

Good Friday ~ Stations of the City



Here is an opportunity for you to adapt the traditional **Stations of the Cross**, traditionally offered at noon on Good Friday following the Noonday Service, to do at your home, yard, or driving in your car. We hope you will find this a meaningful way to remember and be close to Jesus during his Passion and Death.

***Welcome** to our guided prayer walk/drive through the Journey to the Cross. We hope this will give you time to reflect on the events of Jesus' crucifixion in a unique and profound way. Here are a few notes before you begin.*

Silence

Try to remain silent for the duration of the walk/drive

Time

Take your time – there is no need to rush through the program. Allow time between each station to meditate and pray. There is no right or wrong way to do this. Do what works best for you to enter into the narrative of Jesus' story.

At each station, you can pause and do a reading and prayer as listed below. As you stop at each station, you are invited to pray for the people who live/work where you've paused. For example, if one of your stops is the hospital, pray for all the doctors, nurses, and all who work at the hospital during this time of pandemic. Pray for God's healing and protection for all patients. Or, another example would be, if one stop is outside the grocery store, to pray for all those who transport our food, stock the shelves, harvest the food, cashiers, etc. They're also vulnerable at this time of pandemic.

***Note:** We are leaving it open as to where you stop off for each station because of the current situation we're in, we don't want anyone endangering themselves to do this, so even if you simply*

move to a different part of your house or complex, that would work, too. If you are by yourself, you can say both parts.

History of the Way of the Cross

The devotion known as the Way of the Cross is an adaptation to local usage of a custom widely observed by pilgrims to Jerusalem starting in the middle ages: the offering of prayer at a series of places in that city traditionally associated with our Lord's passion and death. The number of stations, which at first varied widely, finally became fixed at fourteen. Of these, eight are based directly on events recorded in the Gospels. The remaining six (numbers 3, 4, 6, 7, 9, and 13) are based on inferences from the Gospel account or from pious legend. If desired, these six stations may be omitted.

The form which follows is appropriate either as a public service or as a private devotion, particularly on the Fridays of Lent, but it should not displace the Proper Liturgy of Good Friday (which we are also providing -- see --elsewhere. Traditionally, the stations are made before a series of plain wooden crosses placed along the walls of the church or in some other convenient place. At St. Martin's, you might remember these icons along the walls of the church. With each cross there is sometimes associated a pictorial representation of the event being commemorated. The hymn *Stabat Mater* ("At the cross her vigil keeping" Hymnal 1982, # 158) has frequently been associated with this service, but is not an integral part of it. During a public service, selected stanzas of this hymn may appropriately be sung at the entrance of the ministers, and (after the opening devotions before the Altar) as the procession approaches the first station. In the form which follows, the Trisagion ("Holy God") is the chant recommended as the procession goes from station to station. Alternatively, the Trisagion may be used to conclude each station, and stanzas of appropriate hymns sung as the procession moves.

First Station: Jesus is condemned to death

Opening Devotions

Leader In the Name of the Father, and of the Son,
and of the Holy Spirit. **Amen.**

Leader Lord, have mercy.

People **Christ, have mercy.**

Leader Lord, have mercy.

Say together:

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we
forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.

Leader We will glory in the cross of our Lord Jesus Christ:

People **In whom is our salvation,
our life and resurrection.**

Leader Let us pray. *(Silence)*

Assist us mercifully with your help, O Lord God of our
salvation, that we may enter with joy upon the contemplation
of those mighty acts, whereby you have given us life and
immortality; through Jesus Christ our Lord. **Amen.**

The procession goes to the First Station.



Leader We adore you, O Christ, and we bless you:

People **Because by your holy cross you have redeemed
the world.**

Leader As soon as it was morning, the chief priests, with the
elders and scribes, and the whole council, held a consultation;
and they bound Jesus and led him away and delivered him to
Pilate. And they all condemned him and said, "He deserves to
die." When Pilate heard these words, he brought Jesus out and
sat down on the judgment seat at a place called the Pavement,
but in the Hebrew, Gabbatha. Then he handed Jesus over to
them to be crucified.

Leader God did not spare his own Son:

People **But delivered him up for us all.**

Leader Let us pray. *(Silence)*

Almighty God, whose most dear Son went not up to joy but
first he suffered pain, and entered not into glory before he was
crucified: Mercifully grant that we, walking in the way of the
cross, may find it none other than the way of life and peace;
through Jesus Christ
your Son our Lord. **Amen.**

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Second Station: Jesus takes up his Cross



Leader We adore you, O Christ, and we bless you:

People **Because by your holy cross you have redeemed the world.**

Leader Jesus went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew, Golgotha. Although he was a Son, he learned obedience through what he suffered. Like a lamb he was led to the slaughter; and like a sheep that before its shearers is mute, so he opened not his mouth. Worthy is the Lamb who was slain, to receive power and riches and wisdom and strength and honor and glory and blessing.

