from all that brings sadness.

Through Christ our Lord.

Amen.

LENTEN GRACE AFTER MEALS

Father,

We thank you for the strength which
comes from this food and from the
grace you pour into our hearts.

May the sign of the cross (+) remind us
always of your love and help us to share
it with others.

Through Christ our Lord.

Amen.

PRAYERS OF THE FAITHFUL

We pray for Pope Francis and all
Christian leaders:
May they draw strength from the joy of
the Gospel and proclaim it afresh in our
world.

Lord, in your mercy:

Hear our prayer.

We pray for the ongoing work of SCIAF
as it marks its 50th anniversary:
May all of us who support and carry out
this good work look to the future with
hope and a renewed sense of purpose.

Lord, in your mercy:

Hear our prayer.

We pray for women farmers in Africa:
May our prayers and material support
empower them to build a better future for
their families and communities.

Lord, in your mercy:

Hear our prayer.

We pray for parishes, schools and
families:
May we make the most of the
opportunities which Lent brings us, to
become more aware of the needs
of others and draw closer to the Lord.

Lord, in your mercy:

Hear our prayer.

We pray for children and young people:
That the Gospel will inspire them
to ever greater acts of love and service.

Lord, in your mercy:

Hear our prayer.

We pray for ourselves:
That we may be attentive to the need
for a just world. May our homes and
communities be places of peace and
reconciliation.

Lord, in your mercy:

Hear our prayer.



You can download a PowerPoint presentation to accompany these Stations at www.theweebox.org.

Please feel free to copy these prayers or call us on 0141 354 5555 for extra prayer books.