

THY KINGDOM COME!

SPIRITUAL RETREAT

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SPIRITUAL RETREAT

Why am I here on this spiritual retreat? Just like we have weekends, take leave or time off, go on a holiday or vacation because we need time to rest, to refresh, and to clarify our goals and where we are headed, in the same way a retreat is a time to refocus our lives in light of eternity. The specific aim of this retreat is to know more deeply the heart of the Blessed Virgin Mary so that she can draw us closer to her Son. Every element of the retreat is designed to accomplish this aim harmoniously. Nothing is superfluous.

A retreat is like a quilt. The Lord – with our collaboration – sews varicolored patches of fabric that converge into a beautiful pattern. The patches alone make no sense. It is time, patience, and the skill of the artist that create not only a work beautiful to behold, but also one that provides comfort and warmth for years to come. We all arrive with varied backgrounds, experiences, wounds, and joys. If we work with his grace, the Lord will work throughout this retreat to make sense of the patchwork of our lives, to console us, and to create something new and beautiful in us. “Behold, I make all things new!” (Rev 21:5)

Dispositions for a Good Retreat

The main dispositions we need to do a good retreat are humility, sincerity and generosity. Humility is truth, it allows us to give God his place and inspires us to ask for what we need with confidence; sincerity is a fruit of humility and allows us to be honest in acknowledging our faults and making our resolutions; generosity is love in action, our willingness to treat God and our neighbor with the same love that He has shown us.

Protagonists

The Lord is the master quilter. I trust that he has good in store for me during this retreat, because I believe that “He loved me and gave himself for me” (Gal 2:20). I know that without him I can do nothing (cf. Jn 15:5), but that with him “I can do all things” (Phil 4:13). Be attentive to the motions of the Holy Spirit throughout this retreat, seeking to know and embrace God’s will fully in your life.

The Blessed Virgin Mary leads us to her Son and our Lord, teaching us to “do whatever he tells you” (Jn 2:5). By entering into her heart as Mother, we can understand his heart as Son.

The communion of saints, that “great cloud of witnesses” (Heb 12:1), surrounds and supports us with their prayer and example. Ask for the intercession of your patron saints, your guardian angel, and those holy persons who have gone before us, but also actively pray for your fellow retreatants and know that they are praying for you.

A fruitful retreat does not come merely from passive immersion in a holy place among holy people. The Lord respects us so deeply that he will not work anything in us without our permission and our collaboration. So then “we work as if everything depended on us, and pray as if everything depended on God” (Catechism of the Catholic Church, n.

2834). My personal effort makes a difference in what God is able to accomplish in and through me. This is where I need to decide to make the most of the patches and practices for a good retreat.

Patches

The “patches” are those retreat elements that the Lord will quilt together according to my particular pattern, to make something new and beautiful. These include but are not limited to:

Mass

The Holy Sacrifice of the Mass is the most important time of each day during the retreat. Try to live it with special fervor, which means exercising your faith and being aware that you are present at the Sacrifice of Christ on Calvary, which is made present through the words and actions of the priest. Participate actively by following along in the missal whenever possible and joining your voice together in song with the whole congregation. Though you are not able to receive Communion in an online Mass, you can make a spiritual Communion with our Lord and augment your Eucharistic hunger.

Sacrament of Penance

Confession is not possible online or by phone. If you are able to find a priest locally available for the sacrament during our retreat, excellent. We have provided a Guide for Confession to help aid you in preparing for a good confession at your earliest convenience.

St. Ignatius of Loyola suggests making a general confession of all of the serious sins of our past life. Even though these sins have previously been confessed and are forgiven, all sin leaves a spiritual scar on our souls. A general confession helps us achieve a much deeper contrition and it leads us to greater love and appreciation of God’s mercy. Making a general confession, however, is encouraged but not obligatory.

Meditations

Each meditation lasts approximately one hour and has two parts.

The first is the preached part, a guided reflection on a particular truth about God, Christ, the Church or one's self. It usually helps to take notes, because these will provide you with the material for the next part.

The second part is your personal reflection on what you have listened to, and your application of it to your own particular circumstances. This is the most important part of the meditation. To do it, choose the place that you find most helpful, either the privacy of your room or the peace of the chapel. Simply go over the notes you took, starting with points that struck you the most, think them over, ask yourself what God is telling you, jot down any insights or “lights from the Holy Spirit.” This is where you assimilate the truths you are considering and make them your own.

The last few moments of the meditation time can be used to examine what difference the truth you have meditated on should make to your life, and let the cumulative effect of the meditations guide you toward the resolution you ought to bring with you from the retreat.

Silence

Silence is one of the key elements to the success of our retreat. God speaks to us in

the silence of our hearts, and he speaks to each one at different times and in different ways. By maintaining external silence we respect the individual nature of the retreat and God's different workings in each one's. External silence means not speaking to anyone besides the spiritual director or guide. If there are questions, leave a note in the box near the podium.

There is another form of silence called internal silence, and it is the most important kind. It means setting aside all worries and distractions (home, family, etc...), actively leaving them in God's hands. It means focusing our heart and mind exclusively on the retreat in order to be able to hear God as he speaks in the depth of our soul throughout the retreat in the preaching, readings and the lights he sends us.

Talks

These are practical sessions. The retreat master will deal in them with the "how-to's" of the spiritual life (how to make a program of life, how to improve your prayer life, how to live certain virtues, etc.). When the speaker is done, this activity is over.

Spiritual Guidance

Any participant who so desires will have the opportunity to consult with one of the lay spiritual guides or priests regarding any specific problems or questions. It is good to have the points you want to go over written clearly in order to make better use of your time.

Rosary & Stations of the Cross

We will pray the rosary of the seven sorrows during Adoration on Friday and Saturday evening. Weather permitting, we will pray the Stations of the Cross together outside near the Stone House.

Readings

During the time of retreat, you will have opportunities to read texts that can reinforce the aim of our retreat. Take time to read Scripture, since "all Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness" (2 Tim 3:17). Avoid anything that distracts you, especially emails, text messages, or books not aligned with our purpose here. If we have readings in the dining room, utilize those moments to listen attentively not only to the words being read, but more importantly to what the Holy Spirit is saying through that text to you at this moment in your life.

Music

Music plays a significant role in expressing or molding emotions, which in turn affects decisions. This is the case when we listen to music, and even more so when we make music. 'He who sings prays twice' affirmed St. Augustine. The Second Vatican Council stated that by singing 'prayer is expressed in a more attractive way, the mystery of the liturgy, with its hierarchical and community nature, is more openly shown, the unity of hearts is more profoundly achieved by the union of voices, minds are more easily raised to heavenly things by the beauty of the sacred rites, and the whole celebration more clearly prefigures that heavenly liturgy which is enacted in the holy city of Jerusalem.' (Musicam Sacram, n.5) During this retreat, we will have the opportunity to express and mold our emotions both by listening to sacred music and lending our voices - as melodic or tone deaf as they might be - to prayer in song. Please join in actively for the songs during Mass and adoration.

Practices and Places

Errors to Avoid

There are some errors that are easy to make in a retreat.

The first is to confuse emotions with real generosity and openness to the Holy Spirit. The success of the retreat does not depend upon our feelings, but on the degree to which we allow Jesus Christ to enter our soul and move our will. It is much more important to take away some worthwhile and concrete resolution from the retreat than to feel many things during it.

Another common error is applying the principles and truths we hear about to others, examining and reforming their behavior rather than our own. This retreat is for each of us, not for those who are not here.

Meals and Sleep

Meal times and sleep are also an integral part of your retreat. You need to be well-rested and well-fed to be able to concentrate your mind and body on praying.

We will pray Grace before and after meals out loud, all together, and then resume silence. The meals are self-service in the cafeteria in the main building. Feel free to stay on after Grace if you need to finish your meal or would like extra coffee.

Break Times

Take advantage of the free time and breaks to get some fresh air and exercise, and allow the thoughts of the retreat to mature in your soul. Other good things to do in these times are: go over your notes from the meditations, prepare your confession or spiritual direction, work on your program of life, and make visits to the Blessed Sacrament.

Responsibility List

Responsibilities will be assigned prior to the start of the weekend. Check the list for your assignments. Please see the retreat assistant or master if you have any questions or concerns about your duties

Conference Room

Meditations and talks will be given in the main conference room in the Stone House unless other indications are given. Please **stand** when the retreat master enters and exits the room.

Chapel

We are blessed to have Our Lord in the Eucharist accompanying us during the retreat. Take advantage of the real presence to make visits, pray and reflect in the presence of the King of Kings. There is a chapel in the Stone House with the Blessed Sacrament reserved in a Tabernacle available to us.

Desire for the Vision of God

Insignificant man, escape from your everyday business for a short while, hide for a moment from your restless thoughts. Break off from your cares and troubles and be less concerned about your tasks and labors. Make a little time for God and rest a while in him.

Enter into your mind's inner chamber. Shut out everything but God and whatever helps you to seek him; and when you have shut the door, look for him. Speak now to God and say with your whole heart: *I seek your face; your face, Lord, I desire.*

Lord, my God, teach my heart where and how to seek you, where and how to find you. Lord, if you are not here where shall I look for you in your absence? Yet if you are everywhere, why do I not see you when you are present? But surely you dwell in "light inaccessible." And where is light inaccessible? How shall I approach light inaccessible? Or who will lead me and bring me into it that I may see you there? And then, by what signs and under what form shall I seek you? I have never seen you, Lord my God; I do not know your face.

Lord, most high, what shall this exile do, so far from you? What shall your servant do, tormented by love of you and cast so far from your face? He yearns to see you, and your face is too far from him. He desires to approach you, and your dwelling is unapproachable. He longs to find you, and does not know your dwelling place. He strives to look for you, and does not know your face.

Lord, you are my God and you are my Lord, and I have never seen you. You have made me and remade me, and you have given me all the good things I possess, and still I do not know you. I was made in order to see you, and I have not yet done that for which I was made.

Lord, how long will it be? How long, Lord, will you forget us? How long will you turn your face away from us? When will you look upon us and hear us? When will you enlighten our eyes and show us your face? When will you give yourself back to us?

Look upon us, Lord, hear us and enlighten us, show us your very self. Restore yourself to us that it may go well with us whose life is so evil without you. Take pity on our efforts and our striving toward you, for we have no strength apart from you.

Teach me to seek you, and when I seek you show yourself to me, for I cannot seek you unless you teach me, nor can I find you unless you show yourself to me. Let me seek you in desiring you and desire you in seeking you, find you in loving you and love you in finding you.

From the Proslogion by Saint Anselm, bishop

DAILY SCHEDULE

All time are Eastern Time

Friday Evening

6:45 PM Log into ZOOM (to ensure technology is working correctly and all are ready for the Intro Talk.)

7:00 PM Introductory Talk

8:15 Meditation 1

Saturday All-Day

8:45 am Log into ZOOM (to ensure technology is working correctly and all are ready to begin.)

9:00 AM Morning Offering

9:05 AM Meditation 2

10:30 Meditation 3

11:15 Mass

Break

2:15 PM Via Lucis

3:30 Meditation 4

5:00 Meditation 5

6:00 Break

7:00 Meditation 6

8:15 Meditation 7

Sunday Morning

8:45 am Log into ZOOM (to ensure technology is working correctly and all are ready to begin.)

