

El Via Crucis

Q

Who invented the Stations of the Cross?

A

The first Stations of the Cross were walked by Jesus himself on the way to Calvary. Known as the *Via Dolorosa* ("The Way of Suffering") or the *Via Crucis* ("The Way of the Cross"), it was marked out from the earliest times and was a traditional walk for pilgrims who came to Jerusalem. The early Christians in Jerusalem would walk the same pathway that Jesus walked, pausing for reflection and prayer. Later, when Christians could not travel to the Holy Land, artistic depictions of "The Way of the Cross" were set up in churches, or outside and Christians would walk from station to station, reading the Gospel account of the Passion, or simply praying and reflecting on each event. While the content or place of each station had changed, the intention was to make a mini-pilgrimage and follow—literally—in the footsteps of Jesus.

This devotion became better known in the Middle Ages, and the Franciscans are credited with its spread. Lent is a time when many people make the Stations and some churches present Passion plays or Living Stations. But anyone can pray the Stations at any time. It is a simple and personal reflection on the passion of Jesus and what it means to us.

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Via Crucis

Todos: Señor mio Jesucristo que nos invitas a tomar la cruz y seguirte, caminando tú delante para darnos ejemplo: Danos tu luz y tu gracia al meditar en este Vla Crucis tus pasos para saber y querer seguirte.

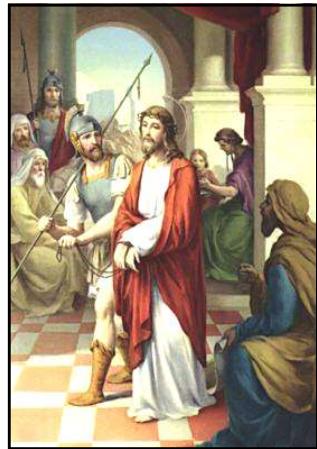
Madre Dolorosa: inspiranos los sentimientos de amor con que acompañaste en este camino de amargura a tu Divino Hijo. AMEN.

Way of the Cross

All: Jesus my God and Savior, I am deeply sorry for the sins I have committed, because through your sufferings you have revealed how much God loves us. As I follow the path of your sufferings I trust that in your goodness you will pardon my sins, and I firmly resolve to sin no more. AMEN.



1

**JESUS IS CONDEMNED TO DIE
JESÚS ES CONDENADO A MUERTE**

C. We adore you, O Christ and we praise you

R. Because by your holy cross you have
redeemed the World.

When Pilate heard these words he brought Jesus out and seated him on the judge's bench in the place called Stone Pavement, in Hebrew, Gabbatha. It was preparation day for Passover, and it was about noon. And he said to the Jews, "Behold, your king!" They cried out, "Take him away, take him away! Crucify him!" Pilate Said to them, "Shall I crucify your king?" the chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified.

Pilato mandó sacar a Jesus y dijo a los judíos: "Aqui tienen a su rey".
Pero ellos le gritaban: "¡Fuera, fuera, crucificalo!" Pilato les dice: "Pero,
¿cómo he de crucificar a su rey?" Respondieron los principes de los
sacerdotes: "Nosotros no tenemos más rey que al César". Entonces se
los entregó para que fuera crucificado. (Juan 19, 13-16).

Our Father / Padre Nuestro

Reflection:

Pilate is just doing his job, he takes no responsibility in condemning an innocent man, may God watch over all prisoners of conscience and those who are persecuted.

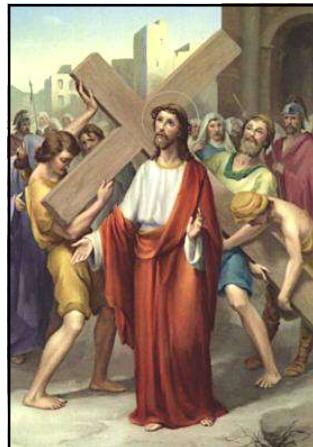
Pilato solamente está haciendo su trabajo, el no aceptó la
responsabilidad para condenar a un hombre inocente, oremos por
todos los prisioneros de conciencia.

At the cross her station keeping,
Stood the mournful Mother weeping
Close to Jesus to the last.

Estaba la Dolorosa
al pie de la Cruz, llorosa,
Donde pendia el Hijo.

