

# STATIONS OF THE CROSS EASTER 2021

## PARISH PRAYER WALK



*As a response to the current COVID 19 restrictions we have compiled a Stations of the Cross Parish Prayer Walk which can be walked and prayed anywhere. The idea is that you would walk towards a holy site in your parish, be it the Church, Graveyard, Holy Well or Grotto. The Stations have been written with current events in mind and so they should feel very relevant. You can walk for as long as you wish but we recommend you begin with the first station then walk for about 4 to 5 minutes before stopping to complete the next station before moving on. If you follow this recommendation it should take you about an hour to complete. Take the opportunity of walking to think about the station you have just completed and before you begin take a moment to stop, to be still and to breathe... when you are ready begin with the first station.*

### 1. JESUS IS CONDEMNED TO DEATH

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, "I am innocent of this man's blood; see to it yourselves." 25 Then the people as a whole answered, "His blood be on us and on our children!" 26 So he released Barabbas for them; and after flogging Jesus, he handed him over to be crucified. Matthew 27: 24-6

For leaders of government and civil administrators - That they may work always in the service of justice and truth. We pray for those who govern and administer our Country and for all those in public life.

### 2. JESUS TAKES UP HIS CROSS

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- The LORD will keep you from all evil; he will keep your life. 8 The LORD will keep your going out and your coming in from this time on and forevermore. Psalm 121

For those in need of prayer - In this ancient land made holy by centuries of prayer, we remember all those in any kind of difficulty or distress. We remember by name friends and family members who are in need of prayer.

### 3. JESUS FALLS THE FIRST TIME

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- The LORD is my rock, my fortress, and my deliverer, my God, my rock in whom I take refuge, my shield... my stronghold. Psalm 18

For the people of our Parish - We pray for neighbours and work colleagues; for those in business and those on the street; for those in arts and entertainment; for Sporting Limerick. We pray for and give thanks for the people of Limerick who give life to this great Treaty City and County

### 4. JESUS MEETS HIS MOTHER

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. 26 When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." 27 Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home. John 19:25-7

For churches and faith communities - We pray to St Munchin, patron of Limerick, we pray for the City's Christian churches and for all communities of faith. May they always bear witness to the maternal mercy and love of God. We pray for Bishop Brendan, Bishop Kenneth and all Limerick's faith leaders.

### 5. SIMON OF CYRENE HELPS JESUS

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. 27 Luke 23: 26-7

For those who offer assistance in time of difficulty - We give thanks for all those who help us carry our burden. During this time of COVID, we pray for our doctors and nurses; hospital and nursing home staff; we pray for our GPs. We remember by name friend or stranger who has helped us through difficulty.

## 6. VERONICA WIPES THE FACE OF JESUS

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- For it is God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. 2 Corinthians 4:6

For those affected by suicide - We pray for the volunteers of Limerick Suicide Watch and for all those people and organisations who let a light shine out of darkness. We remember by name loved ones who have died by suicide: we pray for them and their families.

## 8. JESUS MEETS THE WOMEN OF JERUSALEM

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- If anyone causes one of these little ones - those who believe in me - to stumble, it would be better for them to have a large millstone hung around their neck and to be drowned in the depths of the sea. Matthew 18:6

For those who are in pain following the Mother and Baby Homes Report - We pray for truth; we pray for justice; we pray for healing. We remember by name people we know who have been affected by the report.

## 10. JESUS IS STRIPPED OF HIS CLOTHES

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Luke 10:30

For workers - We pray for workers and those in search of work, that they may be treated with dignity and respect and receive a fair wage. We remember by name friend or family member who is having a hard time at work or who is out of work because of COVID.

## 12. JESUS DIES ON THE CROSS

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- it was now about noon, and darkness came over the whole land until three in the afternoon, 45 while the sun's light failed; and the curtain of the temple was torn in two. 46 Then Jesus, crying with a loud voice, said, 'Father, into your hands I commend my spirit.' Having said this, he breathed his last. Luke 23: 44-6

For those who have died from COVID - Over 6,000 people have died on the island of Ireland from COVID since the pandemic began: we pray for them as we pray for all our dead. We remember by name loved ones who have died and commend them to the love and mercy of our God.

## 14. JESUS IS LAID IN THE TOMB

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved. Psalm 55:22

In the silence of this Good Friday, in quiet and stillness, we gather up all the intentions of this prayer walk; We bring our own prayers spoken and unspoken; And we cast all our cares on the Lord, as we pray as Jesus taught us; Our Father...

The LORD bless you and keep you;

25 the LORD make his face to shine upon you, and be gracious to you;

26 the LORD lift up his countenance upon you, and give you peace.

Numbers 6:24-6

## 7. JESUS FALLS THE SECOND TIME

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. 8 Whoever does not love does not know God, for God is love. 9 God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. 1 John 4: 7-8

For children and their families - We pray that they may know love in the heart of their families and that they may come to know God's great love for them. We remember our children by name.

## 9. JESUS FALLS THE THIRD TIME

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- Now faith is the assurance of things hoped for, the conviction of things not seen. 2 Indeed, by faith our ancestors received approval. 3 By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible. Hebrews 11:1-3

For those who struggle to believe - We pray for those who struggle to believe, that they might remain in contact with the root of faith and the life of prayer, passing that heritage on to their children. We remember by name friend or family member who is struggling with their faith.

## 11. JESUS IS NAILED TO THE CROSS

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- When they came to the place that is called Golgotha, The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. 34 Then Jesus said, 'Father, forgive them; for they do not know what they are doing'. Luke 23: 33-4

For those who are suffering from addiction - We pray for all those who have been brought to Golgotha - the place of The Skull - by addiction of any kind. We pray for their recovery and consolation. We remember by name a loved one struggling with addiction.

## 13. JESUS IS TAKEN DOWN FROM THE CROSS

We adore You O Christ and we praise You.

R/ Because by Your holy cross You have redeemed the world.

- Joseph came from the Jewish town of Arimathea, and he was waiting expectantly for the kingdom of God. 52 This man went to Pilate and asked for the body of Jesus. 53 Then he took it down. Luke 23: 52-3

For those who accompany the bereaved and care for the dead - We give thanks for those who accompany us in bereavement and care for our dead. We pray for chaplains and counsellors in hospital and hospice settings; for priests and lay ministers; for the emergency services; for funeral directors. We remember by name a person who stood with in a moment of desolation and grief.