9:00 Morning Offering

9:05 AM Meditation 8

10:15 Mass and Closing

DAILY PRAYERS

MORNING OFFERING

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Prayer to the Holy Trinity

My Lord, God of heaven and earth – Father and Creator, Son and Redeemer, Holy Spirit and Sanctifier – I adore you and love you with all my heart. I thank you for creating me, redeeming me, calling me to the Catholic faith, and watching over me last night. I offer you on this day my prayer, my work, and my struggles, my sufferings and my joys. Enable me to do everything out of love for you and according to your will. Make me steadfast in living my Christian vocation, patient in suffering, courageous in proclaiming my faith; fill me with wisdom on life's journey and charity in dealing with others. Free me from sin and from all evil. May your grace always remain with me and with all who are dear to me. Amen.

Prayer to Jesus Christ

Lord Jesus, faithful friend of my soul and King of Regnum Christi, once more I offer you my life so you can teach me to do your will, give me the strength to follow you, and help me to imitate your virtues, especially those that please you most: charity, humility, justice, and honesty.

Make me a faithful, zealous apostle of your Church and grant me the grace that will enable me to proclaim your saving message to the brothers and sisters I meet on my journey today. May I live my Catholic faith with such evident conviction and share it with such ardent zeal that I become a fruitful and effective fisher of souls for the Kingdom. Amen.

Prayer to the Blessed Virgin

Mother, I come before you on this new day to bless you for the great things almighty God has done for you, to thank you for the graces you have obtained for me, to consecrate to you all my thoughts, words, and actions, and to ask your blessing for me and every Regnum Christi member.

Intercede with God for all of us spread throughout the world, as we strive to live the faith, hope, and charity of which you set us such an admirable and noble example. Enable me to imitate the life of prayer, obedience, humility, fidelity, sacrifice, and simplicity that you shared with your Son, our Brother and Lord.

Help me to form a meek and humble heart like that of your Son, Jesus Christ, and obtain for me the grace of receiving him in the sacrament of his love as fervently as you throughout the years of your solitude.

Mother, tell Jesus how much I want to love him, how ardently I desire to become holy and be his apostle. Tell him how fervently and constantly I want to serve him in Regnum Christi, which is called to be a faithful instrument in extending his Kingdom throughout the world.

A Look Ahead to Prepare Your Day

This is a minute of reflection in God's presence to go over your commitments, especially the ones you need to work on. It is also a moment to check both the regular and special items on your agenda for the day.

OPENING AND CLOSING PRAYERS

Opening Prayer:

V/ In the name of the Father, and of the Son, and of the Holy Spirit.
R/ Amen.

V/ Come, Holy Spirit,
R/ fill the hearts of your faithful and kindle in them the fire of your love.

V/ Send forth your Spirit and they shall be created,
R/ and you shall renew the face of the earth.

V/ Let us pray:
O God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ our Lord.
R/ Amen.

V/ Hail, Mary, full grace...
R/ Holy Mary, Mother of God...

V/ Glory be to the Father, and to the Son, and to the Holy Spirit:
R/ as it was in the beginning, is now and ever shall be, world without end. Amen.

V/ Christ our King!
R/ Thy Kingdom Come!

V/ Virgin most prudent, Mary, Mother of the Church,
R/ Pray for us.

Closing Prayer:

V/ We give thee thanks for all thy benefits, almighty God, who live and reign forever.
R/ Amen.

V/ Christ our King!
R/ Thy Kingdom Come!

V/ Virgin most prudent, Mary, Mother of the Church,
R/ Pray for us.

PRAYERS BEFORE AND AFTER MEALS

To Begin:

V/ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

V/ Our Father,
R/ who art in heaven...

V/ Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord.

R/ **Amen.**

To Conclude:

V/ We give thee thanks for all thy benefits, almighty God, who live and reign forever.

R/ **Amen.**

V/ And may the souls of the faithful departed, through the mercy of God, rest in peace.

R/ **Amen.**

THE ANGELUS

V/ The angel of the Lord declared unto Mary.

R/ **And she conceived of the Holy Spirit.**

V/ Hail, Mary, full grace...

R/ **Holy Mary, Mother of God...**

V/ Behold the handmaid of the Lord.

R/ **Be it be done unto me according to thy word.**

V/ Hail, Mary, full grace...

R/ **Holy Mary, Mother of God...**

V/ And the Word was made flesh.

R/ **And dwelt among us.**

V/ Hail, Mary, full grace...

R/ **Holy Mary, Mother of God...**

V/ Pray for us, O holy Mother of God,

R/ **That we may be made worthy of the promises of Christ.**

V/ Let us pray:

Pour forth; we beseech thee, O Lord, thy grace into our hearts, that we, to whom the incarnation of Christ, thy Son, was made known by the message of an angel, may by his passion and cross be brought to the glory of his resurrection. Through the same Christ our Lord.

R/ **Amen.**

V/ Glory be to the Father, and to the Son, and to the Holy Spirit.

R/ **As it was in the beginning, is now, and ever shall be, world without end. Amen.**

(Three times)

PRAYERS AFTER MASS

Prayer for the Pope

Christ Jesus, King and Lord of the Church, in your presence I renew my unconditional loyalty to your Vicar on earth, the Pope. In him you have chosen to show us the safe and sure path that we must follow in the midst of confusion, uneasiness, and unrest. I firmly believe that through him you govern, teach, and sanctify us; with him as our shepherd, we form the true Church: one, holy, catholic, and apostolic. Grant me the grace to faithfully love, live, and spread our Holy Father's teachings. Watch over his life, enlighten his mind, strengthen his spirit, defend him from calumny and evil. Calm the erosive winds of infidelity and disobedience. Hear our prayer and keep your Church united around him, firm in her belief and action, that she may truly be the instrument of your redemption. Amen.

"Sub tuum praesidium" (Under thy protection)

We fly to Thy protection, O Holy Mother of God. Do not despise our petitions in our necessities, but deliver us always from all dangers, O Glorious and Blessed Virgin.

Prayer to Saint Michael Archangel

Saint Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil; may God rebuke him, we humbly pray; and do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl through the world seeking the ruin of souls. Amen.

NIGHT PRAYERS

Prayer for Light

My Lord and my God, I thank you for the countless gifts you have given me, especially for creating and redeeming me, for calling me to the Catholic faith, for choosing me to be an apostle among my brothers and sisters, and for freeing me from so many dangers of soul and body. Enlighten my mind so I can recognize my faults, and grant me the grace to be truly sorry and sincerely mend my ways.

Evaluate your day. Take a few moments for a trusting, heartfelt conversation with the Lord: Thank him for what you have achieved, beg his forgiveness for the failings you detect, and ask his help to be better tomorrow. Then pray the prayers that follow. The point of praying the Creed is to profess the Catholic faith ever more consciously, and to ask God for the grace to bear witness to it openly and remain faithful to it in its entirety until the end of your life.

Our Father...

The Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

(bow during next two lines)

and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

Prayer Before Going to Sleep

Visit this house, we beg you, Lord, and banish from it the deadly power of the evil one.
May your holy angels dwell here to keep us in peace, and may your blessing be always
upon us. We ask this through Christ our Lord. Amen.

EUCCHARISTIC ADORATION / HOLY HOUR

EXPOSITION

Procession

All stand and sing the opening song as the priest, wearing alb and stole, enters toward the sanctuary. All kneel when he opens the Tabernacle and genuflects, just prior to placing Christ in the monstrance. The priest then kneels before the altar and incenses the Blessed Sacrament. The opening song is concluded and a period of silent prayer follows.

O Saving Victim

English

O Saving Victim

O Saving victim,
op'ning wide The gate of
heav'n to us below!

Our foes press on
from ev'ry side; Your a
i d s u p p l y, y o u r
strength bestow.

To your great
name be endless praise,
Immortal Godhead, One
in Three;

O grant to us
endless length of days
when our true native
land we see.

Amen

Latin

O Salutaris Hostia

O salutaris hostia,
Q u æ c æ l i p a n d i s
ostium:

Bella premunt hostilia,
Da robur fer auxilium.

Unitrinoque Domino
Sit sempiterna gloria

Qui vitam sine termino
Nobis donet in patria.
Amen

Adoration

After the exposition, a few minutes of silent adoration is observed. Open your heart to Christ.

Meditation

At a certain point the priest will return to direct a Eucharistic meditation in continuity with the development of the Spiritual Exercises. Stand when he enters for the initial reading of the Gospel. You may be seated during the points of meditation.

A further time of silent adoration may follow for your continued meditation and adoration of

~~Christ.~~

Once the priest returns to the altar wearing the cope, all return to kneel during the Eucharistic invocations, litany, benediction, and Divine Praises.

Invocations & Litany

INVOCATIONS

V/ Lord, we believe in You!	R/ Lord, we believe in You! (Repeat 3 times)
V/ Lord, we hope in You!	R/ Lord, we hope in You! (Repeat 3 times)
V/ Lord, we love You!	R/ Lord, we love You! (Repeat 3 times)
V/ Lord, we adore You!	R/ Lord, we adore You! (Repeat 3 times)
V/ Lord, we thank You!	R/ Lord, we thank You! (Repeat 3 times)
V/ Lord Jesus, we believe that You are the Son of the living God!	R/ Lord Jesus, we believe that You are the Son of the living God! (Repeat 3 times)
V/ Lord Jesus, we believe that You are the Savior of all people!	R/ Lord Jesus, we believe that You are the Savior of all people! (Repeat 3 times)
V/ Lord Jesus!	R/ Make us holy. (Repeat 3 times)
V/ Mary!	R/ Pray for the Regnum Christi members. (Repeat 3 times)

LITANY OF SAINTS

Lord, have mercy.	<i>Lord, have mercy.</i>
Christ, have mercy.	<i>Christ, have mercy.</i>
Lord, have mercy.	<i>Lord, have mercy.</i>
Holy Mary, Mother of God, <i>Pray for us.</i>	All holy apostles, <i>Pray for us.</i>
Most honored of virgins, <i>Pray for us.</i>	***
***	Saint Perpetua and
Saint Michael, Saint Gabriel,	Saint Felicity, <i>Pray for us.</i>
and Saint Raphael, <i>Pray for us.</i>	Saint Agnes, <i>Pray for us.</i>
Holy angels of God, <i>Pray for us.</i>	Saint Maria Goretti, <i>Pray for us.</i>
***	All holy martyrs, <i>Pray for us.</i>
Abraham, our father in faith, <i>Pray for us.</i>	***
Moses, leader of God's people, <i>Pray for us.</i>	Saint Leo and Saint Gregory, <i>Pray for us.</i>
Elijah, prophet of God's power, <i>Pray for us.</i>	Saint Ambrose, <i>Pray for us.</i>
Saint Joseph, <i>Pray for us.</i>	Saint Jerome, <i>Pray for us.</i>
Saint John the Baptist, <i>Pray for us.</i>	Saint Augustine, <i>Pray for us.</i>
All holy patriarchs and	Saint Athanasius, <i>Pray for us.</i>
Prophets, <i>Pray for us.</i>	Saint Basil and
***	Saint Gregory Nazianzen, <i>Pray for us.</i> Saint
Saint Peter and Saint Paul, <i>Pray for us.</i>	John Chrysostom, <i>Pray for us.</i>
Saint Andrew, <i>Pray for us.</i>	Saint Martin, <i>Pray for us.</i>
Saint John and Saint James, <i>Pray for us.</i>	Saint Patrick, <i>Pray for us.</i>
Saint Thomas, <i>Pray for us.</i>	Saint Cyril and
Saint Matthew, <i>Pray for us.</i>	Saint Methodius, <i>Pray for us.</i>

2020 Regnum Christi Spiritual Retreat

~~Saint Charles Borromeo, *Pray for us.* Saint
Francis de Sales, *Pray for us.*~~

~~Saint Luke, *Pray for us.*
Saint Mark, *Pray for us.*
Saint Barnabas, *Pray for us.*
Saint Mary Magdalene, *Pray for us.*
All disciples of the Lord, *Pray for us.*~~

