



Stations of the Cross

MEDITATION & PRAYER GUIDE

Walking the Way of Sorrow

STATIONS OF THE CROSS

Many Christians include the walking of the Stations of the Cross, the Way of the Cross, the Way of Sorrows, or Via Crucis as their Lenten practice. The stations grew out of Via Dolorosa in Jerusalem, which is believed to be the actual path Jesus walked to Calvary. The purpose of the stations is to assist faithful Christians in taking a spiritual pilgrimage through contemplation of the Passion of Christ.

The fourteen Stations of the Cross woodcuts, which usually hang in the All Saints' Episcopal Church (ASEC) nave during Lent, are copies of the original woodcuts created by artist Noyes Capehart. The originals hang in Holy Cross Episcopal Church, Valle Crucis, NC, where Noyes and his wife, Suzanne, are members. During this time of COVID, laminated copies of the fourteen Stations of the Cross have been posted on the grounds of All Saints'. We invite and welcome you to take a pilgrimage on the ASEC campus using this meditation and prayer guide. Prayers are adapted from the book, *Walking the Way of Sorrows* by Katerina Katsarka Whitley. We hope this will be one of your Lenten practices.

May the walk of the stations be a time of quiet prayer and reflection of Jesus, the love of God. Enjoy the grounds of ASEC, surrounded by the beauty of God's creation on sacred ground.

Station I

JESUS IS CONDEMNED TO DEATH



*Then Pilate took Jesus and had him flogged.
and the soldiers wove a crown of thorns and
put it on his head, and they dressed him
in a purple robe.*

— John 19:1-2

Let us pray:

Lord Jesus Christ, you faced
humiliation and torture without
complaining,
Be with us in the hours of trial.

Lord Jesus Christ, you faced arrest
and death without fear.

Be with all who are afraid today.
Be with all those who are tortured and
treated unjustly in our community,
state, and nation as well as in many
parts of the world.

Lord Jesus Christ, as on the day of
your arrest and flogging,
much evil against the innocent is
perpetrated by people who think they
are doing God's will.

Forgive them and us for our sin.

Kyrie eleison

Christe eleison

Kyrie eleison

Station II

JESUS TAKES UP HIS CROSS



“Which of these three, do you think was a neighbor to the man who fell into the hands of the robbers?” The lawyer said, “The one who showed him mercy.” Jesus said him,

“Go and do likewise.”

– Luke 10:25-37

Let us pray:

Lord, we are all saddened and terrified and angry when we see oppression and injustice.

Have mercy on the oppressed and their oppressors.

Forgive us for being self-righteous or quiet when we see injustice and oppression, strengthen us to stand boldly in the face of injustice.

Forgive us our ease and comfort while others struggle in turmoil.

Help us to recognize those who are merciful even when the world despises them. Help us to recognize kindness in those we consider unworthy.

Forgive us the sin of pride.

Forgive us our hardened hearts.

Kyrie eleison

Christé eleison

Kyrie eleison

Station III

JESUS FALLS FOR THE FIRST TIME



This is the disciple who is testifying to these things and has written them, and we know that his testimony is true.

— John 21:24

Let us pray:

Oh God, you allowed your beloved Son to know the sorrow of humanity out of your great love for those you have created.

Help us to trust in your love even when we stumble and fall.

Lord, whether our days are few, like those of your servant James, or many, like those of your servant John, help us to be ready when you call us to yourself.

And teach us how to carry each other's burdens.

Fill us with the love and loyalty of your beloved apostle

Let our hearts burn within us whenever we draw away from you.

Bless both our joys and tears.

Kyrie eleison

Christé eleison

Kyrie eleison

Station IV

JESUS MEETS HIS AFFLICTED MOTHER



And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, "This child is destined for the falling and the rising of many... and a sword shall pierce your own soul too."

— Luke 2:33-35

Let us pray:

For our mothers and fathers, Lord, we offer thanks. For those who gave us birth and nurtured us; For those who have become mothers and fathers in our journey through life's many byways; For strangers who offered us food to nourish our bodies; For those who, offering their gifts of knowledge, taught us; For those who shared with us their faith with your mercy; For all these mothers and fathers, we offer our thanks, oh God.

