THE WAY OF THE CROSS is a devotion reputed to have been originated by Our Lady herself, who, legend has it, set up the original Way of the Cross in her backyard at Ephesus. Moreover, the great Saints all aver that meditation on the Passion and death of Jesus is the most fruitful that one can engage in. Among versions of the *Way of the Cross*, St. Alphonsus' is easily the best known and most popular in the English language. For these reasons, therefore, we are making this booklet available at the lowest possible prices for quantity distribution by the faithful to as many people as possible. The issue is the salvation of souls and peace in the world.

Quantity Discounts available.
Go to www.tanbooks.com
or
call us at 800-437-5876
for more information.

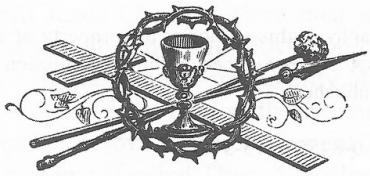
TAN Books
Charlotte, North Carolina

THE WAY OF THE CROSS

According to the method of

St. Alphonsus Liguori

Arranged for congregational prayer.



TAN Books
An Imprint of Saint Benedict Press, LLC
Charlotte, North Carolina

Nihil Obstat: Remigius LaFort, S,T.L.

Imprimatur: ✠ John M. Farley
Archbishop of New York
March 30, 1903

The text and pictures for this edition of *The Way of the Cross* according to the method of St. Alphonsus Liguori are taken from the Benziger Brothers edition of 1908 and were reproduced under arrangement with their assigns, Glencoe Publishers, Inc. *The Stabat Mater* and its English translation are from Fr. Lasance's *Blessed Sacrament Book* (Benziger Brothers, 1913), Imprimatur also by John Cardinal Farley in 1913. Retypeset by TAN Books, an Imprint of Saint Benedict Press, LLC, in 1987 and 2007.

The typography in this edition is the property of TAN Books and may not be reproduced without permission in writing from the Publisher.

ISBN: 978-0-89555-313-3

Printed and bound in the United States of America.

TAN Books
An Imprint of Saint Benedict Press, LLC
Charlotte, North Carolina
2012

The Stations of the Cross

According to the Method of St. Alphonsus Liguori

Let each one, kneeling before the high altar, make an Act of Contrition, and form the intention of gaining the indulgences connected to this devotion, whether for himself or for the souls in Purgatory. Then say:

PREPARATORY PRAYER

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



First Station

JESUS IS CONDEMNED TO DEATH.

Stabat Mater dolorosa,
Juxta crucem lacrymosa,
Dum pendebat Filius.

FIRST STATION

Jesus is condemned to Death.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

Priest: Consider that Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross.

People: My adorable Jesus, * it was not Pilate, * no, it was my sins, that condemned Thee to die. * I beseech Thee, by the merits of this sorrowful journey, * to assist my soul in its journey towards eternity. * I love Thee, my beloved Jesus; * I love Thee more than myself; * I repent with my whole heart of having offended Thee. * Never permit me to separate myself from Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!*

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

*This versicle and response are not found in the Liguori *Way of the Cross* but are borrowed from the Franciscan method for the purpose of increased devotion. —*Editor*.



Second Station

JESUS IS MADE TO CARRY HIS CROSS.

Cujus animam gementem,
Contristatam et dolentem,
Pertransivit gladius.

SECOND STATION

Jesus is made to carry His Cross.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