Saint Stephen. *Pray for us.*
Saint Ignatius of Antioch, *Pray for us.*
Saint Polycarp, *Pray for us.*
Saint Justin, *Pray for us.*
Saint Lawrence, *Pray for us.*
Saint Cyprian, *Pray for us.*
Saint Boniface, *Pray for us.*
Saint Stanislaus, *Pray for us.*
Saint Thomas Becket, *Pray for us.*
Saint John Fisher and
Saint Thomas More, *Pray for us.*
Saint Paul Miki, *Pray for us.*
Saint Isaac Jogues and
Saint John de Brebeuf, *Pray for us.*
Saint Peter Chanel, *Pray for us.*
Saint Charles Lwanga, *Pray for us.*

Saint Pius X, *Pray for us.*
Saint Anthony, *Pray for us.*
Saint Benedict, *Pray for us.*
Saint Bernard, *Pray for us.*
Saint Francis and
Saint Dominic, *Pray for us.*
Saint Thomas Aquinas, *Pray for us.*
Saint Ignatius Loyola, *Pray for us.*
Saint Francis Xavier, *Pray for us.*
Saint Vincent de Paul, *Pray for us.*
Saint John Vianney, *Pray for us.*
Saint John Bosco, *Pray for us.*
Saint Catherine of Siena, *Pray for us.*
Saint Teresa of Jesus, *Pray for us.*
Saint Teresa of Lisieux, *Pray for us.*
Saint Rose of Lima, *Pray for us.*
Saint Louis, *Pray for us.*
Saint Monica, *Pray for us.*
Saint Elizabeth of Hungary, *Pray for us.*
All holy men and women, *Pray for us.*

Christ, Son of the living God,
You came into this world,
You suffered for us on the cross,
You died to save us,

Have mercy on us!
Have mercy on us!
Have mercy on us!
Have mercy on us!

You lay in the tomb,
You rose from the dead,
You returned in glory to the Father,
You sent the Holy Spirit upon your apostles,
You are seated at the right hand of the Father,
You will come again to judge the living and the dead,
Have mercy on us!
Have mercy on us!
Have mercy on us!
Have mercy on us!
Have mercy on us!
Have mercy on us!

Forgive us our sins,
Lord, hear our prayer.

Give us true repentance,
Lord, hear our prayer.

Bless the fruits of the earth and of our labor,
Lord, hear our prayer.

That our holy Mother the Church will remain united in faith and be renewed in fidelity to your Gospel and to her own living tradition,
Lord, hear our prayer.

For our Holy Father, Pope Francis, whom you called to the order of bishop: help and protect him in his pastoral service to the Church,
Lord, hear our prayer.

That bishops, priests, and religious will be faithful to the Church's teaching and discipline, and live united to your Vicar on earth,
Lord, hear our prayer.

That the lay faithful will be aware of their baptismal commitments and strive to build your Kingdom in their hearts, in their families, and in their work,
Lord, hear our prayer.

That young people will discover in you the path to true happiness and become your tireless apostles,
Lord, hear our prayer.

That all who are called to priesthood and consecrated life will welcome generously your invitation to work in your vineyard,
Lord, hear our prayer.

For peace in the world, that all people will acknowledge each other as members of one family, and put an end to war, discrimination, and injustice,
Lord, hear our prayer.

That those who persecute you and your Church will come to know and love the truth,
Lord, hear our prayer.

For the unity of Christians, that they will profess the one faith and form a single Church under the guidance of your Vicar,
Lord, hear our prayer.

That people everywhere, enlightened by the Gospel, will accept your message and salvation,

Lord, hear our prayer.

Christ hear us.
Lord Jesus, hear our prayer.

*Christ hear us.
Lord, hear our prayer.*

Let us pray.

God, you are our refuge and our strength, and the very source of love. Listen to the constant prayers of your Church and enable us to strive effectively for what we request in faith. We ask this through Christ our Lord.

Amen.

BENEDICTION

At the conclusion of the Litany, the Tantum Ergo is sung, during which the priest incenses the Blessed Sacrament. All remain kneeling throughout.

Tantum Ergo

English

Down in adoration falling
Lo! The sacred Host we hail
Lo! o'er ancient forms departing,
New rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

To the Everlasting Father,
And the Son who reigns on high,
With the Holy Ghost proceeding
Forth from each eternally
Be salvation, honor, blessing,
Might, and endless majesty.

Amen

Latin

Tantum ergo Sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum,
Sensuum defectui.

Genitori Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio.

Amen

After the hymn is finished, the participants respond to the invocation made by the intoner. They likewise respond "Amen" to the final invocation of the priest.

English

Latin

V/ You have given us bread from Heaven
R/ Having all sweetness within it

V/ Panem de caelo praestitisti eis.
R/ Omne delectamentum in se habentem

V/ Let us pray:

V/ Oremus:

Lord Jesus Christ, you gave us the Eucharist as a memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God forever and ever.

Deus, qui nobis sub Sacramento mirabilis passionis tuae memoriam reliquisti: tribue, quaesumus, ita nos Corporis et Sanguinis tui sacra mysteria venerari; ut redemptionis tuae fructum in nobis iugiter sentiamus. Qui vivis et regnas in saecula saeculorum.

R/ Amen

R/ Amen

After the prayer, the priest kneels, then puts on the humeral veil, genuflects, and takes the monstrance. He blesses us by making the sign of the cross with the monstrance over us, in silence.

REPOSITION

After the blessing, the priest returns to kneel before the altar and leads those assembled in the Divine Praises. Each acclamation is repeated by all together.

The Divine Praises *(repeat after the Celebrant)*

Blest be God.
Blest be His Holy Name.
Blest be Jesus Christ, true God and true Man.
Blest be the Name of Jesus.
Blest be His most Sacred Heart.
Blest be His Most Precious Blood.
Blest be Jesus in the most holy Sacrament of the Altar.
Blest be the Holy Spirit, the Paraclete.
Blest be the great Mother of God, Mary most holy.
Blest be her holy and Immaculate Conception.
Blest be her glorious assumption.
Blest be the name of Mary, Virgin and Mother.
Blest be St. Joseph, her most chaste spouse.
Blest be God in His angels and in His saints.

Sing the concluding hymn while he rises to return Christ from the monstrance to the Tabernacle, then stand after he closes the door to the Tabernacle, and then recesses out.

Holy God, We Praise Thy Name

1. Ho - ly God, we praise thy name!
 2. Hark! the loud ce - les - tial hymn
 3. Ho - ly Fa - ther, Ho - ly Son,

Lord of all, we bow be - fore thee;
 An - gel choirs a - bove are rais - ing;
 Ho - ly Spir - it, Three we name thee,

All on earth thy scep - ter claim,
 Cher - u - bim and Ser - a - phim,
 While in es - sence on - ly One,

All in heav'n a - bove a - dore thee;
 In un - ceas - ing cho - rus prais - ing,
 Un - di - vid - ed God we claim thee,

In - fi - nite thy vast do - main,
 Fill the heav'ns with sweet ac - cord:
 And a - dor - ing bend the knee,

Ev - er - last - ing is thy reign.
 Ho - ly, ho - ly, ho - ly Lord!
 While we own the mys - ter - y.

ADDITIONAL PRAYERS

Promises

It was revealed to St. Bridget of Sweden (1303-1373) that devotion to the Blessed Virgin Mary's Seven Sorrows would bring great graces. Those promises included:

1. "I will grant peace to their families."
2. "They will be enlightened about the Divine Mysteries."
3. "I will console them in their pains and I will accompany them in their work."
4. "I will give them as much as they ask for as long as it does not oppose the adorable will of my Divine Son or the sanctification of their souls."
5. "I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives."
6. "I will visibly help them at the moment of their death. They will see the face of their Mother."
7. "I have obtained this grace from my divine Son, that those who propagate this devotion to my tears and dolours, will be taken directly from this earthly life to

eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.”

Prayer of consecration to the Sacred Heart of Jesus & Our Lady of Sorrows

I give myself and consecrate to the Sacred Heart of our Lord Jesus Christ, my person and my life, my actions, pains and sufferings. Jesus, I desire honor, love and glorify your Sacred Heart with all my being. This is my purpose: to be all yours, and to do all things for the love of you. I renounce with all my heart whatever is displeasing to you. I therefore take you, O Sacred Heart, to be the only object of my love, the guardian of my life, my assurance of salvation, the remedy of my weakness and inconstancy, the atonement for all the faults of my life and my sure refuge at the hour of death. Be then, O Heart of goodness, my justification before God the Father, and turn away from me the strokes of his righteous anger. O Heart of love, I put all my confidence in you, for I fear everything from my own wickedness and frailty, but I hope for all things from your goodness and bounty. Remove from me all that can displease you or resist your holy will; let your pure love imprint your image so deeply upon my heart, that I shall never be able to forget you or to be separated from you. May I obtain from all your loving kindness the grace of having my name written in your Heart, for in you I desire to place all my happiness and glory, living and dying united to you. Amen.

Novena Prayer Honoring the Seven Sorrows of Mary

(Approved by Pope Pius VII in 1815)

V. O God, come to my assistance;
R. O Lord, make haste to help me.
V. Glory be to the Father...
R. As it was in the beginning...

1. I grieve for you, O Mary most sorrowful, in affliction of your tender heart at the prophecy of the holy and aged Simeon. O dearest Mother, by your heart so afflicted, implore for me the virtue of humility and the gift of the holy fear of God.

Hail Mary...

2. I grieve for you, O Mary most sorrowful, in the anguish of your most affectionate heart during the flight into Egypt and your sojourn there. O dearest Mother, by your anxious heart so troubled, obtain for me the virtue of generosity, especially toward the poor, and the gift of piety.

Hail Mary...

3. I grieve for you, O Mary most sorrowful, in those anxieties which tried your troubled heart at the loss of your beloved Child Jesus. O dearest Mother, by your exceedingly troubled heart implore for me the virtue of chastity and the gift of knowledge.

Hail Mary...

4. I grieve for you, O Mary most sorrowful, on account of the horror with which your mother-heart was stricken when meeting Jesus bearing the Cross. O dearest Mother, by your exceedingly oppressed heart implore for me the virtue of patience and the gift of fortitude.

Hail Mary...

5. I grieve for you, O Mary most sorrowful, on account of that martyrdom which tortured your generous heart at the death-agony of Jesus. O dearest Mother, through this thy martyred heart, implore for me the virtue of temperance and the gift of counsel.

Hail Mary...

6. I grieve for you, O Mary most sorrowful, in the wounding of your tender heart, by the thrust of the lance that opened the side of Jesus and pierced His most adorable Heart. O dearest Mother, by this vicarious transfixion of thy own heart, implore for me the virtue of brotherly love and the gift of understanding.

Hail Mary...

7. I grieve for you, O Mary most sorrowful, on account of that agony which racked your most loving heart at the burial of Jesus. O dearest Mother, through this extreme torment that filled thy burdened heart, obtain for me the virtue of zeal and the gift of wisdom.

Hail Mary...

V. Sorrowful and Immaculate Heart of Mary, pray for us!

R. That we may be made worthy of the promises of Christ.

Let Us Pray:

Let intercession be made for us, we beseech you, O Lord Jesus Christ, now and at the hour of our death, before the throne of your mercy, by the Blessed Virgin Mary, your Mother, whose most holy soul was pierced by a sword of sorrow in the hour of your bitter passion. Through you, O Jesus Christ, Savior of the world, who with the Father and the Holy Spirit lives and reigns world without end. Amen.

