

prium sepulchrum invenit in mundo, quia nempe non erat de hoc mundo. Tu qui tantum dependes ab hoc, numquid es de illo? sed fuge, contemne eum, ne cum ipso pereas.

Oratio:

O Iesu, tu me elegisti de hoc mundo, quid mihi ergo cum illo? Tu me creasti ad caelum, quid iam a te mihi volo super terram, in qua pro dolor! multum incola fuit anima mea? Apage, o munde, cum vanitatibus tuis; in via crucis, quam Salvator meus suis sacris signavit vestigiis, incedam impiger et tendam ad patriam caelestem, ubi habitatio et requies mea sit in aeternum.

Pater Noster.

Iesu Christe crucifixe, miserere mei.

not even have a grave of His own, because He was not of this world. You who are so attached to the world, henceforth despise it, that you may not perish with it.

Prayer:

O Jesus! Thou hast set me apart from the world; what, then, shall I seek therein? Thou hast created me for heaven; what, then, have I to do with the world? Depart from me, deceitful world, with thy vanities! Henceforth I will follow the way of the Cross traced out for me by my Redeemer, and journey onward with courage and fortitude to my heavenly home, my eternal dwelling place.

Our Father.

Lord Jesus crucified, have mercy on me.

Latin from Orate Fratres, P. Gaudentius, 1901.

Exercitium Sanctae Viae Crucis A Franciscan Way of the Cross

Michael Martin

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<http://home.earthlink.net/~thesaurus>

Ash Wednesday
February 25, 2004

erit. Cogita simul, quanta puritate oporteat cor illud nitere, in quod corpus Iesu in SS. Sacramento recipitur.

Oratio:

O Iesu! deprecor te, ne permittas me de cruce tua avelli; in ea enim vivere cupio et mori. Crea in me, Deus, cor mundum, ut per S. Communionem sacratissimum Corpus tuum digne recipiam et in te maneam, nec unquam a te valeam separari.

Pater Noster.

Iesu Christe crucifixe, misere mei.

**XIV. Statio
Sepultura Christi**

Meditatio:

Corpus Christi sepultum est in alieno monumento. Qui in cruce non habuit, ubi SS. Caput suum reclinaret, nec pro-

over, how pure the heart should be that receives the Body and Blood of Christ in the adorable Sacrament of the Altar.

Prayer:

O Lord Jesus! Thy lifeless Body, bruised and lacerated, found a worthy resting place on the bosom of Thy Virgin Mother. Have I not often compelled Thee to dwell in my heart, despite its unworthiness to receive Thee? Create in me a new heart, that I may worthily receive Thy most sacred Body in holy communion, and that Thou mayest remain in me, and I in Thee, for all eternity.

Our Father.

Lord Jesus crucified, have mercy on me.

**Fourteenth Station
Jesus is Laid in the
Sepulcher**

Meditation:

The Body of Jesus is interred in a stranger's sepulcher. He who in this world had not whereupon to rest His head would

liter mori. O quam sordet mihi mundus, si te in cruce pendentem aspicio! Suscipe me, o Iesu, in transfixum Cor tuum. Totus sum tuus, nec vivere volo nec mori, nisi tibi.

Pater Noster.

Iesu Christe crucifixe, misere mei.

**XIII. Statio
Iesus de cruce deponitur**

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.
R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Noluit Iesus de cruce vivus descendere, sed usque ad mortem in ea haerere. Cum autem mortuus deponeretur, voluit, uti vivus, sic et mortuus, in gremio virginali SS. Matris suae cubare. Esto et tu constans in bonis propositis, nec de cruce tua descendas: qui enim perseveraverit usque ad finem, hic salvus

world. How must I regard the world and its vanities, when I behold Thee hanging on the Cross, covered with wounds? O Jesus! receive me into Thy wounded Heart : I belong entirely to thee; for Thee alone do I desire to live and to die.

Our Father.

Lord Jesus crucified, have mercy on me.