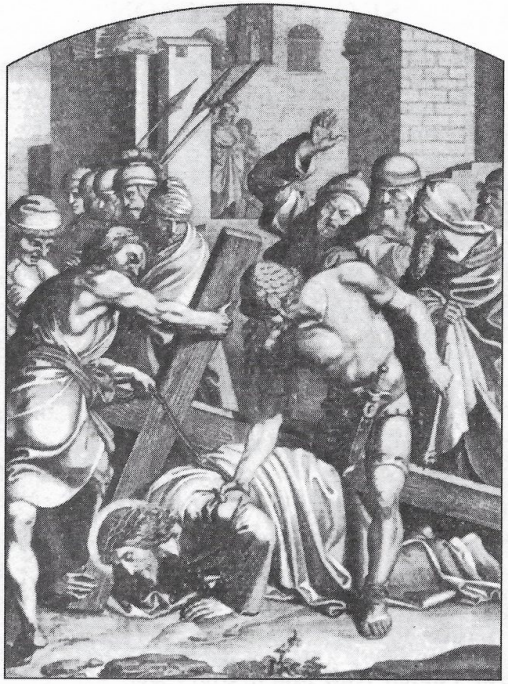
Priest: Consider that Jesus, in making this journey with the cross on His shoulders, thought of us and offered for us to His Father the death that He was about to undergo.

People: My most beloved Jesus, * I embrace all the tribulations that Thou hast destined for me until death. * I beseech Thee, * by the merits of the pain Thou didst suffer in carrying Thy cross, * to give me the necessary help * to carry mine with perfect patience and resignation. * I love Thee, Jesus, my love; * I repent of having offended Thee. * Never permit me to separate myself from Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword has passed.



Third Station

JESUS FALLS THE FIRST TIME.

O quam tristis et afflicta
Fuit illa benedicta
Mater Unigeniti!

THIRD STATION

Jesus falls the First Time.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

Priest: Consider this first fall of Jesus under His cross. His flesh was torn by the scourges, His head crowned with thorns, and He had lost a great quantity of blood. He was so weakened that He could scarcely walk, and yet He had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey.

People: My beloved Jesus, * it is not the weight of the cross, * but of my sins, * which has made Thee suffer so much pain. * Ah, by the merits of this first fall, * deliver me from the misfortune of falling into mortal sin. * I love Thee, O my Jesus, with my whole heart; * I repent of having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Oh, how sad and sore distressed
Was that Mother highly blessed
Of the sole-begotten One!



Fourth Station

JESUS MEETS HIS SORROWFUL MOTHER.

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

FOURTH STATION

Jesus meets His Sorrowful Mother.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

Priest: Consider the meeting of the Son and the Mother, which took place on this journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

People: My most loving Jesus, * by the sorrow Thou didst experience in this meeting, * grant me the grace of a truly devoted love for Thy most holy Mother. * And thou, my Queen, * who wast overwhelmed with sorrow, * obtain for me by thy intercession * a continual and tender remembrance of the Passion of thy Son. * I love Thee, Jesus, my love; * I repent of ever having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Christ above in torment hangs,
She beneath beholds the pangs
Of her dying, glorious Son.



Fifth Station

SIMON OF CYRENE HELPS JESUS
TO CARRY HIS CROSS.

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

FIFTH STATION

Simon of Cyrene helps Jesus to carry His Cross.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

Priest: Consider that the Jews, seeing that at each step Jesus, from weakness, was on the point of expiring, and fearing that He would die on the way, when they wished Him to die the ignominious death of the cross, constrained Simon the Cyrenian to carry the cross behind Our Lord.

People: My most sweet Jesus, * I will not refuse the cross as the Cyrenian did; * I accept it, I embrace it. * I accept in particular the death that Thou hast destined for me, * with all the pains which may accompany it. * I unite it to Thy death; * I offer it to Thee. * Thou hast died for love of me! * I will die for love of Thee, and to please Thee. * Help me by Thy grace. * I love Thee, Jesus, my love; * I repent of having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Is there one who would not weep
Whelmed in miseries so deep
Christ's dear Mother to behold?



Sixth Station

VERONICA WIPES THE FACE OF JESUS.