Litany of the Sacred Heart of Jesus

In 1899, Pope Leo XIII approved the Latin version of the Litany of the Sacred Heart of Jesus for public use. It was a synthesis of prior versions, and varied translations of the litany exist.

V. Lord, have mercy on us.

R. Christ, have mercy on us.

V. Lord, have mercy on us. Christ, hear us.

R. Christ, graciously hear us.

V. God the Father of Heaven, have mercy on us.

God the Son, Redeemer of the world, have mercy on us.

God the Holy Spirit, have mercy on us.

Holy Trinity, one God, have mercy on us.
Heart of Jesus, Son of the Eternal Father, have mercy on us.
Heart of Jesus, formed by the Holy Spirit in the Virgin Mother's womb,
Heart of Jesus, substantially united to the Word of God.
Heart of Jesus, of infinite majesty.
Heart of Jesus, holy temple of God.
Heart of Jesus, tabernacle of the Most High.
Heart of Jesus, house of God and gate of heaven.
Heart of Jesus, glowing furnace of charity.
Heart of Jesus, vessel of justice and love.
Heart of Jesus, full of goodness and love.
Heart of Jesus, abyss of all virtues.
Heart of Jesus, most worthy of all praise.
Heart of Jesus, King and center of all hearts.
Heart of Jesus, in whom are all the treasures of wisdom and knowledge.
Heart of Jesus, in whom dwells all the fullness of the Godhead.
Heart of Jesus, in whom the Father was well pleased.
Heart of Jesus, of whose fullness we have all received.
Heart of Jesus, desire of the everlasting hills.
Heart of Jesus, patient and rich in mercy.
Heart of Jesus, rich to all who call upon You.
Heart of Jesus, fount of life and holiness.
Heart of Jesus, propitiation for our offenses.
Heart of Jesus, overwhelmed with reproaches.
Heart of Jesus, bruised for our iniquities.
Heart of Jesus, obedient even unto death.
Heart of Jesus, pierced with a lance.
Heart of Jesus, source of all consolation.
Heart of Jesus, our life and resurrection.
Heart of Jesus, our peace and reconciliation.
Heart of Jesus, victim for our sins.
Heart of Jesus, salvation of those who hope in You.
Heart of Jesus, hope of those who die in You.
Heart of Jesus, delight of all saints.

V. Lamb of God, who takes away the sins of the world,
R. spare us, O Lord.

V. Lamb of God, who takes away the sins of the world,
R. graciously hear us, O Lord.

V. Lamb of God, who takes away the sins of the world,
R. have mercy on us.

V. Jesus, gentle and humble of heart,

R. Make my heart more like yours.

Let us pray.

Almighty and eternal God, look upon the Heart of your most beloved Son and upon the praises and satisfaction which he offers you in the name of sinners; and to those who implore your mercy, in your great goodness, grant forgiveness in the name of the same Jesus Christ, your Son, who lives and reigns with you forever and ever. Amen.

ROSARY OF THE SEVEN SORROWS

The Rosary of the Seven Sorrows, also known as the Chaplet of Seven Sorrows or the Servite Rosary, is a prayer that originated with the religious order of the Servites. In 1240, the seven founders withdrew from the world to serve the Lord, leading a life of penance and prayer. They introduced the rosary of the Seven Sorrows, meditating on the principal sorrows of the Blessed Virgin Mary, and this new form of meditative prayer was approved by several popes. In biblical usage the number seven suggests covenant, fullness, completeness, and abundance. The chaplet recalls seven scriptural events in which the Blessed Virgin Mary suffered together with her divine son.

The rosary itself consists of:

“a ring of seven groups of seven beads separated by a small medal depicting one of the sorrows of Mary, or a single bead. A further series of three beads and a medal are also attached to the chain (before the first “sorrow”) and these are dedicated to prayer in honor of Mary’s tears, as well as to indicate the beginning of the chaplet. Conventionally the beads are of black wood or some other black material indicating sorrow.”

There is no mandatory method for praying this chaplet. The most widespread way begins with the sign of the cross and an act of contrition. After announcing each sorrow, a brief meditation can be read, or a segment from the hymn *Stabat Mater Dolorosa* (page 38) can be sung or recited. An *Our Father* is prayed, followed by a *Hail Mary* on each of the seven beads. After each set of seven, either a *Glory Be* or a brief invocation to *Our Lady of Sorrows* (such as “*Sorrowful and Immaculate Heart of Mary pray for us*”) is prayed. The next sorrow is then announced, and carried out in the same manner until all seven have been meditated upon. The three *Hail Marys* dedicated to her tears are prayed, and then a closing prayer is said, traditionally the following:

V. Pray for us, O most sorrowful Virgin.

R. That we may be made worthy of the promises of Christ.

Let us pray.

Lord Jesus, we now implore, both for the present and for the hour of our death, the intercession of the most Blessed Virgin Mary, your Mother, whose holy soul was pierced at the time of your passion by a sword of grief. Grant us this favor, Savior of the world, who lives and reigns with the Father and the Holy Spirit, forever and ever. Amen.

The Seven Sorrows of Mary:

1. The Prophecy of Simeon (Luke 2:34-35)
2. The Flight into Egypt (Matthew 2:13-21)
3. The Loss of Jesus for Three Days (Luke 2:41-50)
4. The Carrying of the Cross (John 19:17)
5. The Crucifixion of Jesus (John 19:18-30)
6. Jesus Taken Down from the Cross (John 19:39-40)
7. Jesus Laid in the Tomb (John 19:39-42)

STATIONS OF THE CROSS

Stabat Mater

The Stabat Mater is a beautiful, traditional song that can help us enter more deeply into contemplation of the Passion and Death of Our Lord. Usually a verse or two is sung after each Station.

STABAT Mater dolorosa

iuxta Crucem lacrimosa,
dum pendebat Filius.

Cuius animam gementem,
contristatam et dolentem
pertransiuit gladius.

O quam tristis et afflicta
fuit illa benedicta,
mater Unigeniti!

Quae maerebat et dolebat,
pia Mater, dum videbat
nati poenas inclyti.

Quis est homo qui non fleret,
matrem Christi si videret
in tanto supplicio?

Quis non posset contristari
Christi Matrem contemplari
dolentem cum Filio?

Pro peccatis suae gentis
vidit Iesum in tormentis,
et flagellis subditum.

Vidit suum dulcem Natum
moriendo desolatum,
dum emisit spiritum.

Eia, Mater, fons amoris
me sentire vim doloris
fac, ut tecum lugeam.

AT, the Cross her station keeping,

stood the mournful Mother weeping,
close to Jesus to the last.

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

O how sad and sore distressed
was that Mother, highly blest,
of the sole-begotten One.

Christ above in torment hangs,
she beneath beholds the pangs
of her dying glorious Son.

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

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

Bruised, derided, cursed, defiled,
she beheld her tender Child
All with bloody scourges rent:

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

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

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

Sancta Mater, istud agas,
crucifixi fige plagas
cordi meo valide.

Tui Nati vulnerati,
tam dignati pro me pati,
poenas mecum divide.

Fac me tecum pie flere,
crucifixo condolere,
donec ego vixero.

Iuxta Crucem tecum stare,
et me tibi sociare
in planctu desidero.

Virgo virginum praeclara,
mihi iam non sis amara,
fac me tecum plangere.

Fac, ut portem Christi mortem,
passionis fac consortem,
et plagas recolare.

Fac me plagis vulnerari,
fac me Cruce inebriari,
et cruore Filii.

Flammis ne urar succensus,
per te, Virgo, sim defensus
in die iudicii.

Christe, cum sit hinc exire,
da per Matrem me venire
ad palmam victoriae.

Quando corpus morietur,
fac, ut animae donetur
paradisi gloria. Amen.

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

Holy Mother! pierce me through,
in my heart each wound renew
of my Savior crucified:

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

Let me mingle tears with thee,
mourning Him who mourned for me,
all the days that I may live:

By the Cross with thee to stay,
there with thee to weep and pray,
is all I ask of thee to give.

Virgin of all virgins blest!,
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,
by Thy Mother my defense,
by Thy Cross my victory;

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

Via Crucis Instructions:

One person: **Guide**
One person: **Cross Bearer**

~~Three people: Reader 1, Reader 2, and Reader 3~~

All others: All

INTRODUCTION

Guide: Let us pray,

Holy Father, look kindly on us as we prepare to follow the luminous path of the cross, alongside Jesus Our Redeemer. We ask this through Christ Our Lord.

All: Amen

I

JESUS IS CONDEMNED TO DEATH

Guide: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

Reader 1: "Hearing these words, Pilate led Jesus out and seated himself on the chair of judgment at a place called the Pavement, in Hebrew, Gabbatha. It was Passover Preparation day, about the sixth hour. 'Here is your king,' said Pilate to the Jews. 'Take him away, take him away!' they said. 'Crucify him!' 'Do you want me to crucify your king?' said Pilate. The chief priests answered, 'We have no king except Caesar.'" (John 19:13-15)

Reader 2: What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? As it is written: "For your sake we are being slain all the day; we are looked upon as sheep to be slaughtered." No, in all these things we conquer overwhelmingly through him who loved us. (Romans 8:35-37)

Reader 3: If you want to be happy, you have to purchase it through suffering. If you want to find human and Christian fulfillment, you have to follow spiritual values and reject the enticements of the flesh. If you want to be truly free, you have to make yourself a servant of God. (*Centered on Christ*, No. 1470)

Guide: Let us pray.

Guide: Father most holy, grant that the sacrifice of Jesus Christ, your Son, will yield a hundred fold in us so that we will all receive grace upon grace from his fullness. We ask this through the same Jesus Christ Our Lord.

All: Amen. (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

II

JESUS IS BURDENED WITH THE CROSS

Guide: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

Reader 1: "The soldiers led him away inside the palace, that is the praetorium, and assembled the whole cohort. They clothed him in purple, and weaving a crown of thorns,

placed it on him. They began to salute him with, "Hail, King of the Jews!" and kept striking his head with a reed and spitting on him. They knelt before him in homage. And when they had mocked him, they stripped him of the purple cloak, dressed him in his own clothes, and led him out to crucify him." (Mark 15:16-21)

Reader 2: "Have among yourselves the same attitude that is also yours in Christ Jesus, who, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and, found human in appearance, he humbled himself, becoming obedient to death, even death on a cross. (Philippians 2:5-8)

Reader 3: Human suffering only makes sense when it is united to Christ's suffering. Patient, loving, and faith-filled suffering is the source of all peace, prayer, and union with God, and is the most effective apostolate. (*Centered on Christ*, No. 682)

Guide: Let us pray.

Guide: We ask you, Lord, to help us carry our personal and untransferable cross enthusiastically and constantly, for you have given us this gift so that we can unite ourselves to your Son on his way to Calvary. Through the same Jesus Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

III

JESUS FALLS FOR THE FIRST TIME

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: "No slave is greater than his master." If they persecuted me they will persecute you. If they kept my word, they will also keep yours. And they will do all these things to you on account of my name. (John 15:20-21)

Reader 2: Rather, God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God. (1 Corinthians 1:27-29)

Reader 3: We will never progress without fighting. It is a serious error to think that we can reach our ideals, no matter how beautiful and noble they may be, unless we decide to fight, and fight to the end. (*Centered on Christ*, No. 751)

Guide: Let us pray.