For Mary, the mother of Jesus.

For the young girl who said *Yes* to God's messenger. For the mother who had her doubts later, and for the broken mother who held held him as he was dying. We offer our eternal gratitude to you, oh Father of our

Jesus the Christ.

Kyrie eleison

Christé eleison

Kyrie eleison

Station V

THE CROSS IS LAID ON SIMON OF CYRENE



They compelled a passer-by, who was coming in from the country, to carry his cross; it was

Simon of Cyrene, the father of Alexander and Rufus.

– Mark 15:21

Let us pray:

Lord Jesus, long have we sinned before your eyes. We have looked at people's skin, instead of their hearts. We have sinned against your children, those who look different than us.

Oftentimes we have taken advantage of those who are born in other lands.

We looked down on the poor, the dispossessed, and the immigrants. We have not always honored those who do hard manual labor; instead of praising them, we have despised them.

We offer our thanks for your servant Simon, who took up your cross to lighten your burden. May we so live that our labor will be blessed,

And your burden of mercy and pain for this suffering world be lifted according to the ability and

faithfulness of all those who strive to do your will.

Kyrie eleison

Christé eleison

Kyrie eleison

Station VI

A WOMAN WIPES THE FACE OF JESUS



*He had no form or comeliness that we should
look at him, and no beauty that we should
desire him. He was despised and rejected by
men; a man of sorrows and
acquainted with grief...
— Isaiah 53:2b-3a*

Let us pray:

Merciful Christ, you have known the
sorrow of this earth's humble people.

We remember this hour those who
have labored for others: Cleaning
women and other servants, those who
have scrubbed streets and latrines and
those who have scrubbed houses.

We remember those who have wiped

the tears of others: Mothers,
grandmothers, nurses and the slaves
of old. We remember those who left
their own children behind in order to
tend to the hurts of other people's
children. Forgive us for neglecting the
humble, for forgetting those who have
served us, for not honoring the work
of servanthood and mercy.

Kyrie eleison

Christé eleison

Kyrie eleison

Station VII

JESUS FALLS THE SECOND TIME



protect them from the evil one.

— John 17:11b-12a, 15

Let us pray:

Oh, God, through the ages, you have protected your own. We thank you for the promises given to the disciples and to us. The terrors of the night encircle us and we sleep, forgetting to stay awake and pray. The spirit is willing but the flesh is weak. Forgive us, Lord. We thank you for James, one of the first martyrs to the faith. We thank you for all those who gave up their lives when they refused to betray your name. Give us the same strength and courage. Help us to watch and pray.

Holy Father, protect them in your name those that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name, those that you have given me. I guarded them, and not one of them was lost...I am not asking you to take them out of the world, but I ask you to

Kyrie eleison

Christe eleison

Kyrie eleison

Station VIII

JESUS MEETS WITH THE WOMEN OF JERUSALEM



*But Jesus turned to them and said,
“Daughters of Jerusalem, do not weep for
me, but weep for yourselves and for your
children, for the days are surely coming when
they will say, ‘Blessed are the barren, and the
wombs that never bore, and the breasts that
never nursed...’”*

– Luke 23:28-29

Let us pray:

Jesus of sorrows, we remember today
all the women who have given their
love to those who need it – mothers
and sisters and wives and daughters,
single women, and grandmothers.
We remember all the women who
have mourned because of war,
because of disaster, and death.
We thank you for their love, their
prayers, and their tears and all the pain
they endured on behalf of others.
Comfort all those who mourn today.
Sustain them in hope.

Kyrie eleison

Christe eleison

Kyrie eleison

Station IX

JESUS FALLS THE THIRD TIME



So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. After he received the piece of bread, Satan entered in him, Jesus said to him, “Do quickly what you are going to do.”

— John 13:26b-27

While he was still speaking, suddenly a crowd came, and one called Judas, one of the twelve, was leading them. He approached Jesus to kiss him; but Jesus said to him, Judas, is it with a kiss that you are betraying the Son of Man?”

