



# 24Hour Prayer & Stations of the Cross

---

30 minutes can go by quickly when you pray, but below you will find a schedule to help and guide you. We encourage you to put a timer on and spend the recommended time on each point.

1. **(5 Minutes)** Say the Lord's Prayer.
  - a. Say it 3 or 4 times *out loud*. Repeat the phrases.
  - b. Think about each phrase and what it means to you. Pray it over your house. Pray it over your family and friends.

“Our Father in heaven,  
hallowed be your name  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.”

2. **(5 Minutes)** Pray for Easter and the people (and yourself) will hear and celebrate the Good News!
  - a. Declare that hearts will be prepared to receive the message.
  - b. Through Him and His death and resurrection, we have a hope and future. Praise him for this truth!
  - c. Meditate on these points. Be still and listen.
3. **(5 Minutes)** Pray for the city, nation, and world amidst this trying time.
  - a. Pray for hospitals and workers. Pray for educators and parents. Pray for anybody and everybody effected.
  - b. Pray for leaders and wisdom in their decisions.
  - c. Pray for the health and wellbeing of high-risk individuals. We serve a God of miracles, and we believe he can and will work through this time.
  - d. Meditate on these points. Be still and listen.

#### 4. Stations of the Cross (15 Minutes)

##### Preparatory Prayer:

*O Loving Jesus, inflame my cold heart with your love that I may perform this devotion as perfectly as possible, and that I may live and die in union with you. Amen.*

##### Station 1: Jesus is Condemned to Death



Consider how Jesus, the most innocent of beings, was condemned to death. Yes, to the shameful death of the cross. After being scourged and crowned with thorns, Pilate unjustly delivered Jesus into the hands of His enemies to die on the cross.

*Prayer: My adorable Jesus, it was not Pilate; no, it was my sins that condemned You to die. Forgive me. I love You, beloved Jesus; I love You more than I love myself. With all my heart I repent of ever having offended You. Grant that I may love You always; and then do with me as You will.*

##### Station 2: Jesus Accepts His Cross and Falls



Consider Jesus as He walked this road with the cross on His shoulders joyfully, thinking of us, and offering to His Father in our behalf, the death He was about to suffer. Consider the falls of Jesus. Loss of blood from the scourging and crowing with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon

His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross. (Kneel)

*Prayer: My most beloved Jesus, I embrace all the sufferings you have destined for me until death. It was not the weight of the cross but the weight of my sins which made you suffer so much. Never let me separate myself from you again. Grant that I may love You always; and then do with me as You will.*

### Station 3: Simon Helps Carry the Cross



Consider how weak and weary Jesus was. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross.

*Prayer: O Jesus, whosoever does not take up their cross and follow you, is not worthy of you. Jesus, I will not refuse the cross as Simon did: I accept it and embrace it. Help me when this is hard.*

### Station 4: Jesus is Nailed to the Cross

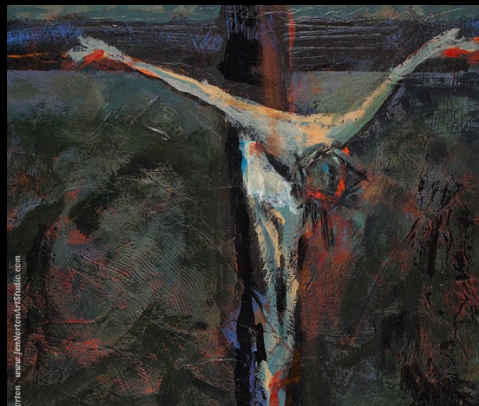


Consider Jesus, stripped of his garments, and violently thrown down upon the cross. He stretched out His arms and offered to His eternal Father the sacrifice of His life for our

salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish.

*Prayer: My betrayed, abandoned and humiliated Jesus, crucify my flesh, with its evil desires and vices. O Lord, nail my heart to the cross that it may always remain there to love you and never leave you again. Grant that I may love You always; and then do with me as You will.*

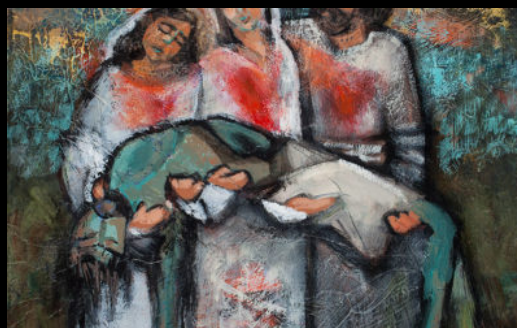
#### Station 5: Jesus Dies upon the Cross



Consider how Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, bows His head and dies. His whole appearance is love. His head is bent to kiss you. His arms are extended to embrace you. His heart is open to receive you.

*Prayer: My dying Jesus, I devoutly kiss the cross on which you would die for love of me. I deserve, because of my sins, to die a terrible death; but your death is my hope. Merciful Jesus, take me into your wounded heart, that I may despise all earthly things to live and die for you alone. Grant that I may love You always; and then do with me as You will.*

#### Station 6: Jesus is taken down from the cross and placed in the Sepulcher



Consider how, after Our Lord had died, He was taken down from the cross and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and held

Him close. The disciples carried the body of Jesus to its burial. They then closed the tomb and all departed.

*Prayer: Oh, my buried Jesus, I kiss the stone that closes you in. But you gloriously did rise again on the third day. I beg you by your resurrection that I may be raised gloriously on the last day, to be united with you in heaven, to praise you and love you forever. I love you, Jesus. Grant that I may love You always; and then do with me as You will.*