

Our Lady of Sorrows | 555 Slocan St. Vancouver, BC www.olos.ca



LET'S PRAY TOGETHER DURING LENT

ROSARY / VIA CRUCIS

MONDAY(**ROSARY**) &
FRIDAY(**STATIONS OF THE CROSS**) IN ENGLISH 9PM
<https://www.facebook.com/groups/rosary.olos.ca/>

TUESDAY(**ROSARIO**) &
THURSDAY(**VIA CRUCIS**) IN SPANISH 9PM
<https://www.facebook.com/groups/rosario.olos.ca/>



1st 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.

We may have been condemned by others for no fault of ours. We may have been hurt. We may be unwanted and lonely in this world. We may be a burden for others. Let us give all those painful moments over to the Lord.



2nd station | Jesus carries the Cross.

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

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

Let us remember the times when he had to carry our cross in the form of sin, sickness, pain, worry, despair, loneliness, guilt, loss of loved ones, financial problems and so on. As Jesus bore the cross with patience, let us be patient with our cross and look forward towards greater glory.



3rd 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.

**Let us remember the first time when we
gave into temptation and sinned.
We fell into sin and moved away from God.
Let us repent and ask
Jesus for his forgiveness.**



4th station | Jesus meets his mother.

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

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

Let us remember our Heavenly Mother who gave birth to Jesus Christ and raised him on this earth. Let us believe in our Heavenly Mother's powerful intercession. Mother Mary can intercede for us and obtain all graces we need in our lives.

Let Mother Mary be our comfort and strength during this earthly journey.



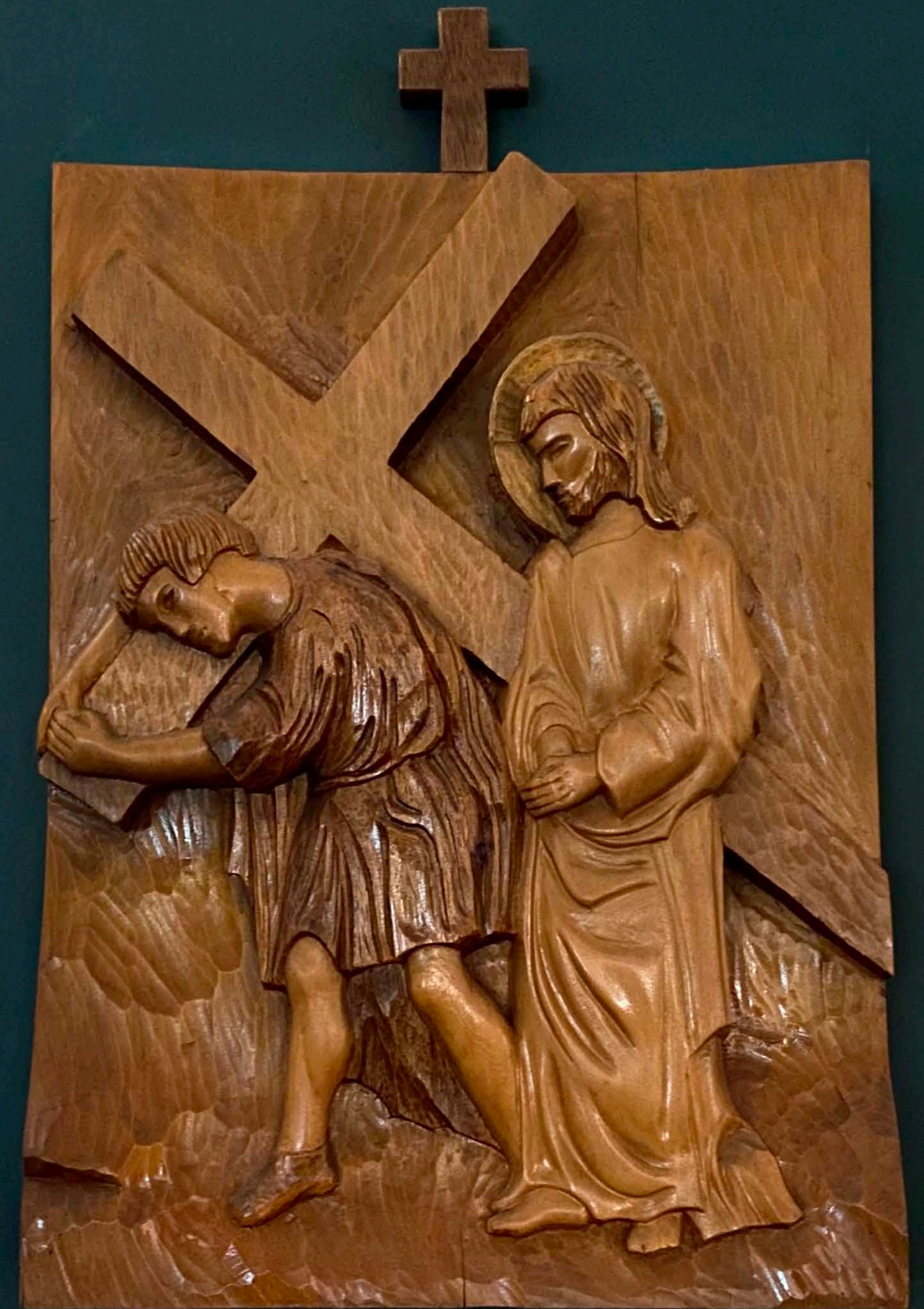
5th station | Simon of Cyrene helps Jesus to carry his cross.