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

SIXTH STATION

Veronica wipes the Face of Jesus.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

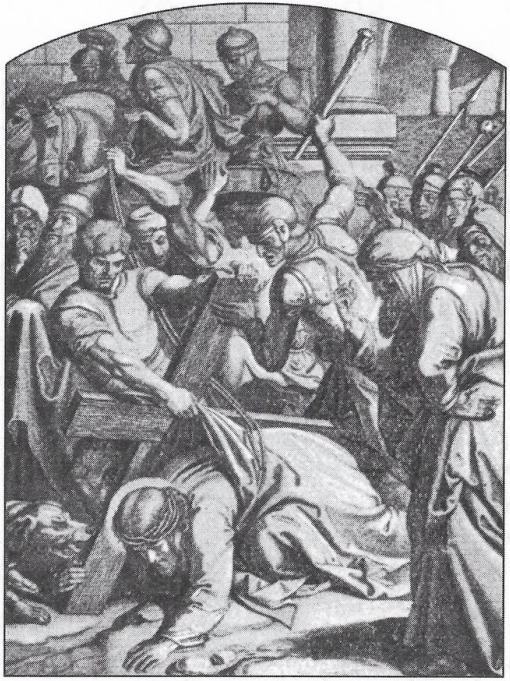
Priest: Consider that the holy woman named Veronica, seeing Jesus so afflicted and His face bathed in sweat and blood, presented Him with a towel, with which He wiped His adorable face, leaving on it the impression of His holy countenance.

People: My most beloved Jesus. * Thy face was beautiful before, * but in this journey it has lost all its beauty, * and wounds and blood have disfigured it. * Alas! my soul also was once beautiful, * when it received Thy grace in Baptism, * but I have disfigured it since by my sins. * Thou alone, my Redeemer, * canst restore it to its former beauty. * Do this by Thy Passion, O Jesus. * I repent of having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?



Seventh Station

JESUS FALLS THE SECOND TIME.

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

SEVENTH STATION

Jesus Falls the Second Time.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

Priest: Consider the second fall of Jesus under the cross—a fall which renews the pains of all the wounds of the head and members of our afflicted Lord.

People: My most gentle Jesus, * how many times Thou hast pardoned me, * and how many times have I fallen again, * and begun again to offend Thee! * Oh, by the merits of this new fall, * give me the necessary helps to persevere in Thy grace until death. * Grant that in all temptations which assail me * I may always commend myself to Thee. * I love Thee, Jesus, my love, with my whole heart; * I repent of having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Bruised, derided, cursed, defiled,
She beheld her tender child,
All with bloody scourges rent.



Eighth Station

THE WOMEN OF JERUSALEM
WEEP OVER JESUS.

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

EIGHTH STATION

The Women of Jerusalem weep over Jesus.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

Priest: Consider that those women wept with compassion at seeing Jesus in so pitiable a state, streaming with blood, as He walked along. But Jesus said to them, "Weep not for Me, but for your children."

People: My Jesus, * laden with sorrows, I weep for the offences that I have committed against Thee, * because of the pains which they have deserved, * and still more because of the displeasure which they have caused Thee, * Who hast loved me so much. * It is Thy love, more than the fear of Hell, * which causes me to weep for my sins. * My Jesus, I love Thee more than myself; * I repent of having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

For the sins of His own nation
Saw Him hang in desolation
Till His spirit forth He sent.



Ninth Station

JESUS FALLS THE THIRD TIME.

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

NINTH STATION

Jesus falls the Third Time.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

Priest: Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners excessive, who tried to hasten His steps when He had scarcely strength to move.

People: Ah, my outraged Jesus, * by the merits of the weakness that Thou didst suffer in going to Calvary, * give me strength sufficient to conquer all human respect * and all my wicked passions, * which have led me to despise Thy friendship. * I love Thee, Jesus, my love, with my whole heart; * I repent of having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

O thou Mother! fount of love,
Touch my spirit from above.
Make my heart with thine accord.



Tenth Station

JESUS IS STRIPPED OF HIS GARMENTS.