2

JESÚS CON LA CRUZ A CUESTAS JESUS ACCEPTS HIS CROSS



C. Te adoramos Cristo, y te bendecimos

R. Que por tu santa cruz redimiste al mundo y
a mí, pecador.

Los judíos tomaron a Jesús y cargándole la
cruz, salió hacia el lugar llamado Calvario
(Juan 19,17)

So they took Jesus and carrying the cross
himself he went out to what is called the Place
of the Skull, in Hebrew, Golgotha.

Dios te Salve, María / Hail Mary

Reflexion:

Jesús, tu cargaste esa cruz tan pesada sobre tu hombro herido, y sin embargo, el peso de la cruz era mi pecado, yo me arrepiento de mis pecados y te ruego que me concedas tu Salvación. Perdóname Señor porque te he fallado al no hacer tu Santa Voluntad.

Jesus accepts his cross upon his wounded shoulders, the true weight of the cross are my sins, I need to repent of my sins and so receive the promise of salvation. Forgive Lord, when I fail to do your will.

Su alma gemia de dolor
Y una espada trapaso
Su pecho afigido

Through her heart, His sorrow sharing
All His bitter anguish bearing,
The piercing sword had passed.

3

JESUS FALLS THE FIRST TIME JESÚS CAE POR PRIMERA VEZ



C. We adore you, O Christ and we praise you

R. Because by your holy cross you have
redeemed the World.

I gave my back to those who beat me, my
cheeks to those who plucked my beard; My
face I did not shield from buffets and spitting.

He ofrecido mi espalda a los que me
golpeaban, y mis mejillas a los que me
arrancaban la barba; no aparté la cara ni de
los ultrajes ni de las salivas que me echaban
(Isaias 50,6)"

Glory Be / Gloria al Padre

Reflection:

How often we fall into temptation, how frequently we want to give up
when life is burdensome but you teach us that your yoke is not heavy at
all.

A menudo caeremos en la tentación, y con qué frecuencia queremos
dejar cuando encontramos la dificultad, pero Tu nos enseñas que tu
yugo es suave.

O how sad, and sore distressed,
Now was she, that Mother Blessed
Of the sole begotten One.

Cuan triste e inconsolable
Quedo esta bendita madre
Del Hijo Unigenito.

JESÚS ENCUENTRA A SU SANTÍSIMA MADRE

JESUS MEETS HIS MOTHER



C. Te adoramos Cristo, y te bendecimos

**R. Que por tu santa cruz redimiste al mundo y
a mí, pecador.**

Una espada atravesará tu corazón
(Lucas, 2, 35)

And you yourself a sword will pierce so that
the thoughts of many hearts may be revealed.

Padre Nuestro / Our Father

Reflexion:

Madre dolorosa, Virgen María, permíteme compartir tu dolor para que la Santa Pasión de mi Señor permanezca siempre viva dentro de mi recordándome el amor de Dios por mí. Ven a encontrarme también en mi camino doloroso hacia el Señor.

Sorrowful Mother Mary, may we share in your sorrow over the passion of your Son, may we always remember the love of God for me. Meet me in the pains that I experience in my way toward the Lord.

Como se dolía María
Mientras las penas veía
De su primogenitor!

Woe begone, with heart's prostration
Mother meek, the bitter Passion
Saw she of her glorious Son.

5 SIMON OF CYRENE HELPS CARRY THE CROSS **EL CIRINEO AYUDA A JESÚS A LLEVAR LA CRUZ**



C. 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 took hold of a certain Simon, a Cyrenian, who was coming in from the country, and after laying the cross on him, they made him carry it behind Jesus.

Cuando llevaban a Jesús al Calvario,
detuvieron a un cierto Simón de Cirene, que
volvía del campo, y lo cargaron con la cruz,
para llevarla, detrás de Jesús (Lucas 23, 26).

Hail Mary / Dios te Salve María

Reflection:

God does not need my help, but I need God's help and the world needs me to act with greater charity and justice in all that I do and say.

Dios no necesita mi ayuda, pero Yo necesito la ayuda de Dios y el mundo necesita que Yo actué con mas caridad y justicia en todo que hago y digo.

Who could mark, from tears refraining
Christ's dear mother uncomplaining,
In so great a sorrow bowed?

Quien podria sin llorar
a esta madre contemplar
En tanto tormento?

6

LA VERÓNICA LIMPIA EL ROSTRO DE JESÚS

VERONICA WIPES THE FACE OF JESUS



C. Te adoramos Cristo, y te bendecimos

R. Que por tu santa cruz redimiste al mundo y
a mí, pecador.

Muchos se horrorizaban al verlo, tan
desfigurado estaba su semblante que no
tenía ya aspecto de hombre (Isaias 52, 14).