**Thirteenth Station
Jesus is Taken Down
From the Cross**

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

Meditation:

Jesus did not descend from the Cross, but remained on it until He died. And when taken down from it, He, in death as in life, rested on the bosom of His blessed Mother. Persevere in your resolutions of reform and do not part from the Cross; he who persevereth to the end shall be saved. Consider, more-

**Exercitium Sanctae Viae Crucis
A Franciscan Way of the Cross**

As practiced by the Franciscans and extracted from the writings of St. Francis of Assisi. The English is from a Franciscan booklet and diverges from the Latin in places, but is otherwise a respectable translation.

**I. Statio
Christus ad mortem
condemnatur**

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.
R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Innocentissimus Iesus, qui peccatum non fecit nec facere potuit, ad mortem condemnatur, et quidem ad ignominiosam mortem crucis. Ut Pilatus amicus Caesaris habeatur, tradit Iesum voluntati inimicorum suorum. – O horrenda iniustitia! ut homini placeat, innocentiam damnare et Deum offendere non formidat.

Oratio:

O innocentissime Iesu! ego peccavi: ego mortis aeternae reus sum: ut autem ego vivam, tu sententiam mortis lubens acceptas. Quomodo ergo in posterum vi-

**First Station
Jesus is Condemned to
Death**

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

Meditation:

Jesus, most innocent and perfectly sinless, was condemned to death, and, moreover, to the most ignominious death of the Cross. To remain a friend of Caesar, Pilate delivered Him into the hands of His enemies. A fearful crime – to condemn innocence to death, and to offend God in order not to displease men!

Prayer:

O innocent Jesus! I have sinned, and I am guilty of eternal death; but that I may live Thou dost gladly accept the unjust sentence of death. For whom shall I henceforth

vam, nisi tibi soli? si hominibus placere cupiam, servus tuus esse non possum: displiceam igitur ipsis et toti mundo, ut tibi soli placere valeam.

Pater Noster.

Iesu Christe crucifixe, misere mei.

II. Statio
Iesus suscipit crucem
super humeros

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.
R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Iesus crucem intuens, summo cum desiderio sua brachia sanguine madentia, ad eam extendit illamque tenerrime amplexus, cordintime osculatus, humeris suis vulneribus dilaniatis imponit, et, licet ad mortem usque debilitatus, exultat ut gigas ad currendam vitam suam.

live, if not for Thee? Whom shall I seek to please but Thee? Thou Thyself hast said : "No man can serve two masters. Ye cannot serve God and mammon." Let me rather displease the whole world than offend Thee, O my Jesus.

Our Father.

Lord Jesus crucified, have mercy on me.

Second Station
Iesus Carries His Cross

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

Meditation:

When our divine Saviour beheld the Cross, He stretched out His bleeding arms toward it with eager desire, lovingly embraced it, tenderly kissed it, and, placing it on His bruised shoulders, joyfully carried it, although He was worn and weary unto death.

Pater Noster.

Iesu Christe crucifixe, misere mei.

XII. Statio
Iesus in cruce levatur et
moritur

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Aspice Iesum in cruce pendentem, nudum et vulneribus abundantem, inspicere plagas, quas amore tui recepit. Tota eius figura est typus amoris: caput inclinatum ad osculandum te, brachia extensa ad amplectendum te; quot vulnera, tot pignora amoris Iesu tui amantissimi. O quantus est hic amor! Iesus moritur, ut peccator vivat et ab aeterna morte liberetur; sed eheu! hic amor, tantus cum sit, quam male rependitur!

Oratio:

Amantissime Iesu! quis dabit mihi, ut amore tui moriar; fac me saltem mundi vanitatibus amore tui tota-

Our Father.

Lord Jesus crucified, have mercy on me.

Twelfth Station
Iesus Dies on the Cross

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

R. Because by Thy holy Cross Thou hast redeemed the world.

Meditation:

Behold Jesus crucified! Behold His wounds, received for love of you! His whole appearance betokens love! His head is bent to kiss you, His arms are extended to embrace you. His Heart is open to receive you. O superabundance of love! Jesus, the Son of God, dies upon the Cross, that man may live and be delivered from everlasting death.

Prayer:

O most amiable Jesus! If I cannot sacrifice my life for love of Thee, I will at least endeavor to die to the

Iesu Christe, et benedicimus tibi.