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

TENTH STATION

Jesus is stripped of His Garments.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

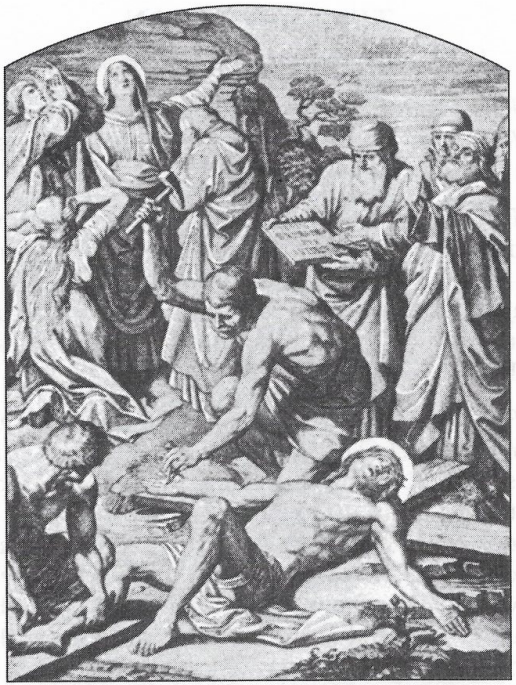
Priest: Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them. Compassionate your Saviour thus cruelly treated, and say to Him:

People: My innocent Jesus, * by the merits of the torment which Thou hast felt, * help me to strip myself of all affection to things of earth, * in order that I may place all my love in Thee, * Who art so worthy of my love. * I love Thee, O Jesus, with my whole heart; * I repent of having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ, my Lord.



Eleventh Station

JESUS IS NAILED TO THE CROSS.

Sancta Mater istud ages,
Crucifixi fige plagas
Cordi meo valide.

ELEVENTH STATION

Jesus is nailed to the Cross.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

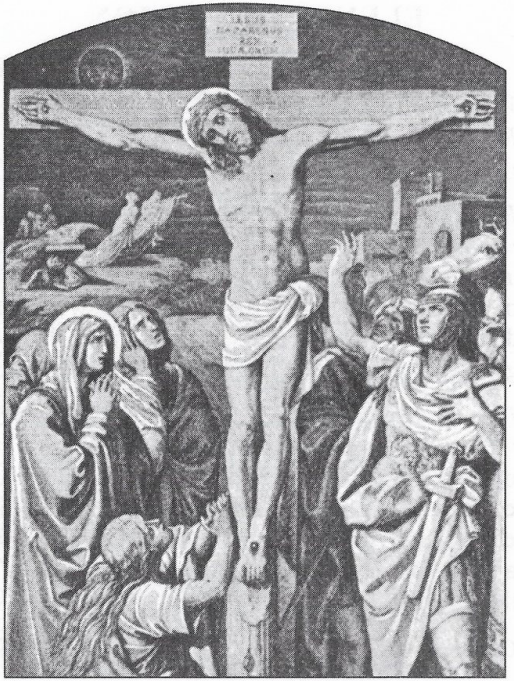
Priest: Consider that Jesus, after being thrown on the cross, extended His hands, and offered to His eternal Father the sacrifice of His life for our salvation. These barbarians fastened Him with nails, and then, raising the cross, left Him to die with anguish on this infamous gibbet.

People: My Jesus, loaded with contempt, * nail my heart to Thy feet, that it may ever remain there * to love Thee and never quit Thee again. * I love Thee more than myself; * I repent of having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Holy Mother, pierce me through!
In my heart each wound renew
Of my Saviour crucified.



Twelfth Station

JESUS IS RAISED UPON
THE CROSS AND DIES.

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

TWELFTH STATION

Jesus is raised upon the Cross and Dies.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

Priest: Consider how thy Jesus, after three hours of agony on the cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

People: O my dying Jesus, * I kiss devoutly the cross on which Thou didst die for love of me. * I have merited by my sins to die a miserable death, * but Thy death is my hope. * Ah, by the merits of Thy death, * give me grace to die, embracing Thy feet * and burning with love for Thee. * I commit my soul into Thy hands. * I love Thee with my whole heart; * I repent of ever having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Let me share with thee His pain,
Who for all our sins was slain.
Who for me in torments died.