Guide: Lord God, never permit us to yearn for a life without crosses, but a life of crosses with Christ; for the cross is a given, inherent to human life, especially for those who have agreed to follow him along the path to Calvary. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

IV
JESUS MEETS HIS MOTHER

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: “Three days later they found him in the Temple, sitting among the teachers. They were overcome when they saw him, and his mother said to him, “My child, why have you done this to us? See how worried your father and I have been, looking for you.” He replied, “Why were you looking for me? Did you not know that I must be busy with my Father’s affairs?”
(Luke 2:48-49)

Reader 2: “But when the fullness of time had come, God sent his Son, born of a woman, born under the law, to ransom those under the law, so that we might receive adoption.”
(Galatians 4:4-5)

Reader 3: No Christian can ever feel abandoned, alone, or forsaken, for Mary is always beside him to encourage him with her support and motherly care.
(*Centered on Christ*, No. 1509)

Guide: Let us pray.

Guide: We thank you, Lord, for the clear example of faith Mary gives us. We pray that by reflecting and suffering with her we will grow in our understanding of Christ’s mysteries, and our faith will be our strength and sure hope until life’s end. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

V
SIMON OF CYRENE HELPS JESUS TO CARRY HIS CROSS

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: “They led him out to crucify him. They enlisted a passerby, Simon of Cyrene, father of Alexander and Rufus, who was coming in from the country, to carry his cross.”
(Mark 15:21-22)

Reader 2: Bear one another’s burdens, and so you will fulfill the law of Christ. For if anyone thinks he is something when he is nothing, he is deluding himself. But may I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. (Galatians 6:2-3, 14)

Reader 3: Give thanks to God for the crosses he has placed on your path, and then instead of asking him to take away the mountain in front of you, ask him for the strength to climb it. (*Centered on Christ*, No. 620)

Guide: Let us pray.

Guide: Lord Jesus, give us the grace to be enthusiastic and steadfast in carrying the cross that in your kindness you have given us, so our love for those souls that are far from you will drive us to walk by your side on the way to Calvary. You live and reign forever and ever.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

VI

VERONICA WIPES THE FACE OF JESUS

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: "Come, you who are blessed by my Father. Inherit the Kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, in prison and you visited me." (Matthew 25:34-36)

Reader 2: "Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity, let us do good to all, but especially to those who belong to the family of the faith." (Galatians 6:9-10)

Reader 3: Do not waste your life waiting for great opportunities to love Christ. Love him now in all of the small, humble things so that you will stay faithful to his love when those great opportunities arise. (*Centered on Christ*, No. 291)

Guide: Let us pray.

Guide: Moved by the example of Veronica, who honored Christ and offered him the sincere homage of her love and gratitude, we ask you, almighty God, for the strength to be men and women of the Kingdom who will not shrink from the prospect of suffering and the cross. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

VII

JESUS FALLS THE SECOND TIME

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: "Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven." (Matthew 5:4,5,10)

Reader 2: "I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong." (II Corinthians 12:10)

Reader 3: Fighting, even though we fall, shows love, interest, life, optimism, and trust. For God, it constitutes the triumph of God's grace over weak human nature. (*Centered on Christ*, No. 797)

Guide: Let us pray.

Guide: Lord Jesus, we know that you deserve everything from us and that anything we offer you will always be pitifully small. Look with favor on our efforts to spend our lives for you selflessly and without limit, and be the guarantee of our final victory, you who live and reign forever and ever.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

VIII JESUS CONSOLES THE HOLY WOMEN

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: "Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me. If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, amen, I say to you, he will most certainly not lose his reward."
(Matthew 10:40, 42)

Reader 2: "Behold, now is a very acceptable time; behold, now is the day of salvation. In everything we commend ourselves as ministers of God, as sorrowful yet always rejoicing; as poor yet enriching many; as having nothing and yet possessing all things." (II Corinthians 6:2, 4, 10)

Reader 3: To want something, especially something supernatural, is to already be capable of achieving it because you are not the only one acting. God is with you, and God can do anything; "I can do all things in him who strengthens me" [Philippians 4:13]. And to want something is to have the greatest certainty: "I know in whom I have believed and am confident." [2 Tim 1:12] (*Centered on Christ*, No. 476)

Guide: Let us pray.

Guide: Loving Father, enlighten our minds and hearts to understand all that Christ wants to be for us. Enable us to enjoy the pardon and peace he won for us by generously giving himself. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

IX JESUS FALLS FOR THE THIRD TIME

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: “Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak. Withdrawing a second time, he prayed again, ‘My Father, if it is not possible that this cup pass without my drinking it, your will be done!’” (Matthew 26:41-42)

Reader 2: “Because Christ himself was tested through what he suffered, he is able to help those who are being tested. So let us confidently approach the throne of grace to receive mercy and to find grace for timely help.” (Hebrews 2:18, 4:16)

Reader 3: Temptation is conquered by fighting: this is the law that Christ sets for us with his example. He chose to submit to this humiliation so that he may be both our model and our strength. (*Centered on Christ*, No. 438)

Guide: Let us pray.

Guide: Holy Father, enable us to understand that it matters not if we fall a thousand times, as long as we love the fight and not the fall. Grant us the strength to battle on, knowing for sure that this is more pleasing to Christ than an easy victory achieved at no cost. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station*)

X

JESUS IS STRIPPED OF HIS GARMENTS

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: “And when they came to a place called Golgotha (which means Place of the Skull), they gave Jesus wine to drink mixed with gall. But when he tasted it, he refused to drink. After they had crucified him, they divided his garments by casting lots; then they sat down and kept watch over him there.” (Matthew 27:33-36).

Reader 2: “Whatever gains I had, these I have come to consider a loss because of Christ. More than that, I even consider everything as a loss because of the supreme good of knowing Christ Jesus my Lord. For his sake I have accepted the loss of all things, and I consider them so much rubbish, that I may gain Christ.” (Philippians 3:7-8).

Reader 3: Jesus Christ gave himself up to death out of love. He did it fully and constantly; he did it heroically. You also have to surrender yourself totally to Christ’s love. You have to give him your soul, your body, your strength, your time, and your entire life. (*Centered on Christ*, No. 1222).

Guide: Let us pray.

Guide: Lord our God, place in the depths of our hearts the firm conviction that as life advances and eternity draws near, only Christ’s love remains. Make this love be the treasure for which we sell everything, until we experience the satisfaction and joy of being seeds fallen in the furrow beside him. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

XI

JESUS IS NAILED TO THE CROSS

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: "They crucified him, and with him two others, one on either side, with Jesus in the middle. Pilate also had an inscription written and put on the cross. It read, 'Jesus the Nazorean, King of the Jews.' Now many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, Latin, and Greek."
(John 19:18-20)

Reader 2: "For through the law I died to the law, that I might live for God. I have been crucified with Christ; yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me."
(Galatians 2:19-20)

Reader 3: May meditating on Christ's cross make you decide to repay his great act of love with a love equally capable of offering him your own blood and of crucifying yourself on the other side of his cross. (*Centered on Christ*, No. 639)

Guide: Let us pray.

Guide: Loving Father, in Christ's cross you show us the living reality of your personal love for man. Enlighten our consciences so that we will accept that the most fruitful and beautiful life is spent following Jesus Christ to the cross in order to accomplish your will. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station*)

XII

JESUS DIES ON THE CROSS

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: "Now one of the criminals hanging there reviled Jesus, saying, 'Are you not the Messiah? Save yourself and us!' The other, however, rebuked him saying, 'Have you no fear of God, for you are subject to the same condemnation. And, indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal.'" Then he said, "Jesus, remember me when you come into your kingly power." He replied to him, "Truly, I say to you, today you will be with me in Paradise." ... Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last." (Luke 23: 39-43, 46)

Reader 2: "If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? Christ Jesus, who died for us, indeed intercedes for us." (Romans 8:31-32, 34)

Reader 3: Christ did it out of love for you so that you can get to heaven. He gave you his entire self. Now ask yourself: What are you going to do for Christ? What do you do for Christ? Is what you do and suffer even close to what Christ did and suffered for you? (*Centered on Christ*, No. 595)

Guide: Let us pray.

Guide: Holy Father, we are moved by the sight of your crucified Son cursed by his enemies, denied by his own and suffering in silence for love of us; we ask you for the courage to carry our cross with the optimism of a Christian who knows by faith the importance of his life in relation to eternity. Enable us to be Good Samaritans, helping others to carry their cross as well. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

XIII

JESUS IS TAKEN DOWN FROM THE CROSS

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: “But one of the soldiers thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also come to believe. For this happened so that the scripture passage might be fulfilled: “Not a bone of it will be broken.” And again another passage says: ‘They will look on him whom they have pierced.’ After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body.” (John 19:34-38)

Reader 2: “Jews demand signs and Greeks look for wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles; for the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.” (1 Corinthians 1:22-23, 25)

Reader 3: Christ alone holds the keys of history. The past was from him, the present is from him, and the future will also be from him because he will continue reigning from his privileged throne of the cross. (*Centered on Christ*, No. 523)

Guide: Let us pray.

Guide Lord, may our sufferings not drive us away from you but instead make us better understand what your Son, Jesus Christ, suffered during his passion, and draw us closer to him. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

XIV
JESUS IS LAID IN THE TOMB

Guide: We adore you, O Christ, and we praise you.

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

Reader 1: "After Joseph of Arimathea had taken the body [of Jesus] down, he wrapped it in a linen cloth and laid him in a rock-hewn tomb in which no one had yet been buried. Then he rolled a stone against the entrance to the tomb. Mary Magdalene and Mary the mother of Jesus watched where he was laid." (Luke 23:53-54; Mark 15:46-47)

Reader 2: "The time of my departure is at hand. I have competed well; I have finished the race; I have kept the faith. From now on the crown of righteousness awaits me, which the Lord, the just judge, will award to me." (II Timothy 4:6-8)

Reader 3: Jesus Christ, the conqueror of sin and death, did not ascend into heaven to wash his hands of this world. Rather, he went before us so that we, as members of his Mystical Body, may ardently hope to meet him in his Kingdom. (*Centered on Christ*, No. 739)

Guide: Let us pray.

Guide: Father, help us to meditate on the mystery of the cross and delve into its depths, since therein lie our trust and our greatness. Grant that by dying and being buried with Christ, our poor, weak mortal life will be transfigured and raised with him, who lives and reigns with you forever and ever.

All: **Amen.**

CONCLUSION

Guide: Let us pray.

Guide: Holy Father, step by step we have retraced the way of the cross. Grant us the grace of engraving on our minds and in our hearts the image of your Son crucified in the supreme act of love with which he shattered the bitterness and senselessness of suffering and turned it into joy and an indispensable means to salvation and holiness. May we respond with constant love to the constant presence of suffering in our lives, and match the depth of our suffering with the intensity of our self-giving. We ask this through Christ our Lord.

Or:

Lord, let your blessing descend abundantly on this family of yours which has commemorated the death of your Son in the hope of his holy resurrection. Let your pardon come upon us, grant us your consolation, increase our faith, and secure for us eternal redemption. We ask this through Christ our Lord.

All: **Amen.**

STATIONS OF THE RESURRECTION

Stabat Mater

The Stabat Mater is a beautiful, traditional song that can help us enter more deeply into contemplation of the Passion, Death and Resurrection of Our Lord. Usually a verse or two is sung after each Station.

STABAT Mater speciosa

iuxta faenum gaudiosa,
dum iacebat parvulus.

Cuius animam gaudentem
laetabundam et ferventem
pertransivit iubilus.

O quam laeta et beata
fuit illa immaculata,
mater Unigeniti!

Quae gaudebat et ridebat,
exultabat, cum videbat
nati partum inclyti.

Quisquam est, qui non gauderet,
Christi matrem si videret
in tanto solatio?

Quis non posset collaetari,
Christi Matrem contemplari
ludentem cum Filio?