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Iesus vestibus spoliatus in cruce crudeliter extenditur et pedibus manibusque horrendis clavis affigitur. O cruciatus! o dolor! et ipse silet, quia amore mei patitur. — O anima mea! quomodo tu te geris in afflictionibus tuis? quam impatienter, quam querulose suffers eas!

Oratio:

O patientissime Iesu, Agne mansuetissime! detestor et abominor omnem impatientiam meam. Eia, Domine, crucifige carnem meam cum concupiscentiis et vitiis suis; hic ure, hic seca, ut in aeternum parcas. Totum me proiicio in manus tuas, tua sancta voluntas in omnibus fiat. Solam gratiam tuam mihi dona, et sufficit mihi.

and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

Meditation:

Jesus, after He had been stripped of His garments, was violently thrown upon the Cross, to which His hands and His feet were nailed most cruelly. In this excruciating pain He remained silent, and perfectly resigned to the will of His heavenly Father. He suffered patiently, because He suffered for me. How do I act in sufferings and in trouble? How fretful and impatient, how full of complaints I am!

Prayer:

O Jesus, meek and gentle Lamb of God! I renounce forever my impatience. Crucify, O Lord, my flesh and its concupiscences. Punish me, afflict me in this life, as Thou willest, only spare me in eternity. I commit my destiny to thee, resigning myself to Thy holy will : Not my will but Thine be done!

Oratio:

Non amicus Christi ero, si inimicus crucis sim! O dulcis, o bona crux! ego te amplector, exosculor et gaudenter suscipio de manu Dei. Absit a me amplius gloriari, nisi in cruce Domini mei, per quam mihi mundus crucifixus sit, et ego mundo: ut totus tuus sim, o Iesu, tuae Passionis me fac consortem.

Pater Noster.

Iesu Christe crucifixe, misere-re mei.

**III. Statio
Iesus prima vice cadit sub
cruce**

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Amantissimus Iesus cruce oneratus incendens, eius pondere depressus graviter in terram

Prayer:

O my Jesus! I cannot be Thy friend and follower if I refuse to carry the Cross. O dearly beloved Cross! I embrace thee, I kiss thee, I joyfully accept thee from the hands of my God. Far be it from me to glory in anything, save in the Cross of my Redeemer. By it the world shall be crucified to me and I to the world, that I may be Thine, O Jesus, forever.

Our Father.

Lord Jesus crucified, have mercy on me.

**Third Station
Jesus Falls the First Time**

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

R. Because by Thy holy Cross Thou hast redeemed the world.

Meditation:

Our dear Saviour carrying the Cross was so weakened by its heavy weight as to fall ex-

prolapsus est. Scilicet peccata nostra pondus illud intolerabile efficiebant, cui alias crux levis et dulcis amore nostri videbatur.

Oratio:

Ah mi Iesu! tu grave iugum peccatorum meorum portasti, et iniquitates meae sicut onus grave gravatae sunt super te; cur ergo iugum mandatorum tuorum ferre recusem, ut sic alter alterius onera portemus? Iugum tuum suave est et onus tuum leve: libenter itaque et gaudenter illud suscipiam, et portare contendam, donec vixero. Tu, o Iesu, portantem me gratia tua ita confortata, ne cadam amplius peccando graviter.

Pater Noster.

Iesu Christe crucifixe, misere mei.

IV. Statio
Iesus crucem baiulans
occurrit Matri suae
dolorosissimae

V. Adoramus te, Domine

hausted to the ground. Our sins were the heavy burden which oppressed Him; the Cross was to him light and sweet, but our sins were galling and insupportable.

Prayer:

My Jesus! Thou didst bear my burden and the heavy weight of my sins. Should I, then, not bear in union with Thee my easy burden of suffering, and accept the sweet yoke of Thy commandments? Thy yoke is sweet and Thy burden is light : I therefore willingly accept it. I will take up my cross and follow Thee.

Our Father.

Lord Jesus crucified, have mercy on me.