Thirteenth Station

JESUS IS TAKEN DOWN FROM
THE CROSS AND PLACED IN
THE ARMS OF HIS MOTHER.

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

THIRTEENTH STATION

Jesus is taken down from the Cross and placed in the Arms of His Mother.

V. We adore Thee, O Christ, and we praise Thee,
R. Because by Thy holy cross Thou hast redeemed the world.

Priest: Consider that Our Lord having expired, two of His disciples, Joseph and Nicodemus, took Him down from the cross and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness and pressed Him to her bosom.

People: O Mother of Sorrow, * for the love of this Son, * accept me for thy servant, * and pray to Him for me. * And Thou, my Redeemer, * since Thou hast died for me, * permit me to love Thee; * for I wish but Thee, my Jesus, * and I repent of ever having offended Thee. * Never permit me to offend Thee again. * Grant that I may love Thee always, * and then do with me what Thou wilt. *

Our Father. Hail Mary. Glory Be.

V. Lord Jesus, crucified,
R. Have mercy on us!

Let me mingle tears with thee,
Mourning Him Who mourned for me,
All the days that I may live.

After this, return to the high altar and, to complete the devotion, say the *Our Father*, *Hail Mary* and *Glory Be* five times in honor of the Passion of Jesus Christ.

PRAYER TO JESUS CRUCIFIED

Behold, O kind and most sweet Jesus, * I cast myself upon my knees in Thy sight, * and with the most fervent desire of my soul, * I pray and beseech Thee that Thou wouldst impress upon my heart * lively sentiments of faith, hope and charity, * with true contrition for my sins * and a firm purpose of amendment; * while with deep affection and grief of soul, * I ponder within myself and mentally contemplate Thy five wounds, * having before my eyes the words which David the prophet * put on Thy lips concerning Thee: * "They have pierced My hands and My feet, * they have numbered all My bones."

At the end, one *Our Father* and *Hail Mary*, at least, should be said for the intention of the Sovereign Pontiff; this will fulfill the requirements for a plenary indulgence connected to this devotion—so long as a person also fulfills the other requirements. (See page 34 for a full explanation of how to gain a plenary indulgence by making this devotion.)

STABAT MATER
(Conclusion)

Virgo virginum praeclara,
Mihi jam non sis amara,
Fac me tecum plangere;

Fac, ut portem Christi
mortem,
Passionis fac consortem,
Et plagas recolere.

Fac me plagis vulnerari,
Fac me cruce inebriari,
Et cruore Filii.

Flammis ne urar succensus
Per te, Virgo, sim defensus
In die judicii.

Christe, cum sit hinc exire,
Da per Matrem me venire
Ad palmam victoriae.

Quando corpus morietur,
Fac ut animae donetur
Paradisi gloria. Amen.

V. Ora pro nobis, Virgo dolorosissima.
R. Ut digni efficiamur promissionibus Christi.

Virgin of all virgins best!
Listen to my fond request:
Let me share thy grief divine;

Let me, to my latest breath,
In my body bear the death
Of that dying Son of thine.

Wounded with His every
wound,
Steep my soul till it hath
swooned
In His very Blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In His awful Judgment Day.

Christ, when Thou shalt call
me hence,
Be Thy Mother my defense,
Be Thy cross my victory.

While my body here decays,
May my soul Thy goodness
praise,
Safe in paradise with Thee.
Amen.