Leader The Lord has laid on him the iniquity of us all:

People **For the transgression of my people was he stricken.**

Leader Let us pray. *(Silence)*

Almighty God, whose beloved Son willingly endured the agony and shame of the cross for our redemption: Give us courage to take up our cross and follow him; who lives and reigns for ever and ever. **Amen.**

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Third Station: Jesus falls the first time



Leader We adore you, O Christ, and we bless you:

People **Because by your holy cross you have redeemed the world.**

Leader Christ Jesus, though he was in the form of God, did not count equality with God a thing to be grasped; but emptied himself, taking the form of a servant, and was born in human likeness. And being found in human form he humbled himself and became obedient unto death, even death on a cross. Therefore God has highly exalted him, and bestowed on him the name which is above every name. Come, let us bow down, and bend the knee, and kneel before the Lord our Maker, for he is the Lord our God.

Leader Surely he has borne our griefs:

People **And carried our sorrows.**

Leader Let us pray. *(Silence)*

O God, you know us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright: Grant us such strength and protection as may support us in all dangers, and carry us through all temptations; through Jesus Christ our Lord. **Amen.**

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Fourth Station: Jesus meets his afflicted mother



Leader We adore you, O Christ, and we bless you:
People **Because by your holy cross you have redeemed the world.**

Leader To what can I liken you, to what can I compare you, O daughter of Jerusalem? What likeness can I use to comfort you, O virgin daughter of Zion? For vast as the sea is your ruin. Blessed are those who mourn, for they shall be comforted. The Lord will be your everlasting light, and your days of mourning shall be ended.

Leader A sword will pierce your own soul also:

People **And fill your heart with bitter pain.**

Leader Let us pray. *(Silence)*

O God, who willed that in the passion of your Son a sword of grief should pierce the soul of the Blessed Virgin Mary his mother: Mercifully grant that your Church, having shared with her in his passion, may be made worthy to share in the joys of his resurrection; who lives and reigns for ever and ever.

Amen.

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Fifth Station: The Cross is laid on Simon of Cyrene



Leader We adore you, O Christ, and we bless you:

People **Because by your holy cross you have redeemed the world.**

Leader As they led Jesus away, they came upon a man of Cyrene, Simon by name, who was coming in from the country and laid on him the cross to carry it behind Jesus. "If anyone would come after me, let him deny himself and take up his cross and follow me. Take my yoke upon you, and learn from me; for my yoke is easy, and my burden is light."

Leader Whoever does not bear his own cross and come after me:

People **Cannot be my disciple.**

Leader Let us pray. *(Silence)*

Heavenly Father, whose blessed Son came not to be served but to serve: Bless all who, following in his steps, give themselves to the service of others; that with wisdom, patience, and courage, they may minister in his Name to the suffering, the friendless, and the needy; for the love of him who laid down his life for us, your Son our Savior Jesus Christ. **Amen.**

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Sixth Station: A woman wipes the face of Jesus



Leader We adore you, O Christ, and we bless you:

People **Because by your holy cross you have redeemed the world.**

Leader We have seen him without beauty or majesty, with no looks to attract our eyes. He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces, he was despised, and we esteemed him not. His appearance was so marred, beyond human semblance, and his form beyond that of the children of men. But he was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes, we are healed.

Leader Restore us, O Lord God of hosts:

People **Show the light of your countenance, and we shall be saved.**

Leader Let us pray. *(Silence)*

O God, who before the passion of your only-begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord.

Amen.

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Seventh Station: Jesus falls a second time



Leader We adore you, O Christ, and we bless you:

People **Because by your holy cross you have redeemed the world.**

Leader Surely, he has borne our griefs and carried our sorrows. All we like sheep have gone astray; we have turned every one to his own way; and the Lord has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he opened not his mouth. For the transgression of my people was he stricken.

Leader But as for me, I am a worm and no man:

People **Scorned by all and despised by the people.**

Leader Let us pray. *(Silence)*

Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; who lives and reigns for ever and ever.

Amen.

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Eighth Station: Jesus meets the women of Jerusalem



Leader We adore you, O Christ, and we bless you:
People **Because by your holy cross you have redeemed the world.**

Leader There followed after Jesus a great multitude of the people, and among them were women who bewailed and lamented him. But Jesus turning to them said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children.”

