



What is the Via Crucis?

It is the meditation of the moments and sufferings lived by Jesus from the momento he was taken prisonery until his death on the cross and then his resurrection. Literally, Via Crucis means "Way of the Cross". By praying it, we remember with love and gratitude how much Jesus suffered during his passion and death to save us from sin. This "way" is represented by 15 images of the Passion that are called "stations". You will be encouraged in carrying your daily crosses if you often recall the stations or the steps of Jesus on his way to Calvary.

What are the promises of Jesus to those devoted to the Via Crucis?

At age 18, Estanislao, a Spanish youth, entered the novitiate of the "Brothers of Christian Schools", in Buggedo (Burgos, Spain). In religious life, this young man took religious vows which are: the fulfillment of the Rule, advance in Christian perfection; and attain pure love. During the month of October 1926, this brother offered himself to Jesus through the Blessed Virgin Mary. A short time after having made this heroic donation of himself, the young religious fell ill and died months later in March of 1927.

According to the Novice Master, Estanislao was a soul chosen by God who received messages from heaven. His confessors and theologians recognized these supernatural events as notable acts. His spiritual director had ordered him to write all the promises conveyed to him by Our Lord, among others, those included here are for those devoted to the Via Crucis.

Promises for those devoted to the Way of the Cross

- 1.- I will grant them everything they ask through praying the Way of the Cross with faith.
- 2.- I promise eternal life to those who pray, from time to time, the Way of the Cross.
- 3.- During life, I will accompany them everywhere and they will have My special help at the hour of death.
- 4.- Even though they might have more sins than leaves on the plants that grow in the fields, and more than the grains of sand in the sea, all of them will be erased by devotion to the Way of the Cross. (Note: This devotion does not eliminate the obligation to confess mortal sins. They should be confessed before

receiving Holy Communion.)

5.- Those who are accustomed to praying the Way of the Cross frequently will enjoy an extraordinary glory in heaven.

6.- After death, if these devotees should come to purgatory, I will free them from that place of expiation on the first Tuesday or Friday after their death.

7.- I will bless these souls each time they pray the Via Crucis; and my blessing will accompany them through the whole world. After death, they will enjoy this blessing in Heaven, for all eternity.

8.- At the hour of death, I will not allow them to be subject to the temptation of the devil. I will lift all power from the devil at the hour of death that they may repose tranquilly in my arms.

9.- If they pray with true love, they will be highly rewarded. I will convert each one of these souls into living ciborium in which it will please me to pour my graces.

10.- I will fix the gaze of my eyes upon those souls who pray the Way of the Cross frequently and My Hands will always be open to protect them.

11.- Just as I was nailed on the cross, so I will always be closely united to those who honor me with the frequent prayer of the Way of the Cross.

12.- The devotees of the Way of the Cross will never be separated from me because I will give them the grace to never commit a mortal sin.

13.- At the hour of death, I will console them with my presence, and we will go together to heaven. Death will be sweet for those who have honored Me during their life by praying the way of the Cross.

14.- For those devoted to the Way of the Cross, My soul will be a shield of protection that will always lend them assistance when they have recourse to Me.

How is the Via Crucis prayed?

Beginning prayers

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from Christ's side, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Suffer me not to be separated from Thee. From the malicious enemy defend me. In the hour of my death call me. And bid me come unto Thee. That I may praise Thee with Thy saints and with Thy angels forever and ever. Amen

By the sign of the Holy Cross, deliver us, Lord from our enemies.

In the name of the Father and the Son and the Holy Spirit. Amen.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Then the meditation of the 14 stations.