Pro peccatis suae gentis
Christum vidit cum iumentis
et algori subditum.

Vidit suum dulcem Natum
vagientem, adoratum,
vili deversorio.

Nato, Christo in praesepe
caeli cives canunt laete
cum immenso gaudio.

BY, the crib wherein reposing,

with His eyes in slumber closing,
lay serene her Infant-boy,

Stood the beauteous Mother feeling
bliss that could not bear concealing,
so her face o'erflowed with joy.

Oh, the rapture naught could smother
of that most Immaculate Mother
of the sole-begotten One;

When with laughing heart exulting,
she beheld her hopes resulting
In the great birth of her Son.

Who would not with gratulation
see the happy consolation
of Christ's Mother undefiled?

Who would not be glad surveying
Christ's dear Mother bending, praying,
playing with her heavenly Child

For a sinful world's salvation,
Christ her Son's humiliation
She beheld and brooded o'er;

Saw Him weak, a child, a stranger,
yet before Him in the manger
kings lie prostrate and adore.

O'er that lowly manger winging,
joyful hosts from heaven were singing
canticles of holy praise;

Stabat, senex cum puella
non cum verbo nec loquela
stupescentes cordibus.

Eia, Mater, fons amoris
me sentire vim ardoris
fac, ut tecum sentiam.

Fac, ut ardeat cor meum
in amatum Christum Deum
ut sibi complaceam.

Sancta Mater, istud agas,
prone introducas plagas
cordi fixas valide.

Tui Nati caelo lapsi,
iam dignati faeno nasci,
poenas mecum divide.

Fac me vere congaudere,
Iesulino cohaerere,
donec ego vixero.

In me sistat ardor tui,
puerino fac me frui
dum sum in exilio.

Virgo virginum praeclara,
mihi iam non sis amara,
fac me parvum rapere.

Fac, ut pulchrum infantem portem,
qui nascendo vicit mortem,
volens vitam tradere.

Fac me tecum satiari,
Nato me inebriari,
stantem in tripudio.

While the old man and the maiden,
speaking naught, with hearts o'erladen,
pondered on God's wondrous ways.

Fount of love, forever flowing,
with a burning ardor glowing,
make me, Mother, feel like thee;

Let my heart, with graces gifted
all on fire, to Christ be lifted,
and by Him accepted be.

Holy Mother, deign to bless me,
with His sacred Wounds impress me,
let them in my heart abide;

Since He came, thy Son, the Holy,
to a birth-place, ah, so lowly,
all His pains with me divide.

Make me with true joy delighted,
to Child-Jesus be united
while my days of life endure;

While an exile here sojourning,
make my heart like thine be burning
with a love divine and pure.

Spotless Maid and sinless Woman,
make us feel a fire in common,
make my heart's long longing sure.

Virgin of all virgins highest,
prayer to thee thou ne'er denyest,
let me bear thy sweet Child too.

Let me bear Him in my bosom,
Lord of life, and never lose Him,
since His birth doth death subdue.

Let me show forth how immense is
the effect on all my senses
of an union so divine.

All who in the crib revere Him,
like the shepherds watching near Him,
will attend Him through the night,

Inflammatu et accensus,
obstupescit omnis sensus
tali me commercio.

Fac, me Nato custodiri,
verbo Dei praemuniri
conservari gratia.

Quando corpus morietur,
fac, ut animae donetur
tui nati gloria. Amen.

By thy powerful prayers protected,
grant, O Queen, that His elected
may behold heaven's moving light.

Make me by His birth be guarded,
by God's holy word be warded,
by His grace till all is done;

When my body lies obstructed,
make my soul to be conducted,
to the vision of thy Son. Amen.

Via Lucis Instructions:

One person: **Guide**
One person: **Cross Bearer**

Two people: **Reader and Reflection**
All others: **All**

INTRODUCTION

All: Alleluia, alleluia, alleluia.
O sons and daughters, let us sing!
The King of heaven the glorious King,
Over death today rose triumphing, Alleluia!

Guide: Sign of the Cross

Reading: 'For we have grown into union with Christ through a death like His, we shall also be united with Him in the resurrection....If, then, we have died with Christ, we believe that we shall live with Him Consequently, you too must think of yourselves as being dead to sin and living for God in Christ Jesus: (Romans 6: 5, 7, 11).

Reflection: Let us walk this pilgrimage of faith, the Via Lucis, as daughters and sons of the light and as witnesses of the Risen Lord. Let us meditate upon the resurrection of Christ and discover the pathway of light that Christ blazes through our lives.

I JESUS RISES FROM THE DEAD

Guide: We adore You, O Christ and we praise You!

All: **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

Reading: "The angel of the Lord said to the women: 'Do not be afraid! I know that you are

—seeking Jesus the crucified. He is not here, for He has been raised just as He said." (Matthew 28: 5b-6a).

Reflection: On the first day of the week, at the dawning of the new creation, Jesus arose from the dead. No one saw the event, yet like the apostles, we are called to be witnesses of this central faith event. The light and power of Christ's death and resurrection has become the pattern for our living. May we recognize Christ's dying and rising in our midst.

Silence

Guide: This is the day, Lord God, that You have made! Raising Christ from the dead, and raising us with Christ, You have fashioned for Yourself a new people. As we hear the word that brings salvation, make our hearts burn within us. Through the presence of every friend and stranger, reveal to us the face of the One who had first to suffer, but who has entered now into glory, Jesus Christ, our Passover and our Peace, living and reigning with You, forever and ever.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: **Alleluia, alleluia, alleluia.**
That Easter morn, at break of day,
The faithful women went their way
To seek the tomb where Jesus lay, Alleluia!

II

THE DISCIPLES DISCOVER THE EMPTY TOMB

Guide: We adore You, O Christ and we praise You!

All: **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

Reading: "Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed"
(John 20: 8).

Reflection: The empty tomb was not a proof of the resurrection, but rather a silent witness of the greatest event of our faith. Seeing the empty tomb, the disciples were motivated to seek the Risen Lord at work in their midst. They saw and believed in the continuing presence of the Lord of love. All the empty and lonely places of human life are precisely where the Lord wishes to work and be revealed.

Silence

Guide: God our Father, creator of all, today is the day of overwhelming joy. The Lord appeared to those who had begun to lose hope and opened their eyes to what the Scriptures foretold: that first He must die and then rise. May the Risen Lord breathe on our minds and open our eyes that we may know Him in the breaking of bread, and follow Him in His risen life. Grant this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: **Alleluia, alleluia, alleluia.**

The dear belov'd apostle John
Could faster than St. Peter run,
Arriving first before the tomb. Alleluia.

III
**THE RISEN LORD APPEARS TO MARY MAGDALEN,
APOSTLE TO THE APOSTLES**

Guide: We adore You, O Christ and we praise You!

All: **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

Reading: "She turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, 'Woman, why are you weeping? Whom are you looking for?' She thought He was the gardener and said to Him, 'Sir, if you carried Him away, tell me where you laid Him, and I will take Him.' Jesus said to her, 'Mary!' She turned and said to Him in Hebrew, 'Rabbouni,' which means Teacher. Jesus said to her, 'Stop holding on to Me, for I have not yet ascended to the Father. But go to My brothers and tell them, 'I am going to My Father and your Father, to My God and your God.' Mary of Magdala went and announced to the disciples, 'I have seen the Lord,' and what He told her" (John 20: 14b-18).

Reflection: In the fourth gospel, Mary Magdalen is given the mission to carry the good news of the resurrection to the apostles and the disciples. Mary had been in the company of Jesus and His followers, and is given the privilege to announce the hope of new life. She is known over the centuries as "the apostle to the Apostles." Jesus called her by name, gave her the eyes of faith, and called her to give a unique personal witness to her friends in the faith community.

Silence

Guide: God our Father, You will that all people to be saved and come to the knowledge of Your truth. Send workers into Your great harvest that the Gospel may be preached to every creature. May Your people, gathered together by the word of life and strengthened by the power of the sacraments, advance in the way of salvation. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: **Alleluia, alleluia, alleluia.**
Not Magdalen, not Salome,
Nor James' own mother then delay
Embalming Jesus' corpse that day. Alleluia.

IV
THE RISEN LORD APPEAR ON THE ROAD TO EMMAUS

Guide: We adore You, O Christ and we praise You!

All: **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

Reading: "...It happened that while they were conversing and debating, Jesus Himself drew near and walked with them, but their eyes were prevented from recognizing Him.... And He said to them, 'Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into His glory?' Then beginning with Moses and all the prophets, He interpreted to them what referred to Him in all the scriptures" (Luke 24: 15, 25-27).

Reflection: The Emmaus road is the story of the Christian life. These disciples were walking away from Jerusalem and the apostolic faith community in defeat and dejection. They had lost hope. We too, have moments of despair and desolation. The Risen Lord Jesus accompanies us along the road, even when we are moving in the wrong direction. Only the Lord can "break open" the Word in order to help us understand the stories of our lives, especially suffering, and read them in harmony with the pattern of the Scriptures. Only the Lord can rekindle our energy and our resolve to devote ourselves to what is most important in life.

Silence

Guide: Lord God, as disciples on our pilgrimage, we implore Jesus Christ: stay with us, Lord. Open our hearts to true conversion and, as we have known the Lord in the breaking of the bread, so make us witnesses of a new humanity, renewed, reconciled and at peace in Your love. Send us as heralds of the repentance and forgiveness You offer to all in the name of Jesus, who lives and reigns with You, forever and ever.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: **Alleluia, alleluia, alleluia.**
That night the apostles met in fear;
Amidst them came the Lord most dear,
And said My peace be on all here. Alleluia.

V

THE RISEN LORD IS RECOGNIZE IN THE BREAKING OF THE BREAD

Guide: We adore You, O Christ and we praise You!

All: **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

Reading: "...They urged Him, 'Stay with us, for it is nearly evening and the day is almost over.' So He went in to stay with them. And it happened that while He was with them at table, He took bread, said the blessing, broke it, and gave it to them. With that, their eyes were opened and they recognized Him, but He vanished from their sight. Then they said to each other, 'Were not our hearts burning within us while He spoke to us on the way and opened the scriptures to us'" (Luke 24: 29-32).

Reflection: The encounter on the road leads to the table, the breaking of the bread and the total gift of self. Recognition of the Risen Lord is always linked with the Eucharist. At

the heart of our Christian life is this meal of Word and Eucharist which we celebrate every Sunday. The Risen Lord presides over all our journeys, wishing to set our hearts on fire in generous service to all people in need, near and far. The gift we have received is the gift we share. Humbly, we set out on the various roads of our lives to respond to all the hungers of the human family.

Silence

Guide: You are truly blessed, O God of holiness: You accompany us with love as we journey through life. Blessed too, is Your Son, Jesus Christ, who is present among us, and whose love gathers us together. As once He did for His disciples, Christ now opens the Scriptures for us and breaks the bread. May the Eucharist we celebrate guide us to the fullness of Christ's life. We pray in the power of Christ's Spirit, forever and ever.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: **Alleluia, alleluia, alleluia.**
When Thomas, first the tidings heard,
How they had seen the Risen Lord,
He doubted the disciples' word. Alleluia.

VI

THE RISEN LORD APPEARS TO THE COMMUNITY OF DISCIPLES

Guide: We adore You, O Christ and we praise You!

All: **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

Reading: "Why are you troubled? And why do questions arise in your hearts? Look at My hands and My feet, that it is I Myself. Touch Me and see, because a ghost does not have flesh and bones as you can see I have," And as He said this, He showed them His hands and His feet" (Luke 24: 38-40).