Even as many were amazed at him - so
marred was his look beyond that of mortals—

Gloria al Padre / Glory be to the Father

Reflexion:

Señor, Tu nos has creado para tu Gloria, por favor ayúdanos. Limpia las manchas del pecado en nuestras almas con tu Preciosa Sangre para que restaure tu Imagen en nosotros.

You have created us for your glory, help us Lord. Cleanse us from the stain of sin of your blood on our hands so that you might restore your image in our souls.

Y quien no se entristeciera,
Madre piadosa, si viera
Vuestro sufrimiento?

Who unmoved beheld her languish
Underneath His Cross of anguish,
Mid the fierce, un pitying crowd?

7

**JESUS FALLS THE SECOND TIME
JESÚS CAE POR SEGUNDA VEZ**

C. We adore you, O Christ and we praise you

R. Because by your holy cross you have
redeemed the World.

Yet it was our infirmities that he bore, our
sufferings that he endured, while we thought
of him as stricken, as one smitten by God and
afflicted.

Eran nuestros sufrimientos los que llevaba,
nuestros dolores los que le pesaban ... Ha
sido traspasado por nuestros pecados, deshecho
por nuestras iniquidades ... (Isaias 53, 4).

Our Father / Padre Nuestro

Reflection:

There seems to be so many obstacles in my way to be a better Christian. The way of goodness is blocked by a world of easy virtue and desire. May God lift me up when I am depressed by the difficulties of life.

Parece que hay muchos obstáculos para ser un mejor Cristiano.
El camino de bondad a menudo está bloqueado por muchas tentaciones a una vida del deseo y placer. Que Dios se me levanta cuando estoy sufriendo de depresión y los otras dificultades.

For His people's sins rejected,
She her Jesus, unprotected,
Saw with thorns, with scourges rent;

Por los pecados del mundo
Vio a Jesus en tan profundo
Suplicio y flagelo.

8 JESÚS CONSUELA A LAS PIADOSAS MUJERES JESUS SPEAKS TO THE WOMEN OF JERUSALEM



- C. Te adoramos Cristo, y te bendecimos
R. Que por tu santa cruz redimiste al mundo y
a mí, pecador.

Seguían a Jesús una gran multitud del pueblo y de mujeres, que se golpeaban el pecho y lloraban por él. Pero Jesús, volviéndose a ellas, les dijo: “¡Hijas de Jerusalén! no lloren por mí; lloran más bien por sí mismas y por sus hijos” (Lucas 23, 27-28).

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children.”

Dios te Salve María / Hail Mary ...

Reflexion:

Señor, en nuestra debilidad humana nos preocupamos tanto de vivir nuestras vidas sin incomodidad ni dolor, y sin embargo Tu nos dices que es mas importante buscar el Reino de los Cielos y llorar por nuestros pecados, para poder ganar la vida eterna.

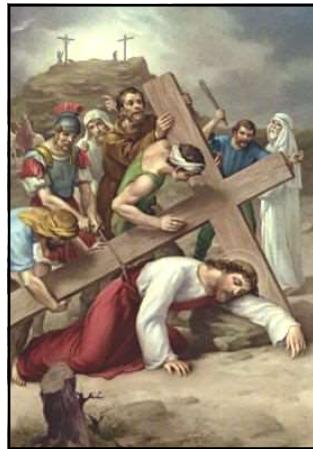
Lord, in our weakness, we are so often worried about a life filled with pain and discomfort yet you teach us to seek first the kingdom of heaven and to mourn our sins in order to obtain eternal life.

Vio a su Hijo dulce y amado
Ir muriendo desolado
Sin ningun Consuelo

Saw her Son from judgment taken
Her beloved in death forsaken
Till His Spirit forth He sent.

9

JESUS FALLS THE THIRD TIME JESÚS CAE POR TERCERA VEZ



C. We adore you, O Christ and we praise you

R. Because by your holy cross you have
redeemed the World.

Come to me, all you who labor and are
burdened, and I will give you rest. Take my
yoke upon you and learn from me, for I am
meek and humble of heart; and you will find
rest for yourselves.

Vengan a mí todos los que están cansados
y oprimidos y yo les aliviaré. Carguen mi
yugo sobre sus hombros, y aprendan de mí
que soy manso y humilde de corazón, y
encontrarán descanso para sus almas.
(Mateo 11, 28-29).