Fourth Station
Jesus Meets His Afflicted
Mother

V. We adore Thee, O Christ,

lenta rabie diripiuntur Iesu meo vestes suae. Ah! quanto cum dolore, dum etiam cutis una cum iisdem sanguine conglutinata dolorosissime avellitur. Exuitur vestibus, ut nudus moriatur. O quam bene, quam feliciter morerer, si veterem hominem cum actibus suis exutus decederem!

Oratio:

Fiat, mi Iesu, fiat, ut exuam veterem hominem, et induam novum secundum cor et voluntatem tuam creatum. Et licet sensualitati meae amarum accidat, non tamen parcam cuti meae. Omnibus mundanis vanitatibus nudatus mori cupio, ut tecum vivam in aeternam.

Pater Noster.

Iesu Christe crucifixe, misere mei.

XI. Statio
Iesu cruci affigitur

V. Adoramus te, Domine

on Calvary, He was cruelly despoiled of His garments. How painful this must have been, because they adhered to His lacerated Body and with them parts of His bloody skin were torn away. All the wounds of Jesus are renewed. Jesus is despoiled of His garments that he might die possessed of nothing; how happy shall I also die after casting off my evil self with all its sinful inclinations!

Prayer:

Help me, Jesus! to conquer myself and to be renewed according to Thy will and desire. I will not count the cost, but will struggle bravely to cast off my evil propensities; despoiled of things of my own will, I desire to die, that I may live to Thee forevermore.

Our Father.

Lord Jesus crucified, have mercy on me.

Eleventh Station
Jesus is Nailed to the
Cross

V. We adore Thee, O Christ,

Oratio:

O clementissime Iesu! infinitas tibi gratias ago, quod me toties peccantem peccatis meis nec immori, nec, prout centies merebar, in profundum inferni praecipitari permiseris. Accende in me novum fervorem, fove hunc iugiter meque in tua conserva gratia, ne unquam amplius ea excidam, aut cadam retro, sed in bono confirmatus de corpore mortis huius transeam ad libertatem filiorum Dei perfectam.

Pater Noster.

Iesu Christe crucifixe, misere mei.

X. Statio
Iesus vestibus nudatur et felle potatur

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Detrahuntur, vel potius vio-

Prayer:

Most merciful Jesus! I return to Thee infinite thanks for not permitting me to continue in sin and to fall, as I have so often deserved, into the depths of hell. Enkindle in me an earnest desire of amendment; let me never again relapse, but vouchsafe me the grace to persevere in penance to the end of my life.

Our Father.

Lord Jesus crucified, have mercy on me.

Tenth Station
Jesus is Stripped of His Garments

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

R. Because by Thy holy Cross Thou hast redeemed the world.

Meditation:

When our Saviour had arrived

Iesu Christe, et benedicimus tibi.

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Quam dolorosus erat aspectus afflictissimae Matris Mariae, dilectissimum Filium suum gravi cruce onustum, totum vulneribus et sanguine scatentem, ab infami faece carnificum tanta rabie impulsus conspicientis! Quam ineffabiles dolores sensit illud tenerrimum cor maternum! Oh quam desiderabat pro Iesu, vel saltem cum Iesu mori!

Oratio:

O Iesu! o Maria! ego sum causa dolorum cordium vestrorum, summe invicem amantium et ad extremum usque desolatorum. Ah utinam et cor meum de vestro dolore participet! – Eia, Mater, fons amoris, me sentire vim doloris fac, ut tecum lugeam. Fac, ut ardeat cor meum in amando Christum Deum, ut sibi complaceam. – Hoc demum a te humiliter efflagito, ut et mihi in amarissimae huius Passio-

and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

Meditation:

How painful it must have been for Mary, the sorrowful Mother, to behold her beloved Son laden with the burden of the Cross. What unspeakable pangs her most tender heart experienced! How earnestly she desired to die in place of Jesus, or at least with Him! Implore this sorrowful Mother to assist thee graciously in the hour of thy death.