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

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

When we were burdened with our cross, when the cross was too heavy for us to carry, Jesus would have sent someone into our lives to help us carry the cross. It may have been your spouse, your parents, your children, your friends or even a stranger. Jesus would never abandon us.

**Let us thank Jesus for all those people
who gave us hope.**



6th 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.

**Let us remember our family members
and friends who were there with us, to comfort
us during the most painful times of our life.
Let us pray for them, for all the times they
comforted us and brought back
faith to our lives.**



7th station | Jesus falls for the second time.

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

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

We often feel sorry and repent for our sins.

**We again fall into temptation and
then forget everything pretty soon.**

**We go back to our sinful lives,
falling into even more greater sins.**

**Let us surrender our hearts to the Lord
and be truly repentant and sorry.**

**Let us strive not to keep committing
the same sins over and over.**



8th station | Jesus meets the women of Jerusalem.

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

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

**Let us be compassionate and
merciful to the people around us.**

**Let us open our eyes to
the people suffering in this world.**

**As Jesus comforted the women of Jerusalem,
let us have mercy on those in distress.**

**Let our hearts reach out to the Sinners and the
people who yet don't know Jesus.**



9th 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.*

**Let this be the last time we sin.
Let us make our hearts strong and
pray to Jesus for strength
to fight the temptations of Satan.
Let us become closer to God during
this Lenten Season, through
Fasting, Prayer and Almsgiving.**



10th station | Jesus is stripped of his clothes.

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

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

Surrender all those moments in your life which you wish had never ever happened and want to forget forever.

It may have been a moment of great embarrassment or great shame. It may be a moment when somebody insulted you or hurt you deeply. When Jesus was stripped of his clothes, he was ashamed and hurt, but he bore everything for our sins. Let us invite Jesus to heal our wounds and surrender all painful moments of our lives to Him.



11th station | Jesus is nailed to the Cross.