V. Pray for us, Virgin most sorrowful.
R. That we may be made worthy of the promises of Christ.

Oremus	*Let us pray*
Interveniat pro nobis, quaesumus, Domine Jesu Christe, nunc et in hora mortis nostrae, apud tuam clementiam, beata Virgo Maria Mater tua, cujus sacratissimam animam in hora tuae passionis doloris gladius pertransivit. Per te, Jesu Christe, salvator mundi, qui cum Patre et Spiritu Sancto vivis et regnas, per omnia saecula saeculorum. Amen.	Grant, we beseech Thee, O Lord Jesus Christ, that the most blessed Virgin Mary, Thy Mother, through whose most holy soul, in the hour of Thine own Passion, the sword of sorrow passed, may intercede for us before the throne of Thy mercy, now and at the hour of our death. Through Thee, Jesus Christ, Saviour of the world, Who livest and reignest with the Father and the Holy Ghost, now and forever. Amen.

HOW TO GAIN A PARTIAL OR PLENARY INDULGENCE

To gain a partial indulgence, a Catholic in good standing must simply perform the prescribed work—in this case make the Way of the Cross—in the state of grace (that is, free of having committed a mortal sin that remains unforgiven in Confession) and have at least a general intention of gaining indulgences. A partial indulgence can be acquired more than once a day, unless otherwise expressly indicated.

To gain a plenary indulgence, however, several additional factors must also be present. All together, they are the following:

1. *The person must be a Catholic, not excommunicated, and in the state of grace*, that is, free from mortal sin that has not been confessed and forgiven in the Sacrament of Penance.

2. *The recipient must go to Confession, receive Holy Communion, and say at least one Our Father and one Hail Mary for the intentions of the Sovereign Pontiff.* These can all be done several days before or after performing the prescribed "work," in this case, making the Way of the Cross. But it is more fitting that the Communion and the prayers for the Pope's intentions be on the same day that the "work" is performed. A single Confession suffices for gaining several plenary indulgences, but sacramental Communion must be received and prayer for the intention of the Sovereign Pontiff must be recited for the gaining of each plenary indulgence.
3. *The recipient must be free from all attachment to sin, even venial sin.* [Although a person might still sin, as we all do, or even be inclined to an habitual sin, such as using God's name in vain, yet so long as the *attachment* to the sin or the *desire* to commit it is *absent* from the person's soul, he or she would be considered "free from attachment to sin."] (If this disposition is in any way less than perfect or if any of the prescribed three conditions are not fulfilled, the indulgence will be only partial.)
4. *Only one plenary indulgence may be gained per day.* But one can obtain the plenary indulgence "for the moment of death," even if another plenary indulgence had been acquired on the same day.
5. *The person must perform the prescribed work*, in this case, make the Way of the Cross—*with at least the general intention of gaining indulgences*. In making the Way of the Cross, the following norms apply:
   a. The pious exercise must be made before stations of the Way of the Cross legitimately erected.
   b. For the erection of the Way of the Cross, fourteen crosses are required, to which it is customary to add

fourteen pictures or images, which represent the stations of Jerusalem.

c. Although according to the more common practice the pious exercise consists of fourteen pious readings to which some vocal prayers are added, yet nothing more is required than a pious meditation on the Passion and Death of the Lord, which need not be a particular consideration of the individual mysteries of the stations.

d. A movement from one station to the next is required, but if the pious exercise is made publicly and if it is not possible for all taking part to go in an orderly way from station to station, it suffices if at least the one conducting the exercise goes from station to station, the others remaining in their places.

e. Those who are "impeded" can gain the same indulgence if they spend at least a half hour in pious reading and meditation on the Passion and Death of Our Lord Jesus Christ.*

---

*The above was taken from the *Enchiridion of Indulgences—Norms and Grants*, authorized English Edition, translated by Fr. William T. Barry, C.SS.R., Imprimatur: Joseph P. O'Brien, V.G. of N.Y., March 31, 1969, Catholic Book Publishing Co., New York, New York, from the Second Revised Edition of the *Enchiridion Indulgentiarum* issued by the Sacred Apostolic Penitentiary, 1968 and originally published by Libreria Editrice Vaticana, Vatican City, 1968.