— Luke 22:47

Let us pray:

Oh Jesus Christ, forgive us for trying to make you in our own image. Again and again, like Judas, we have failed to recognize you. Every idol that still lurks in our minds comes to the fore, and we think it is you, Lord Jesus. Forgive us our sin. Day after day we fashion you in our image, our words, our false loyalties, our lives. Show us Jesus, the Son of Man. Show us the glorified Christ. Show us your true self. Help us see the way of the cross as the way to life

Kyrie eleison

Christé eleison

Kyrie eleison

Station X

JESUS IS STRIPPED OF HIS GARMENTS



When the soldiers had crucified Jesus they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven of one piece from the top. So they said to one another, "Let us not tear it, but cast lots for it to see who will get it." This was to fulfill

what scripture says, "They divided my clothes among themselves and for my clothing they cast lots." – John 19:23-24

Let us pray:

Lord, the humiliation Jesus suffered reminds us of all those who are humiliated at work, at home, at school. Have compassion upon them.

We remember those whose work is not honored; those who have to stoop to degrading jobs that strip them of their humanity in order to survive. Give to them the dignity of love. We pray for those who are unhoused, who are abused, who are dishonored. And we pray for their abusers, and for all of us who, for reasons unknown to us, lose our humanity because of a mean spirit. Restore to us the wholeness of creation.

Kyrie eleison

Christe eleison

Kyrie eleison

Station XI

JESUS IS NAILED TO THE CROSS



Make the minds of these people dull, and stop their ears, and shut their eyes, so that they may not look with their eyes, and listen with their ears, and comprehend with their minds, and turn and be healed.

– Isaiah 6:10

Let us pray:

Oh Christ Jesus, how many of us have driven nails in your hands without knowing we were doing so.

Have mercy on us.

Throughout the centuries, many of us, as obedient soldiers, have killed others while obeying orders.

Have mercy on us.

Many of us with our money, our vote, our will, our orders, our words have caused others to find untimely and violent deaths.

Forgive us Lord.

As you forgave those who crucified you, we also ask your forgiveness.

Kyrie eleison

Christe eleison

Kyrie eleison

Station XII

JESUS DIES ON THE CROSS



Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to the bottom. Now when the centurion who stood facing him saw that in this way he breathed his last he said,

“Truly this man was God’s Son.”

– Mark 15:37-39

Let us pray:

Lord Jesus, you have revealed yourself
even to those who don’t know your
name,

As you have revealed yourself in those
who proclaim your name.

May we live and die in such a way that
your name is honored throughout the
world.

Open our hearts and eyes so that we
may see the Christ in others.

May we speak, and live, and love in
ways that honor your name as you
always honored the name of your

Father in heaven.

Kyrie eleison

Christé eleison

Kyrie eleison

Station XIII

THE BODY OF JESUS IS PLACED
IN THE ARMS OF HIS MOTHER



After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body.

– John 19:38

Let us pray:

For all who show mercy we offer
thanks to you, oh God.

We recognize the Christ in those who
respond to the needs of others in love
and mercy.

For Joseph who buried the body of
Jesus, we offer thanks.

For Mary, his mother, and all the
women who ministered to Jesus, we
offer thanks.

May we learn from their example,
their loyalty and courage to do your
will no matter what the world expects
of us.

Kyrie eleison

Christé eleison

Kyrie eleison

Station XIV

JESUS IS LAID IN THE TOMB



Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with spices in linen clothes, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was

a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

— John 19:39-42

Let us pray:

My Savior, thank you! Thank you for such endless love that helps us to rise out of our own sinfulness.

We have not always shown courage in proclaiming your name.

Like Nicodemus, we have been afraid to proclaim our love and loyalty.

We will try again to live better lives.

Help us to always remember that love.

Mary, mother of the risen Lord, teach us to be like you.

Have mercy on us and forgive us.

Kyrie eleison

Christe eleison

Kyrie eleison

On this last station fill us with the
promise of the empty tomb.

On this last station fill us with the
knowledge that life does not end here.

For all who grieve we pray for
comfort and for strength.

For all who grieve we pray for the
assurance of the resurrection.

Kyrie eleison

Christe eleison

Kyrie eleison

Go into the world in peace and love.

Amen.



ALL SAINTS'
EPISCOPAL CHURCH

All are welcome!

525 Lake Concord Rd NE
Concord, NC 28025
704-782-2024
www.allsaintsconcord.org