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

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

**Let us give up our sinful life.
Let all our sins be nailed to the cross so
that we can live a new life in Jesus.
As Jesus endured unbearable pain
while being nailed to the cross,
let us bear our sorrows
with patience and hold onto life.**

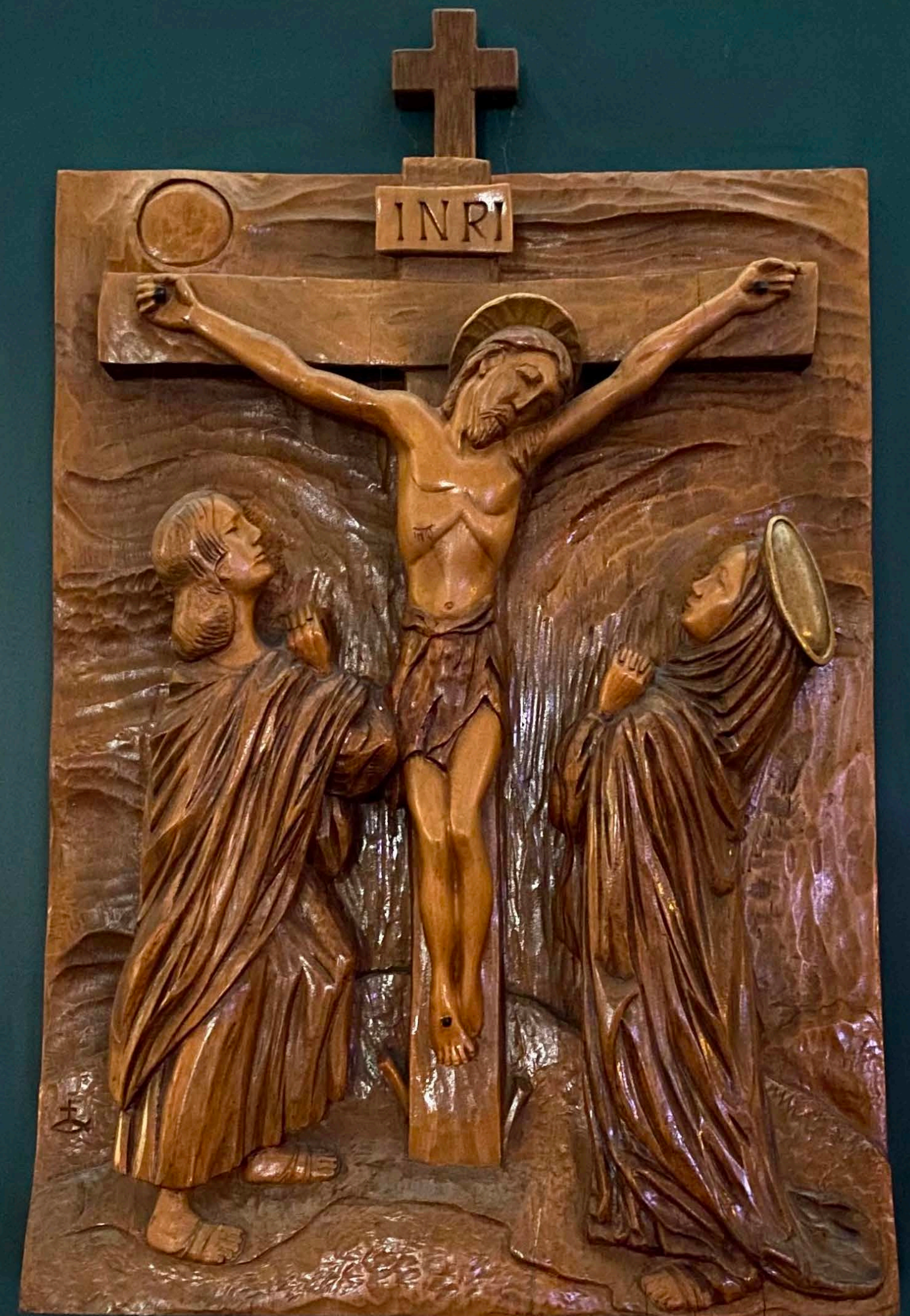


12th station | Jesus dies on the Cross.

