

MY POCKET WAY OF THE CROSS

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THE WAY OF THE CROSS

Kneeling before the altar, make an Act of Contrition, and form the intention of gaining the indulgences, whether for yourself or for the souls in Purgatory.

Then say:

MY Lord Jesus Christ, * You have made this journey to die for me with love unutterable, * and I have so many times unworthily abandoned You; * but now I love You with my whole heart, * and because I love You, I repent sincerely for having ever offended You. * Pardon me, my God, * and permit me to accompany You on this journey. * You go to die for love of me; * I wish also, my beloved Redeemer, to die for love of You. * My Jesus, I will live and die always united to You. *

*Dear Jesus You go to die
For very love of me;
Let me bear You company;
I wish to die with You.*



1. JESUS IS CONDEMNED TO DEATH

V. We adore You, O Christ, and we bless You.

R. Because by Your holy Cross, You have redeemed the world.

Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the Cross.

MY Jesus, it was not Pilate, * no, it was my sins that condemned You to die. * I beg You, by the merits of this sorrowful journey, * to assist my soul in its journey toward eternity. * I love You, my beloved Jesus; * I love You more than myself; * 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. *

—Our Father, Hail Mary, Glory be . . .

At the Cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.



3. JESUS FALLS THE FIRST TIME

V. We adore You, O Christ, and we bless You.

R. Because by Your holy Cross, You have redeemed the world.

Consider this first fall of Jesus, so weakened that He could barely walk. The soldiers struck Him rudely, and thus He fell several times.

MY beloved Jesus, * it is not the weight of the Cross, but my sins, * which have made You suffer so much pain. * By the merits of this first fall, * deliver me from the misfortune of falling into mortal sin. * I love You, O my Jesus, with my whole heart; * I repent of having offended You. * Never permit me to offend You again. * Grant that I may love You always; * and then do with me what You will. *

—Our Father, Hail Mary, Glory be . . .

O, how sad, and sore distressed,
Now was she, that Mother Blessed
Of the sole-begotten One.

7. JESUS FALLS THE SECOND TIME

V. We adore You, O Christ, and we bless You.

R. Because by Your holy Cross, You have redeemed the world.

Consider Jesus' second fall which renews the pain of all His wounds.

MY most gentle Jesus, * how many times You have pardoned me, * and how many times have I fallen again. . . . * By the merits of this new fall, * give me the necessary help to persevere in Your grace until death. * Grant that in all temptations which assail me * I may always commend myself to You. * I love You, Jesus my love, with my whole heart; * I repent of having offended You. * Never permit me to offend You again. * Grant that I may love You always; * and then do with me what You will. *

—Our Father, Hail Mary, Glory be . . .

For His people's sins rejected,
She her Jesus, unprotected,
Saw with thorns, with scourges rent.