Glory be to the father / Gloria al Padre

Reflection:

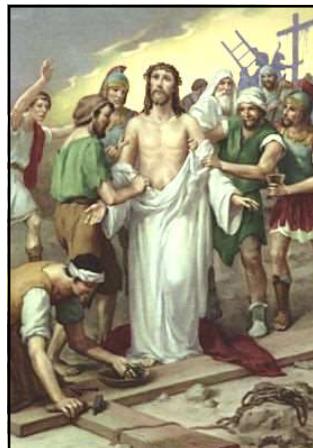
There are those time when I stumble and feel like I am falling
headlong and at a loss what to do but you, Lord Jesus, give me
hope and a new direction.

Hay veces cuando tropiezo y me siento cayendo por la tierra.
No se que hacer pero Tu, Señor me da la esperanza y una nueva
dirección para seguirte.

Fount of love and Holy sorrow
Mother! May my spirit borrow
Somewhat of thy woe profound

Oh Madre, fuente de amor!
Haz que sienta tu dolor
Y lllore contigo.

10 JESÚS ES DESPOJADO DE SUS VESTIDURAS JESUS IS STRIPPED OF HIS GARMENTS



C. Te adoramos Cristo, y te bendecimos

R. Que por tu santa cruz redimiste al mundo y
a mí, pecador.

Llegados al lugar llamado Gólgota le dieron a beber a Jesús vino mezclado con hiel, pero él, habiéndolo probado, no quiso beber. Los que le crucificaron se repartieron sus vestidos a suertes (Mateo 27, 33 -35)

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 crucified him, they divided his garments by casting lots.

Padre Nuestro / Our Father

Reflexion:

Señor, lo que te hicieron a ti es lo que nosotros le hacemos a nuestras almas, desnudamos tu imagen que nos fue dada en el bautismo y corrompemos los templos de tu Gloria. Viste nuestras almas de nuevo con las vestimentas de tu Divina Misericordia.

Lord, what they did to you is the same that we do to our souls, we strip ourselves of your likeness given to us at our baptism and desecrate temple of your glory that we are. Clothe us again with your Divine Mercy.

Haz que arda mi Corazon
Amando a Cristo, mi Dios,
mi divino amigo

Unto Christ, with pure emotion
Raise my contrite heart's devotion,
Love to read in every Wound.



C. 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 called the Skull,
they crucified him and the criminals there, one
on his right, the other on his left.

Cuando llegaron al lugar llamado Calvaria,
crucificaron allí a Jesús y a dos malhechores,
uno a la derecha y otro a la izquierda (Lucas
23, 33).

Hail Mary / Dios te salve, María

Reflection:

At times I feel like I am banging at the door and there is no one to hear me. Why doesn't God correct the mess that get ourselves into? It is easy to escape the responsibilities that tie me down.

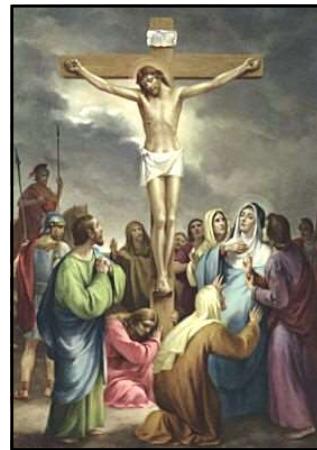
Hay los tiempos cuando me siento como un hombre tocando a la puerta y no hay nadie para responder. Por qué no limpiar el lio que hemos hecho? Es fácil para dejar los responsabilidades que es los míos.

Those five Wounds on Jesus smitten
Mother! In my heart be written
Deep as in thine won they be.

En mi alma, Madre, te ruego
Que imprimas a sangre y fuego
Las llagas de tu Hijo.

12

JESÚS MUERE EN LA CRUZ JESUS DIES ON THE CROSS



C. Te adoramos Cristo, y te bendecimos

R. Que por tu santa cruz redimiste al mundo y
a mí, pecador.

Hacia la hora Sexta, las tinieblas cubrieron la tierra hasta la hora nona. El sol se eclipsó y el velo del Templo se rasgó por medio. Y Jesús, con fuerte voz dijo: "Padre, en tus manos encomiendo mi espíritu". Y al decir esto, expiró. (Lucas 23, 44-46).

It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle.