Leader Those who sowed with tears:
People **Will reap with songs of joy.**
Leader Let us pray. *(Silence)*

Teach your Church, O Lord, to mourn the sins of which it is guilty, and to repent and forsake them; that, by your pardoning grace, the results of our iniquities may not be visited upon our children and our children’s children; through Jesus Christ our Lord. **Amen.**

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Ninth Station: Jesus falls a third time



Leader We adore you, O Christ, and we bless you:
People **Because by your holy cross you have redeemed the world.**

Leader I am the man who has seen affliction under the rod of his wrath; he has driven and brought me into darkness without any light. He has besieged me and enveloped me with bitterness and tribulation; he has made me dwell in darkness like the dead of long ago. Though I call and cry for help, he shuts out my prayer. He has made my teeth grind on gravel, and made me cower in ashes. “Remember, O Lord, my affliction and bitterness, the wormwood and the gall!”

Leader He was led like a lamb to the slaughter:
People **And like a sheep that before its shearers is mute, so he opened not his mouth.**
Leader Let us pray. *(Silence)*

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ. **Amen.**

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Tenth Station: Jesus is stripped of his garments



Leader We adore you, O Christ, and we bless you:
People **Because by your holy cross you have redeemed the world.**

Leader When they came to a place called Golgotha (which means the place of a skull), they offered him wine to drink, mingled with gall; but when he tasted it, he would not drink it. And they divided his garments among them by casting lots. This was to fulfill the scripture which says, "They divided my garments among them; they cast lots for my clothing."

Leader They gave me gall to eat:
People **And when I was thirsty they gave me vinegar to drink.**
Leader Let us pray. *(Silence)*

Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ our Lord.
Amen.

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Eleventh Station: Jesus is nailed to the Cross



Leader We adore you, O Christ, and we bless you:
People **Because by your holy cross you have redeemed the world.**

Leader When they came to the place which is called The Skull, there they crucified him; and with him they crucified two criminals, one on the right, the other on the left, and Jesus between them. And the scripture was fulfilled which says, "He was numbered with the transgressors."

Leader They pierce my hands and my feet:
People **They stare and gloat over me.**
Leader Let us pray. *(Silence)*

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. **Amen**

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Twelfth Station: Jesus dies on the Cross



Leader We adore you, O Christ, and we bless you:
People **Because by your holy cross you have redeemed the world.**

Leader When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold your son!" Then he said to the disciple, "Behold your mother!" And when Jesus had received the vinegar, he said, "It is finished!" And then, crying with a loud voice, he said, "Father, into your hands I commend my spirit." And he bowed his head, and handed over his spirit. *(Silence)*

Leader Christ for us became obedient unto death:
People **Even death on a cross.**
Leader Let us pray. *(Silence)*

O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; who lives and reigns now and for ever.
Amen.

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Thirteenth Station: The body of Jesus is placed in the arms of his mother



Leader We adore you, O Christ, and we bless you:
People **Because by your holy cross you have redeemed the world.**

Leader All you who pass by, behold and see if there is any sorrow like my sorrow. My eyes are spent with weeping; my soul is in tumult; my heart is poured out in grief because of the downfall of my people. "Do not call me Naomi (which means Pleasant), call me Mara (which means Bitter); for the Almighty has dealt very bitterly with me."

Leader Her tears run down her cheeks:
People **And she has none to comfort her.**
Leader Let us pray. *(Silence)*

Lord Jesus Christ, by your death you took away the sting of death: Grant to us your servants so to follow in faith where you have led the way, that we may at length fall asleep peacefully in you and wake up in your likeness; for your tender mercies' sake. **Amen.**

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

Fourteenth Station: Jesus is laid in the tomb



Leader We adore you, O Christ, and we bless you:
People **Because by your holy cross you have redeemed the world.**

Leader When it was evening, there came a rich man from Arimathea, named Joseph, who also was a disciple of Jesus. He went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be given to him. And Joseph took the body, and wrapped it in a clean linen shroud, and laid it in his own new tomb, which he had hewn in the rock; and he rolled a great stone to the door of the tomb.

Leader You will not abandon me to the grave:
People **Nor let your holy One see corruption.**
Leader Let us pray. *(Silence)*

O God, your blessed Son was laid in a tomb in a garden, and rested on the Sabbath day: Grant that we who have been buried with him in the waters of baptism may find our perfect rest in his eternal and glorious kingdom; where he lives and reigns for ever and ever. **Amen.**

All **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.**

