

### **First Station**

LORD, teach me not to judge nor harbour any unkind thoughts towards others.

I can understand so little and my judgement will almost always be biased by motives of jealousy, greed or pride. Help me, instead, to recognise my own faults by allowing me to see myself as others see me, and - especially - as You see me - and then grant me the strength to replace my shortcomings with meekness and generosity of spirit.

### **Second Station**

LORD, teach me that to fight against accepting my cross adds immensely to its weight. Show me how to lighten its load by accepting that it is the will of our Father that my life should have hardships, for it is in the darkness of sorrow and pain that we seek most fervently the light of truth, and in the chill of loneliness and despair that we struggle to draw close to the warm flame of your love for us.

### **Third Station**

LORD, when you fell under the weight of your cross which bore my sins, you got up again and carried on - unswerving in your obedience to your Father. Teach me to fix my sights on you, to persevere when I fall away from grace again and again. Let me draw from the mercy you show me, the strength to defeat my weaknesses.

### **Fourth Station**

MARY, Mother of God and of Man, help me to accept with serenity the hardships and struggles I must witness in the lives of those I care for and love. Teach me to identify wisely when practical help is needed, when silent support is needed and when my involvement would mean unwelcome interference.

### **Fifth Station**

LORD, it isn't always easy to see where help is needed. Teach me that to concentrate on my own problems is to close my eyes to the often greater burdens of family, friends - and strangers. May I learn to be less self-absorbed; let me see how I may lighten the load of others - and thereby shoulder a tiny part of the weight of your cross.

### **Sixth Station**

LORD, teach me that even when I feel afraid and helpless to ease the burdens of others, the smallest gesture can mean a lot. Sometimes just a smile or a kind word or a touch of the hand can make a difference. May I treat kindly everyone I meet not just the attractive and appealing people who are easy to be near.

### **Seventh Station**

LORD, take my hand in yours, help me up. I know that if I manage even one

small faltering step towards you, in your great love you will come out to meet me.

### **Eighth Station**

LORD, teach us to turn our tears of self-pity into tears of shame for the agony we have caused you; lead us to make positive changes in ourselves to remove those things which hurt you, so that our tears may be turned to joy as we feel your presence in our souls and in our lives.

### **Ninth Station**

LORD, teach us to respect and rejoice in the sacraments you left your Church - the continuous opportunities for forgiveness and spiritual nourishment. May we never become complacent or cavalier in our attitude to the means of our salvation, but gain an ever greater understanding of your boundless mercy.

### **Tenth Station**

BELOVED LORD, I know that I am always naked before you. Nothing I do escapes your notice; I need never bother to offer excuses or explanations for anything I do - or don't do. You see me as I am, and you see the potential you created in me. Please clear my mind of trivia and help me to become the person you want me to be, rather than a worthless shell wrapped in earthly trappings.

### **Eleventh Station**

LORD, teach us to be brave; to accept without complaint the pains and hardships which may come our way. Not to question why, but to say always: Let thy will, not mine, be done. To accept your will is to receive your grace.

### **Twelfth Station**

LORD, we know that your death was not the end, but the means by which we can reach our end - our goal. You died before us to show us that obedience to the Father's will and dying to ourselves is the way to Life. As those we love reach the end of their lives on earth, grant that they may soon join you in perfect peace and happiness and grant us the consolation which comes from faith and trust in Your mercy.

### **Thirteenth Station**

LORD, sometimes it is hard, sometimes impossible, to see why things happen. Tragic, heart-breaking things happen to good people, to children, to the vulnerable - and the world asks 'why?' Help us to learn how to accept what we don't understand and to trust, to be still and know that God is always near. Banish the pride which dictates to us that we have a right to know everything. Console us in our grief and save us from despair.

### **Fourteenth Station**

LORD, there will be times when I will have to stand up against the majority, speak out against the popular principles of an immoral society which has rejected the notion of self-denial and lives only for self-gratification. It might not be easy to stand out from the crowd, it might make no difference to anyone, but may I never deny what I have learned to be true from trying to follow your teaching, and your Way of the Cross.

### **Fifteenth Station**

LORD, at times it is hard to keep my faith burning ever brightly. Sometimes the flame of my belief grows dim, especially, when I am confronted by the enormity of my sinfulness or by the pains and sorrows of this life. When I struggle with my small crosses, when I am tempted to ask 'why me?' help me to remember that in my suffering I share in yours. I trust in your promise that I may also share in your resurrection to supreme happiness in your presence for all eternity.

MY LORD,  
be always with me in this life,  
so that I may be with you in the next.

### **Final Prayer**

My LORD,  
My GOD,  
My ALL -

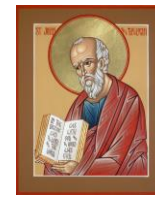
the deep sadness and shame  
I feel as I have tried to imagine  
some of what you suffered for me,  
is softened by a gratitude  
I can never express,  
an unfaltering hope  
in your infinite mercy  
and an immovable trust  
in your undying love.

Possess me, LORD;  
flood the darkness of my sin  
with the light of your grace  
until there is nothing in my  
thoughts, words or deeds  
which can ever offend  
or disappoint you again.

LORD,  
with the words  
"Thy will be done" -  
I willingly accept my cross,  
trusting that your love means  
I shall never be left to carry it  
alone.

Amen.

(Prayers by Fran Godfrey)



St John the Evangelist  
Poulton-le-Fylde

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