Reflection: The disciples on the road to Emmaus quickly returned to the other disciples in Jerusalem with "burning hearts." Their despair had been reversed and they were eager to convince the others that Jesus was alive. Jesus the Christ is always eager to gather the community of disciples at the table of faith and to show them that He has risen with His wounds glorified. All our wounds will one day be glorified. We seek to understand how the Risen Lord invites us to be "wounded healers," recognizing now that the Lord desires us to be ambassadors of reconciliation, while we ourselves are being forgiven and healed.

Silence

Guide: God of unchanging power and light, look with favor and mercy on the entire community of Your Church. Bring lasting salvation to the human family, so that the world may see the fallen lifted up, the old made new, and all things brought to perfection, through Him who is our origin, our Lord Jesus Christ who lives and reigns forever and ever.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

or

All: Alleluia, alleluia, alleluia.
My wounded side, O Thomas see;
Behold My hands, My feet, said He
Not faithless, but believing be. Alleluia.

VII
**THE RISEN LORD BREATHES PEACE AND GIVES THE POWER TO
FORGIVE**

Guide: We adore You, O Christ and we praise You!

All: Because by the Wood of the Cross and the Light of the Resurrection, You
have redeemed the world!

Reading: Jesus came and stood in their midst and said to them, 'Peace be with you'... The disciples rejoiced when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent Me, so I send you.' And when He had said this, He breathed on them and said to them, 'Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained'" (John 20: 19b, 20b-23).

Reflection: Even though the doors of the Upper Room were bolted shut, the Risen Lord pierced through all fear and united the hearts of the disciples with the gift of peace. Deep inner peace is the root and source of the peace and joy that the world cannot give. The Risen Lord calls us to seek peace always through a non-violent commitment to conflict resolution and thus transform the world, relationship by relationship.

Silence

Guide: God of perfect peace, violence and cruelty can have no part of You. May those who are at peace with one another hold fast to the good will that unites them; may those who are enemies forget their hatred and be healed. We ask this through Christ our Lord.

All: Amen. (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

or

All: Alleluia, alleluia, alleluia.
No longer Thomas then denied,
He saw the feet, the hands, the side;
You are my Lord and God, he cried, Alleluia!

VIII
THE RISEN LORD STRENGTHENS THE FAITH OF THOMAS

Guide: We adore You, O Christ and we praise You!

All: Because by the Wood of the Cross and the Light of the Resurrection, You
have redeemed the world!

Reading: "Thomas...was not with them when Jesus came.... Thomas said, 'Unless I see the mark of the nails in His hands and put my finger into the nail marks and put my hand into His side, I will not believe'...Jesus came...and stood in their midst and said, 'Peace be

with you.' Then He said to Thomas, 'Put your finger here and see My hands, and bring your hand and put it into My side, and do not be unbelieving, but believe'...Blessed are those who do not see and yet believe." (John 20: 24-29).

Reflection: The story of Thomas is important because it is through Thomas' example that we realize that doubt can be a part of faith. Too easily we call him "Doubting Thomas," and forgetting that after examining the nail marks, he fully embraced the Risen One as his Lord and Savior. Thomas' doubt was transformed into a lively faith. We too, are called to believe, knowing full well that our faith may be tested by doubt and fear. As disciples who desire an ever-deeper faith, we are patient and understanding with those who are struggling, searching and seeking like Thomas.

Silence

Guide: Heavenly Father and God of mercy, we no longer look for Jesus among the dead, for He is alive and has become the Lord of life. From the waters of death You raise us up with Him and renew Your gift of life within us. Increase in our minds and hearts the risen life we share with Christ and help us to grow as Your people toward the fullness of eternal life with You. We ask this through Christ our Lord.

All: Amen. (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: Alleluia, alleluia, alleluia.
**How blest are they who have not seen,
And yet whose faith has constant been
For they eternal life shall win. Alleluia!**

IX THE RISEN LORD EATS WITH THE DISCIPLES ON THE SHORE OF TIBERIAS

Guide: We adore You, O Christ and we praise You!

All: Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading: "Jesus said to them, 'Bring some of the fish you just caught.' So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn. Jesus said to them, 'Come, have breakfast.' And none of His disciples dared to ask Him, 'Who are You?' because they realized it was the Lord" (John 21: 10-12).

Reflection: After the crucifixion, the apostles returned to their former way of life. Out on the familiar Sea of Galilee, these expert fishers find themselves ineffective and baffled because not even a single fish was caught. From the shore, the Risen Lord guides them and directs their nets until they are filled to overflowing. As He prepares breakfast for them, He nourishes their hearts and promises them that they can also be fed by making disciples in His name. He calls them to an entirely new way of fishing – fishing for people.

Silence

Guide: Father in heaven, author of all truth, a people once in darkness has listened to Your Word and followed Your Son as He rose from the tomb. Hear the prayer of this newborn people and strengthen Your Church to answer Your call. May we rise and come forth into the light of day to stand in Your presence until eternity dawns. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

or

All: **Alleluia, alleluia, alleluia.**

On Sunday morn at break of day

The sad disciples went their way

To see the tomb where Jesus lay. Alleluia.

X

THE RISEN LORD FORGIVES PETER AND ENTRUSTS HIM TO FEED HIS SHEEP

Guide: We adore You, O Christ and we praise You!

All: **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

Reading: "When they had finished breakfast, Jesus said to Simon Peter, 'Simon, son of John, do you love Me more than these?'... Peter was distressed that Jesus had said to him a third time, 'Do you love Me?' and he said to Him, 'Lord, You know everything, You know that I love You.' Jesus said to him, 'Feed my sheep Follow Me' " (John 21: 15, 17b, 19b).

Reflection: The Risen Lord directs His attention to Peter whose embarrassing three-fold denial was still ringing in his heart. The questions posed by Jesus help Peter to find reconciliation and to embrace his new mission to tend and feed the sheep. Their encounter reminds us that forgiveness is always available, even for the most serious of mistakes we can make. This warm embrace of forgiveness strengthens our resolve to be reconcilers and healers in the Spirit of Jesus. Only love can overcome guilt and deception. Only love and forgiveness can make us whole.

Silence

Guide: Father, fill our hearts with the fire of Your love and the desire to ensure justice for our brothers and sisters. By sharing the good things You give us, may we secure justice and equality for every human being, an end to all division, and a human society built on love and peace. Grant this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)

or

All: **Alleluia, alleluia, alleluia.**

An angel clad in white they see,

Who sat and spoke unto the three,

Your Lord has gone to Galilee, Alleluia!

XI

THE RISEN LORD SENDS THE DISCIPLES INTO THE WORLD

Guide: We adore You, O Christ and we praise You!

All: Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading: "Go therefore, and make disciples of all the nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age" (Matthew 28: 19-20).

Reflection: From the mountaintop, the Risen Lord gives the "Great Commission" to the disciples to reach out to the ends of the earth. We realize that we are the recipients of this faith-filled mission: our ancestors embraced the faith of the apostles, who were the original witnesses of the resurrection. The greatest response we can give to such a legacy is our dedication to a new evangelization of our contemporary culture. We must allow the Risen Lord to reinvigorate our whole way of living, helping us to re-evaluate every aspect of our lives with the values of the Kingdom of God.

Silence

Guide: God of all creation, whose mighty power raised Jesus from the dead, be present to this community of disciples whom You have called to the hope of a glorious inheritance among the saints. Strengthen us in the power of the Spirit to go and make disciples of all nations, to obey everything that Jesus Christ has commanded us, and to know that He is with us always until the end of the age, interceding on our behalf, living and reigning with You in the power of the Holy Spirit, now and forevermore.

All: Amen. (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: Alleluia, alleluia, alleluia.
And we with Holy Church unite,
As evermore is just and right,
in glory to the King of light. Alleluia.

XII

THE RISEN LORD ASCENDS INTO HEAVEN

Guide: We adore You, O Christ and we praise You!

All: Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading: "So then the Lord Jesus, after He spoke to them, was taken up into heaven and took His seat at the right hand of God. But they went forth and preached everywhere, while the Lord worked with them and confirmed the word through accompanying signs" (Mark 16: 19-20).

Reflection: The Scriptures do not portray the Ascension as a day of sadness. While still looking up at the skies, the disciples were consoled by the continuing presence of the Lord. They return to the familiar surroundings of the Upper Room, with Mary, the mother of the Lord, to pray in anticipation of their mission. In this "original novena," we continue to implore the Risen Lord to be the center of our lives and to keep us focused as a jubilant pilgrim people.

Silence

Guide: Eternal God, clothe us now with Your power. With the eyes of our hearts enlightened, may we come to understand the immeasurable greatness of Your power at work in us who believe. In that strength, may we boldly pronounce the Good News of our salvation to everyone. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: **Alleluia, alleluia, alleluia.**
Our humble thanks to God let's show
And fitting praise on Him bestow
For Paschal blessings here below. Alleluia.

XIII MARY AND THE DISCIPLES KEEP VIGIL IN THE UPPER ROOM FOR THE SPIRIT'S ADVENT

Guide: We adore You, O Christ and we praise You!

All: **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

Reading: "When they entered the city, they went to the upper room where they were stayingAll [the apostles] devoted themselves with one accord to prayer, together with some women, and Mary, the mother of Jesus, and His brothers" (Acts 1: 13a, 14).

Reflection: Throughout the history of the Church, there have been apostolic movements dedicated to prayerful contemplation, and others resulting in transforming action. As we have crossed the threshold into a new millennium, we look to the "Upper Room" as a symbolic place where we return over and over again, so that we can become "contemplatives in action." As persons who are both prayerful and energetic in service to the Gospel, we must always keep vigil for the advent of the Risen Lord, with the flame of faith alive in our hearts. Only the Lord can refresh our spirits and renew us in the ministries that flow from our Baptism and Confirmation.

Silence

Guide: Father most holy, see Your Church gathered here in prayerful worship like the first disciples and Mary in the Upper Room. Grant that we may accomplish, in the joy of the Holy Spirit, all that You give us to do in the world. May we gladly share in Christ's sufferings so as to rejoice when His glory is revealed. We ask this through Christ our Lord.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: **Alleluia, alleluia, alleluia.**
On this most holy day of days,
To God your hearts and voices raise,
In laud and jubilee and praise. Alleluia!

XIV THE RISEN LORD SENDS THE HOLY SPIRIT

Guide: We adore You, O Christ and we praise You!

All: **Because by the Wood of the Cross and the Light of the Resurrection, You
have redeemed the world!**

Reading: "... Suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim" (Acts 2: 2-4).

Reflection: The power of the Holy Spirit drives the disciples from the Upper Room into the streets and marketplace. The Spirit compels them to take the message everywhere, in places familiar and unfamiliar, not stopping until they reach the ends of the world. We have been clothed with the same Spirit. We are called to be evangelizers and witnesses, near and far, wherever we go. The Spirit always goes before us, preparing the way and strengthening our hearts to be generous servants of the Risen Lord who ever guides us. Pentecost is an enduring and continuing event. We implore the Holy Spirit to renew the face of the earth by renewing us.

Silence

Guide: Father in heaven, through this spiritual journey, You have reminded us of the fullness of the mystery of Your revealed love. See Your people gathered in prayer, open to receive the Spirit's flame. May it come to rest in our hearts and disperse the divisions of word and tongue. With one voice and one song, may we praise Your name in joy and thanksgiving. Grant this through Christ our Lord, and in the power of the Spirit, both now and forevermore.

All: **Amen.** (*Sing Stabat Mater or pray the Our Father during the walk to the next station.*)
or

All: **Alleluia, alleluia, alleluia.**
O sons and daughters of the Lord,
The King of glory, King adored,
From death to life has been restored. Alleluia.

