

## **Meditations for Pro-Life Stations of the Cross**

*"In the Palm of His Hand," by Frank Pavone*

### **The First Station: Jesus is Condemned to Death**

*(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)*

Though innocent, Jesus is condemned by the power of the State. In like manner, our innocent brothers and sisters in the womb have been condemned. Their rights and dignity are not recognized. In this, they bear a special likeness to Jesus. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Second Station: Jesus is made to Bear His Cross**

*(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)*

The salvation of the world carried a heavy price for our Lord, the agony of the cross. as He accepts His cross, let us also resolve to endure suffering that others may live. Let us pray the price for standing up for our pre-born brothers and sisters. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Third Station: Jesus Falls the First Time**

*(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)*

Almighty God was weak because He chose to be like us. He had power and glory from all eternity, yet He chose to be immersed in the world of suffering. We pray that the benefits and advantages we have in life may not cause us to forget our pre-born brothers and sisters.

***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Fourth Station: Jesus Meets His Afflicted Mother**

*(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)*

There is no deeper relationship than that of mother and child. They belong together. When one suffers, the other suffers. To love and defend one means to love and defend the other. To be pro-life means to serve both the child and the mother. It means to ask our society, "Why can't we love them both?" ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Fifth Station: Simon of Cyrene Helps Jesus Carry His Cross**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

Many watched the Lord suffer. Simon the Cyrenian helped alleviate that suffering. Many lament abortion. Some actually get involved to help stop it. We pray that all people may take their place in the pro-life movement. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Sixth Station: Veronica Wipes the Face of Jesus**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

The compassion Veronica shows reflects the compassion of so many medical doctors and nurses, who treat their patients with dignity. We pray for repentance and renewal in the medical profession. May the tools and skills meant for healing nevermore be used for killing. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Seventh Station: Jesus Falls the Second Time**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

In working to defend life, there are many setbacks and obstacles. Yet we know the meaning of the cross. In weakness, power reached perfection. We do not look to our own strength and talents alone, but to Christ. His own strength will sustain us. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Eighth Station: Jesus Meets the Women of Jerusalem**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

Christ told these women to weep for themselves and for their children. He does not want false worship, but repentance. He does not want followers who cry out to Him then ignore injustice and bloodshed. May all believe in Christ likewise stand up for the defenseless children.

***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Ninth Station: Jesus Falls the Third Time**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

Despite the falls, nothing can stop our Lord, because He is on a mission of love. If the pro-life movement is not a movement of love, it is nothing at all; but if it is a movement of love, then nothing will stop it. Love is stronger than death, more powerful than hell. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Tenth Station: Jesus is Stripped of His Garments**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

Nobody can stop us from loving our problem brothers and sisters. Those who are stronger may strip us of popularity, possessions, or power, but they cannot strip us of love. We love others with the same love that Christ showed us. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Eleventh Station: Jesus is Nailed to the Cross**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

The powers of this world crucified God who made this world. All power and authority come from God. All who exercise power have to account for it before the throne of God. We pray that those in government may use their powers to protect the innocent babies in the womb. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Twelfth Station: Jesus Dies on the Cross**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

Our Lord died. Many of His children have died with Him. His passion is re-lived with every abortion, one every twenty seconds in our country. We only know a fraction of the horror of this act in the sight of God. We only know a fraction of the horror of Christ's crucifixion. May all our brothers and sisters killed by abortion rest in Christ's peace and be saved by His cross. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Thirteenth Station: Jesus is Taken Down from the Cross**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

Mary experienced the pain of holding her dead Son. So many mothers grieve after their abortions. We ask that Mary may comfort them, help them face the truth about abortion, and lead them to forgiveness and healing. ***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **The Fourteenth Station: Jesus is Laid in the Tomb**

***(We adore Thee, O Christ and we praise Thee, because by Thy Holy Cross Thou hast redeemed the world.)***

A tomb is a memorial. It helps us remember the one who can no longer speak. May we and our society remember the babies who cannot speak. May we also remember our Lord's Resurrection, and His promise of eternal life. He has conquered abortion because He has conquered death. May we bring His victory to every part of the world!

***(Our Father, Hail Mary, Glory be) Jesus Christ crucified, have mercy on us, O Lord, have mercy on us. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.***

### **Closing Prayer:**

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.  
Amen