Prayer:

O Jesus! O Mary! I am the cause of the great and manifold pains which pierce your loving hearts. O that my heart also would experience at least some of your sufferings! Mother of sorrows! pray for me that I may be truly sorry for my sins, bear my sufferings patiently in union with thee, and merit to enjoy thy assistance in the hour of my death.

nis vestrae memoria mortis semitam intranti, materna pietate occurrere et cum Filio tuo dulcissimo succurrere digneris.

Pater Noster.

Iesu Christe crucifixe, miserere mei.

V. Statio
Iesus a Simone Cyreneo
in baiulatione crucis
adiuvatur

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Simon Cyrenaeus angariatur ad tollendam crucem post Iesum, propter scelera nostra attritum ac debilitatum, quem, licet renitentem, Iesus pro comite acceptat. O quam gratus hic in Passione socius foret, si non coacte, sed sponte venisset. Sed etiam te, o anima mea, libenter acceptaret, si velles. Vocat te, invitat te: Tolle crucem tuam et sequere me, Tu vero resistis, et pro pudor! non nisi coacte

Our Father.

Lord Jesus crucified, have mercy on me.

Fifth Station
Simon of Cyrene Helps
Jesus to Carry the Cross

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

R. Because by Thy holy Cross Thou hast redeemed the world.

Meditation:

Simon of Cyrene was compelled to assist Jesus in carrying His Cross, and Jesus accepted his assistance. How willingly would He also permit you to carry the cross. He calls, but you hear Him not; He invites you, but you decline His invitation. What a reproach it is to bear the Cross reluctantly!

cor meum, ut ex oculis et corde copiosae lacrimae profluant et peccata mea vera contritione exstinguant.

Pater Noster.

Iesu Christe crucifixe, miserere mei.

IX. Statio
Iesus ad ascensum montis
Calvariae tertio cadit

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Iesus despectus et novissimus virorum, vir dolorum, et sciens infirmitatem, quam pro nobis assumpsit et pertulit, pedem montis Calvariae attingens, iam tertio gravissime prolapsus est, dolorosissime allisus in saxum ibidem in via positum. O quam immane pondus est peccatum! Iesum toties in terram depressit, et me iam dudum in abyssum inferni detrusisset, nisi pretiosa merita sanctissimae Passionis eius me praeservassent.

I may weep all my days over Thy sufferings and still more over their cause, my sins.

Our Father.

Lord Jesus crucified, have mercy on me.

Ninth Station
Jesus Falls the Third Time

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

R. Because by Thy holy Cross Thou hast redeemed the world.

Meditation:

Jesus, arriving exhausted at the foot of Calvary, falls the third time to the ground. His love for us, however, remains strong and fervent. What an oppressive burden our sins must be to cause Jesus to fall so often! Had He, however, not taken them upon Himself, they would have plunged us into the abyss of hell.

rere mei.

**VIII. Statio
Iesus filias Ierusalem
flentes alloquitur**

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Devotae hae mulieres plorant dolentes super Salvatorem, ipse autem ad eas conversus ait: "Nolite flere super me innocentem, sed super vos ipsas flete et super filios vestros", super peccata vestra flete utpote causam omnium horum dolorum. Ergo et tu plora, anima mea! nihil gratius est Christo tibi que nihil utilius, quam lacrimae, ex dolore de peccatis profusae.

Oratio:

O Iesu! quis dabit capiti meo aquam et oculis meis fontem lacrimarum, ut die ac nocte defleam peccata mea? Per amaras, sanguineas lacrimas tuas te oro, concede mihi donum lacrimarum: contere

mercy on me.

**Eighth Station
The Daughters of
Jerusalem Weep Over
Jesus**

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

R. Because by Thy holy Cross Thou hast redeemed the world.

Meditation:

These devoted women, moved by compassion, weep over the suffering Saviour. But He turns to them, saying: "Weep not for Me who am innocent, but weep for yourselves and for your children." Weep thou also; for there is nothing more pleasing our Lord, and nothing more profitable for thyself, than tears that are shed in contrition for sin.

Prayer:

O Jesus! Who will give to my eyes a fountain of tears, that day and night I may weep for my sins. I beseech Thee, through Thy bitter tears, to move my heart to compassion and repentance, so that

crucem suscipis.