CONCLUSION

Reading: "... Jesus Himself, through them, sent forth from east to west the sacred and imperishable proclamation of eternal salvation. Amen" (Mark 16:8, the Shorter Ending).

Reflection: Through the Via Lucis, we have shared our pilgrim journey with the Risen Lord. As servants and witnesses of Christ, let us now pray in the way our Savior taught us:

All: "Our Father..."

Guide: Lord, may everything we do, begin with Your inspiration, continue with Your help, and reach perfection under Your guidance. We ask this through Christ, our Risen Lord.

All: Amen.

Sign of Peace

SACRAMENT OF RECONCILIATION

No sin is unforgivable, as long as we approach the throne of mercy with a humble, contrite heart. No evil is capable of overpowering God's limitless mercy.

Frequent confession gives us more accurate self-knowledge and makes us grow in Christian humility. It helps us uproot bad habits and it makes our conscience more sensitive, so that we do not gradually become lukewarm or careless. It strengthens our will and leads us to a constant effort to perfect the grace of baptism in our soul, and to identify more closely with Christ. It also brings home to us our own powerlessness in the supernatural life and it helps us to trust utterly in God's grace.

Prayer for Help before Confession

My Lord and my God, you know each person's heart. Give me the grace to examine mine sincerely and to know it truly so I can discover all my sins, confess them well, and avoid them from now on. Thus I hope to win your pardon and grace on earth and eternal life in heaven. Grant this through Christ our Lord. Amen.

EXAMINATION OF CONSCIENCE

- "You shall not have other gods besides me" (Deuteronomy 5:7). "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind" (Matthew 22:37).**
Do I love God like this?
Do I give him the first place in my life?
Do I eagerly reject all idols that could get between him and me, be it money, pleasure, superstition, or power?
Do I listen with faith to his Word?
Do I persevere in prayer?
Have I withheld a mortal sin from the priest in Confession?
- "You shall not take the name of the Lord, your God, in vain" (Deuteronomy 5:11).**
Do I respect the holy name of God?

Do I abuse him in my references to him, offending him, or making use of him, instead of serving him?

Do I bless God in each one of my actions?

Do I surrender myself without reserve to his will for me, trusting entirely in him? Do I entrust myself with humility and confidence to the guidance and teaching of the pastors which the Lord has given to his Church?

Do I make an effort to go deeper in and strengthen my life of faith?

3. "Take care to keep holy the Sabbath day as the Lord, your God, commanded you" (Deuteronomy 5: 12-15).

Do I make Sunday the center of my week, beginning with the most important moment, the celebration of the Eucharist?

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?

Do I use it, and the other days consecrated to the Lord, to praise and give thanks to God, to entrust myself to him and take rest in him?

Do I participate faithfully and actively in the liturgy, preparing myself beforehand with prayer, and making the effort to obtain its fruits during the entire week or day? Do I sanctify the holy day with some act of love toward the needy?

4. "Honor your father and your mother" (Deuteronomy 5:16).

Do I love and respect those who have given me life?

Do I make the effort to understand and help them, above all in their weaknesses and limits?

Have I neglected my duties to my spouse and children?

Have I given my family good example in living the faith?

Do I try to bring peace into my home life?

Do I care for my aged and infirm relatives?

5. "Thou shalt not kill" (Deuteronomy 5:17).

Do I make the effort to respect and promote life in all of its stages and aspects?

Do I do everything in my power to promote the good of the others?

Have I done evil to someone with the explicit intention of doing it?

Have I had an abortion or encouraged anyone to have an abortion?

Have I encouraged or condoned sterilization?

Have I engaged in any way, in sins against human life such as artificial insemination or in-vitro fertilization?

Have I participated in or approved of euthanasia?

Have I mutilated myself through any form of sterilization?

"You shall love your neighbor as yourself" (Matthew 22:39).

How do I live charity toward my neighbor?

Am I attentive and available, above all with the poorest and weakest?

Do I love myself, knowing how to accept my limits under the gaze of God?

Have I been angry or resentful?

Have I harbored hatred in my heart?

6. "You shall not commit impure acts" (cf. Deuteronomy 5:18). "You shall not covet your neighbor's wife" (Deuteronomy 5:21).

Am I chaste in thoughts and actions?

Do I make the effort to love with gratitude, free of the temptation to possess or be

jealous?

Do I always respect the dignity of the human person?

Do I treat my body and the bodies of others as a temple of the Holy Spirit?

Have I been faithful to my marriage vows in thought and action?

Have I engaged in any sexual activity outside of marriage?

Have I used any method of contraception or artificial birth control in my marriage?

Has each sexual act in my marriage been open to the transmission of new life?

Have I been guilty of masturbation?

Do I seek to control my thoughts and imaginations?

Have I respected all members of the opposite sex, or have I thought of other people as mere objects?

Have I been guilty of any homosexual activity?

Am I careful to dress modestly?

7. "You shall not steal" (Deuteronomy 5:19). "You shall not desire your neighbor's goods" (Deuteronomy 5:21).

Do I respect the goods of creation?

Am I honest in my work and in my relations with my neighbor?

Do I respect the fruit of others' labor?

Am I envious of the goods of the others?

Do I make an effort to make others happy, or do I only think of myself?

Do I waste time at work, school, home?

Do I gamble excessively, thereby denying my family of their needs?

Do I seek to share what I have with the poor?

8. "You shall not bear dishonest witness against your neighbor" (Deuteronomy 5:20).

Am I sincere and loyal in each word and action?

Have I lied? Have I gossiped?

Do I always speak only the truth?

Do I try to give confidence and act in a way that inspires confidence in the others?

Do I speak badly of others behind their back?

Am I critical, negative or uncharitable in my thoughts of others?

Do I keep secret what should be kept confidential?

9. You shall not desire your neighbor's wife.

Do I make an effort to follow the example of Christ in my life of surrender to God and my neighbor?

Do I try to be like him: humble, poor and chaste?

Have I consented to impure thoughts?

Have I caused them by impure reading, movies, conversation or curiosity?

Do I seek to control my imagination?

Do I pray at once to banish impure thoughts and temptations?

10. You shall not desire your neighbor's goods.

Am I jealous of what other people have?

Do I envy the families or possessions of others?

Am I greedy or selfish?

Are material possessions the purpose of my life?

Do I trust that God will care for all of my material and spiritual needs?

Rite of Confession

1. After the priest makes the sign of the cross, he may choose to recite a reading from Scripture, after which you say: **Bless me father for I have sinned. It has been (state how long) since my last confession. These are my sins.**"
2. Tell your sins simply and humbly to the priest. Confess in an orderly, brief, precise, clear, and complete manner.
3. Accept the guidance of your confessor with faith.
4. **Make an Act of Contrition** for your sins. An example is:

Act of Contrition

Lord Jesus Christ, true God and man, my Creator and Redeemer, I love you above all else, and I am sorry with all my heart for the wrong I have done and the good I have failed to do. By sinning, I have offended you, the supreme good, worthy of being loved above all else. To make up for my sins, I offer my life, all I do and all I suffer. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Lord, by the merits of your passion and death, take pity on me and give me the grace never to offend you again. Amen.

5. You will be dismissed with the words of praise: "Give thanks to the Lord for He is good." You respond: **"For His mercy endures forever."** The priest will conclude with: "The Lord has freed you from your sins. Go in peace." You respond: **"Thanks be to God."**

Prayer after Confession

Almighty and Merciful God,
Whose mercy is boundless and everlasting
and of Whose goodness the riches are infinite,
I thank You
because You have so graciously pardoned
all my sins and
restored Your heavenly favor.
I am awed by Your divine compassion
and the incomprehensible love of Your Son,
which has led Him to institute so gentle and
powerful a remedy for sins.
In union with all the gratitude that has ever ascended to You
from truly penitent hearts,
I proclaim Your merciful praises
on behalf of all in Heaven, on earth
and in purgatory, forever and ever. Amen.

A GUIDE TO SPIRITUAL GUIDANCE

Keep in mind that there are three persons at work in Spiritual Guidance: the director, the directed, and the Holy Spirit. The Holy Spirit gives his light so that the other two can between them discover more clearly God's will in the guidee's concrete daily reality in order to fulfill it more perfectly.

The outline below will help you review the following main points in Spiritual Guidance: Prayer life, Program of Life, State in Life. The questions under each heading will help you examine the points you need to discuss. Time spent in preparation will pay off in clarity and results in your Spiritual Guidance. In each section take time also to review any resolutions that resulted from your last Spiritual Guidance.

Program of life

What progress have I made? What difficulties have I encountered?
What areas have become routine? Am I ignoring any areas? Why?
Right now what part of my behavior shows up my root sin most habitually?
What progress have I made and what difficulties have I encountered in achieving my target virtue?

Prayer life

Have I been faithful to the times of prayer I promised Christ?
Do I give them quality time, giving them my whole heart and mind, or are they routine and shallow?
What progress or difficulties have I experienced in mental prayer? Is it truly a dialogue with Christ? Does it lead to resolutions for my daily life; do I fulfill these?
My relationship with Christ: is he my best friend? Do I talk to him frequently during the day?
The Holy Spirit: What has God been saying to me in prayer and when I receive the sacraments?
Life of grace: Do I try to grow it? Do I thank him for it? Have I avoided everything that might take away from it?
Scripture: Is its message shaping my life?
Mary: Is she a constant help and inspiration?
Eucharist: Do I receive the Lord with fervor? Do I visit him frequently?
Reconciliation: Do I go to confession regularly? Do I offer sacrifices out of love to make up for my sins?
General state of my soul: Dry, distracted, over-concerned – or serene, docile, trusting in God's grace?

State in Life

Review how you are living your vocation in life, as God's will for you. The points will vary according to your state in life.
In general, how do I administer my time so as to get most out of it and be able to attend to all my responsibilities? Check my use of time, organization, initiative, and follow-through.

For those who are married

Does my family receive top priority as my first apostolate? Do I consistently give my spouse the time he/she needs? Do I take an active role in the formation of my children, giving them focused attention on a daily basis?

Is my professional life receiving the proper portion of my time and attention? How about my professionalism and dedication to my work? Do I make it a way to become holy? Do I ever put it above the other priorities in my life out of pride or vanity?

Do I consciously make time for apostolate outside the home, to make a substantial contribution to the Church's mission? Do I provide my family with an authentic example of a faithful lay Catholic? Do I involve them in the apostolate?

It is also helpful to review the theological virtues, the central virtues of the Christian life, which should permeate every aspect of our lives.

Faith

Do I believe that God expresses his love and his will for me through my state of life?

Have I found wishing for something else outside his loving providence (the grass-is-always-greener), especially in times of difficulty?

Do I see Christ in others, especially those closest to me (spouse, children, parents, friends...)?

Hope

Does God's faithfulness give me hope?

Do difficulties discourage me?

Have I learnt spiritual joy in living the cross?

Do I instill hope in others, or do I spread fear and criticism?

Love

Do I try to show Christ that I love him by loving others?

What kind of thoughts have I had about others? What kind of comments have I made: about others, the Church, those placed by God in positions of authority?

Do I give myself for my family, my friends, and my apostolate – even at the cost of sacrifice?

Do I create an atmosphere of unity and collaboration wherever I am – in my family, my workplace and other groups I belong to?

Special Situations

Review any special situation (family, job, apostolate, etc.) that is significantly affecting your peace of soul either positively or negatively. Try to find the reasons, and speak with the director about it to see it in the light of God's plan for your life.

NOTES

Lined area for taking notes, consisting of 30 horizontal lines.

Through the Kingdom of Christ
To the Glory of God