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.

Padre Nuestro / Our Father

Reflexion:

Yo vengo a encontrarte y a tomar parte de tu santo sacrificio cuando te recibo en la Sagrada Comunión, concédeme revivir tu passion diariamente, úneme a tu Preciosa Sangre, ten Misericordia de mi Señor y del mundo entero.

I come to meet you and to take part in the holy sacrifice when I receive communion, grant that I may live your Passion anew each day, anoint me with your precious Blood, have mercy on me and on the entire world.

Haz que comparta las penas
que el alma de Cristo llenana
En el Crucifijo

Thou my Savior's cross who bearest
Thou, thy Son's rebuke who sharpest
Let me share them both with thee!

13

JESUS IS TAKEN DOWN FROM THE CROSS

JESÚS ES BAJADO DE LA CRUZ



C. We adore you, O Christ and we praise you

R. Because by your holy cross you have
redeemed the World.

Now there was a virtuous and righteous man named Joseph who, though he was a member of the council, had not consented to their plan of action. He came from the Jewish town of Arimathea and was awaiting the kingdom of God. He went to Pilate and asked for the body of Jesus. After he had taken the body down, he wrapped it in a linen cloth.

Un hombre llamado José, el cual era del Consejo, hombre bueno y justo, de Arimatea,

ciudad judía, quien esperaba también el Reino de Dios, que no había estado de acuerdo en la resolución de ellos en sus actos, fue a ver a Pilato y le pidió el cuerpo de Jesús. Después lo bajó, y lo amortajó en una sábana (Lucas 23, 50-53).

Hail Mary / Dios te salve, María

Reflection:

How often I would bury my feelings and the pain that I have caused or the pain that others have caused me. With you at my side, I can see that pain and suffering is a portal to your limitless grace, let me bury myself in the arms of your loving embrace.

Frecuentemente, Enterría mis sentimientos y la pena que he causado y la pena que otras me han infligido. Sin embargo Contigo a mi lado, puedo ver que la pena y el sufrimiento son las puertas a una vida de gracia, permíteme enterrar a mi mismo en sus brazos de amor.

In the Passion of my Maker
Be my sinful soul Partaker
Weep till dear, and weep with thee

Deja que contigo llore
Mientras viva, los Dolores
De cristo sufrente.



C. Te adoramos Cristo, y te bendecimos

R. Que por tu santa cruz redimiste al mundo y
a mí, pecador.

José tomó el cuerpo de Jesús, lo envolvió en una sábana limpia, y lo depositó en su propio sepulcro nuevo, que había hecho cavar en la roca. Hizo rodar una piedra grande a la puerta del sepulcro. (Mateo 27, 59-60).

Taking the body, Joseph wrapped it in clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed.

Gloria al Padre / Glory be to the Father

Reflexion:

Señor, déjame morir en Ti, y permanece enterrado dentro de mí.
Yo ansío el momento de la resurrección de los muertos cuando tú
me revelarás tu Gloria. Por ahora déjame adorarte en el Santísimo
Sacramento y concédeme la gracia de vivir una vida santa.

Lord, let me die to you and may you be buried deep in me. I look
forward to the moment of the resurrection of the dead when your glory
will be revealed. For now, let me worship you in the Blessed Sacrament
and grant me the grace to live a holy life.

Junto a al Cruz del amado
Quiero estar siempre a tu lado
Y llorar su muerte

Mine with thee be that sad station,
There to watch the great Salvation
Wrought upon the atoning Tree.

Final Prayer:

Lord, we have come to the end of this sorrowful path which you trod for us. You know us, our weaknesses and the paths which we have taken. Give us the strength to pick up our cross daily and to follow faithfully, for you are the Way, the Truth and the Life. Amen.

Oración Final:

Señor, en nuestro Via Crucis necesitamos contar contigo. Queremos ser fieles a la voluntad de Dios. Aceptamos las alegrías y las cruces que nos ofreces, pero bien sabes que solos nada podemos. Señor, queremos que tú cuentes con nosotros. Pero sobre todas las cosas queremos contar contigo, Señor. Te lo pedimos por los dolores de tu Madre la Virgen María. Amen.

Hymn:

Jesus, remember me when you come into your kingdom

Jesus, remember me when you come into your kingdom

(Repeat Twice)

Jesus, acuerdate de mi cuando en tu reino

Jesus, acuerdate de mi cuando en tu reino

(Repetir dos veces)

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