Oratio:

O Iesu! quam vere dixisti: "Qui non accipit crucem suam et sequitur me, non est me dignus" – En! ut dignus te efficiar, ultro me comitem tibi in via crucis iungo: feram lubens tribulationem et crucem, si non tuam gravissimam, saltem illam meam, quamcumque demum humeris imponere meis tibi placuerit; hanc, sequendo te, portabo patiens usque ad finem vitae meae.

Pater Noster.

Iesu Christe crucifixe, miserere mei.

**VI. Statio
Veronica Christo
sudarium praesentat**

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:

Veronica ex compassionem et

Prayer:

O Jesus, whosoever does not take up his cross and follow Thee is not worthy of Thee. Behold, I will accompany Thee on the way of the Cross; I will carry my cross cheerfully; I will walk in Thy bloodstained footsteps, and follow Thee, that I may be with Thee in life eternal.

Our Father.

Lord Jesus crucified, have mercy on me.

**Sixth Station
Veronica Wipes the Face
of Jesus**

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

R. Because by Thy holy Cross Thou hast redeemed the world.

Meditation:

Veronica, impelled by devotion

devotionem velum capitis sui Iesu porrexit ad abstergendam faciem suam, sanguine et sputis defoedatam. Ille autem vultus sui effigiem eidem impressam restituit. O exiguum obsequium praestas tu, o anima mea, Salvatori tuo pro tot immensis beneficiis? recogita, dole et emendationem propone.

Oratio:
O Iesu! quid retribuam tibi pro omnibus, quae retribuisti mihi? totum me consecro servitio tuo: totum cor meum tibi offero: pone te ut signaculum super illud, et imprime imaginem tuam, ut iugiter memoria memor sim tui, nec tu operis tui obliviscaris in finem.

Pater Noster.

Iesu Christe crucifixe, miserere mei.

VII. Statio
Secundus lapsus Iesu ad portam

V. Adoramus te, Domine Iesu Christe, et benedicimus tibi.

and compassion, wipes the disfigured face of Jesus with her veil. And Jesus imprints on it His holy countenance; a great recompense for so small a service. What return do you make to your Saviour for His great and manifold benefits?

Prayer:
Most merciful Jesus! What return shall I make for all the benefits Thou hast bestowed upon me? Behold I consecrate myself entirely to Thy service. I offer and consecrate to Thee my heart : imprint on it Thy sacred image, never again to be effaced by sin.

Our Father.

Lord Jesus crucified, have mercy on me.

Seventh Station
Jesus Falls the Second Time

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

R. Because by Thy holy

R. Quia per sanctam crucem tuam redemisti mundum.

Meditatio:
Dolorosissimus Iesus iterum sub crucis pondere iacet, sacratissima sua facie in terram prostratus, nec a diabolica crudelitate carnificum momentum quietis ipsi datur, funibus et fustibus ad progrediendum compellitur. Hunc lapsum causarunt peccata nostra reiterata, et ego amplius peccare delecter?

Oratio:
O Iesu! miserere mei, porrige dexteram tuam, sustentata me, ne amplius in peccata priora relabar. Ergone peccatum hoc N. N. sciens volens repetam? absit a me. Dixi, nunc coepi; ab hoc momento serio conclusum sit, millies mori, quam peccare. Tu, mi Iesu, conforta me per gratiam tuam, sine qua nihil possum.

Pater Noster.

Iesu Christe crucifixe, mise-

Cross Thou hast redeemed the world.

Meditation:
The suffering Jesus, under the weight of His Cross, again falls to the ground; but the cruel executioners do not permit Him to rest a moment. Pushing and striking Him, they urge Him onward. It is the frequent repetition of our sins which oppresses Jesus. Knowing and realizing this, how can I continue to sin?

Prayer:
O Jesus, Son of David! Have mercy on me! Extend to me Thy gracious hand and support me, that I may never again fall into my old sins. From this very moment I will strive most earnestly to reform my life and to avoid every sin. Help of the weak, strengthen me by Thy grace, without which I can do nothing, that I may carry out faithfully my good resolution.

Our Father.

Lord Jesus crucified, have