

# Stations of the Cross - Examination of Conscience

## 1. Jesus is Condemned to Death

*“Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.” (Mk 15:15)*

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have done the wrong things to please others.
- For the times I have judged others wrongly.
- For the times I have judged others unfairly.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

## 2. Jesus Carries His Cross

*“Then they led him out to crucify him. (Mk 15:20b)*

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have failed to carry my cross.
- For the times I have been angry about carrying a cross at all.
- For the times I have ask: Why do I have to carry this cross?

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

## 3. Jesus Falls for the First Time

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have fallen into sin.
- For the times I have wanted to give up.
- For the times I was unjustly angry, or fought, with others.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

## 4. Jesus Meets His Mother

*“‘Who are my mother and my brothers?’ ... Whoever does the will of God is my brother and sister and mother.” (Mk 3:33-36)*

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have failed to do your will.
- For the times I have hurt those close to me.
- For the times I have failed to honour my parents.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

### 5. **Simon Helps Jesus Carry His Cross**

*“They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus.” (Mk15:21)*

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have failed to help others to carry their cross.
- For the times I have failed to be generous.
- For the times I have been cynical about others lending a hand.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

### 6. **Veronica Wipes the Face of Jesus**

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have failed to show sympathy and compassion to others.
- For the times I have failed to go to the help of others.
- For the times I have failed to see that someone needed my help.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

### 7. **Jesus Falls for a Second Time**

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have missed Sunday Mass.
- For the times I have missed my prayers.
- For the times I didn't show respect to your holy name.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

### 8. **Jesus Speaks to the Women of Jerusalem**

*“These used to follow him and provided for him when he was in Galilee; and there were many other women who had come up with him to Jerusalem.” (Mk 15:40-41)*

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have failed to recognise you in others.
- For the times I have failed to appreciate the kindness and generosity of others.
- For the times I have failed to have time for someone in need.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

### **9. Jesus Falls for the Third Time**

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have been unfaithful to those I love.
- For the times I have neglected my duties to those around me.
- For the times I ridiculed others.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

### **10. Jesus is Stripped of His Garments**

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have not shown respect to myself or others.
- For the times I have sinned against purity.
- For the times I have been dishonest.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

### **11. Jesus is Nailed to the Cross**

*“It was nine o’clock in the morning when they crucified him. The inscription of the charge against him read, “The King of the Jews.” ” (Mk15:25)*

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have caused pain to others.
- For the times I have allowed others to be hurt.
- For the sins I have committed that caused you to be nailed to the cross.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

## 12. Jesus Dies on the Cross

*“At three o’clock Jesus cried out in a loud voice... “My God, my God why have you forsaken me?” ... Then Jesus gave a loud cry and breathed his last.” (Mk 15:34, 37)*

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have failed to appreciate the precious gift of life.
- For the times I have threatened the safety of others.
- For the times I have threatened my own safety.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

## 13. Jesus is Taken Down from the Cross

*“Then Joseph (of Arimathea) ... taking down the body, wrapped it in the linen cloth...” (Mk15:46)*

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For the times I have fallen into despair.
- For the times I just wanted to give up.
- For the times I cut you out of my life.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

## 14. Jesus is Laid in the Tomb

*“Then Joseph ... laid the body in a tomb that had been hewn out of rock. He then rolled a stone against the door of the tomb.” (Mk 15: 46)*

V. We adore You, O Christ, and we praise You  
R. because by Your holy cross You have redeemed the world.

- For my failure to pray for our dead.
- For the times I have shown disrespect to those who have died.
- For the times I have shown disrespect for the graves of the dead.

V. Lord Jesus Christ, Son of God,  
R. have mercy on me, a sinner.

## Prayers for the Intentions of Our Holy Father Pope Francis

Our Father  
Hail Mary  
Glory be to the Father