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

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

**Let the Sinful Man in us die on
the Cross along with Jesus.
Let us resolve to never sin again
and avoid all temptation.**



13th station | The body of 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.*

**Jesus, you died for our sins and
purchased for us the reward of eternal life.**

**Let us always keep that in our
minds and live this life with hope.**

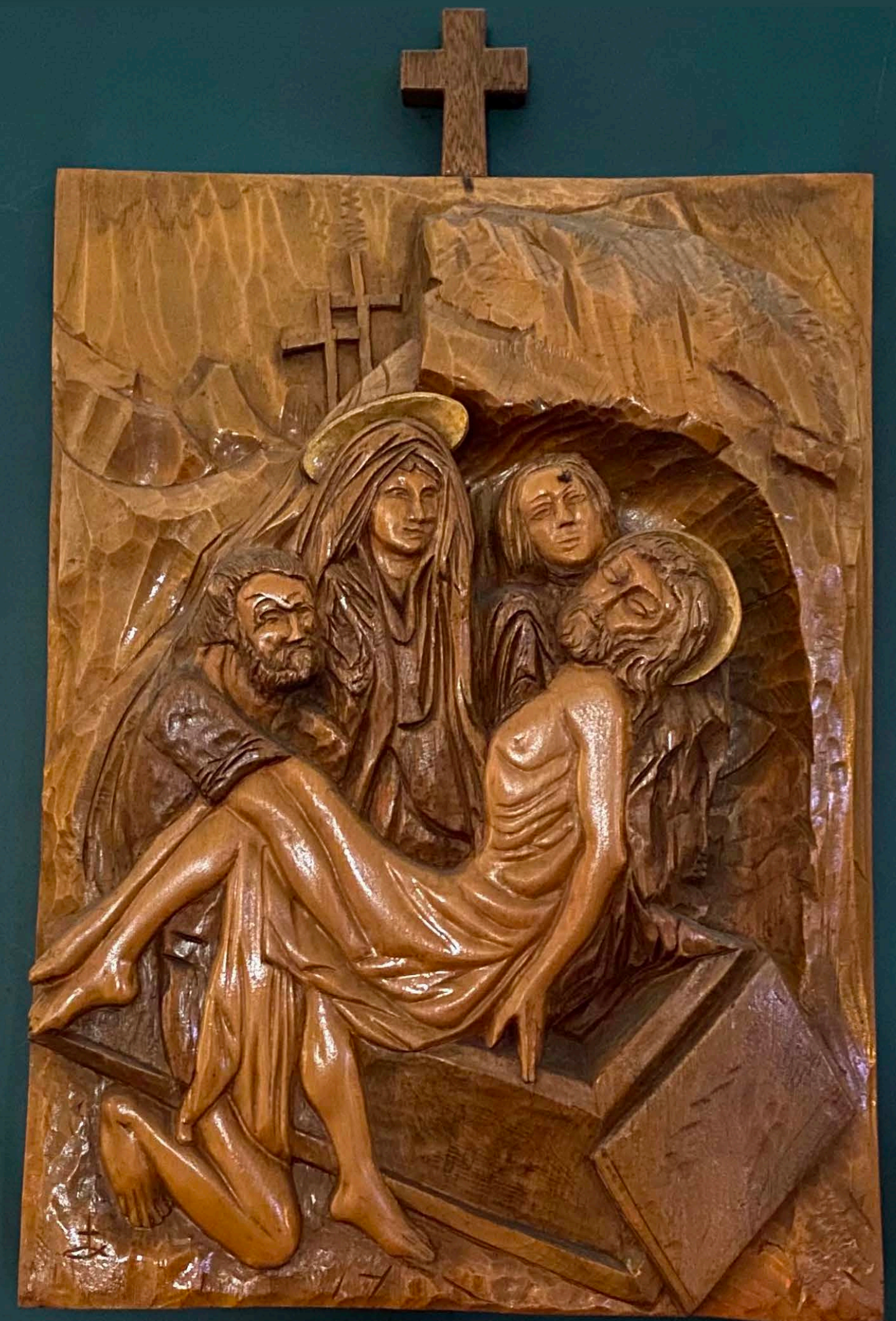


14th station | Jesus is laid in the tomb.

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

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

**Let us look forward to the Eternal Life
that Jesus has offered us by giving
his own life as ransom.
Let us pray to Jesus for
the grace of a happy death.**



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