



STATIONS OF THE CROSS

for
Addictions & Recovery

I

Jesus is Condemned to Death



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

I hear the pain in the voices of my loved ones and know that I have hurt them. Friends and family are intervening in my life demanding that I change. They condemn my past behaviors and insist that my old ways, my old life, must die. Under the lash of addiction, we are driven to discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be.

Who cares to admit complete defeat? Every natural instinct cries out against the ideas of personal powerlessness. No other kind of bankruptcy is like this. Stop the pain, Lord. I want to do this but I need your help. You understand what it means to be condemned to death. Be the source of my strength, that in you I will have strength for everything.

Our Father . . . Hail Mary . . . Glory be to the Father. . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

II

Jesus Accepts His Cross



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

I am told that by accepting my defeat I will finally learn how to carry this cross. Only through defeat are we able to move forward to liberation. I need to understand acceptance. I've been told to attend meetings. I've been told to find a sponsor. I've been told to work the Steps and to make sacrifices. This is the way to a faith that works. Help me accept these changes as you accepted your Cross. Strengthen me on this Way of the Cross so that a new life is resurrected in me, through you.

Our Father . . . Hail Mary . . . Glory be to the Father. . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

III
Jesus Falls the First Time



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

With just a few steps forward, already I have fallen back to my old habits. Self-will and self-sufficiency leads to my destruction. Help me get back on track. Help me discover the lesson I need to learn hidden inside this fall. Relapse is simply a stop on my journey; not the end of the road. The more I become willing to depend on you, the more independent I become of those habits that imprison me. Help me place the key of willingness into the lock.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

IV
Jesus Meets His Mother



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

It is hard to comprehend all the pain I've caused my parents and family - especially my mother who raised me and taught me right from wrong. I see the pain in her eyes but I also see her faith and support on this road to recovery.

Don't let me disappoint her again. Strengthen me so she might look at me and smile again.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

V

Simon Helps Jesus Carry His Cross



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

You had Simon to help you. Now you've sent a sponsor to walk beside me and guide me on this journey. Having a sponsor lightens my burden as I share my trials and struggles with someone who has walked this path already. My sponsor points out the pitfalls and encourages me with hope. Teach me to lean on him when necessary.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

VI

Veronica Wipes the Face of Jesus



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

Just as you left your impression on Veronica's veil, so I can see myself in the stories that I hear others share in meetings. There is something in each of their past that is a part of me. There is something in each of them that now reflects your image and likeness. Strengthen me on this journey so that I am configured more to you each day, so that like Veronica, others will look at me and see you.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

VII
Jesus Falls a Second Time



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

Not again! Not a new bottom! I have come to realize with this fall that I have more problems than just addiction. My best thinking has kept me sick. Nothing but continuous advancement on these Steps can bring about the much needed, much desired change. Sometimes I fall back on old ways of thinking. I know now this must change in me as well. Resentments are the number one offender and I must surrender these just as I have surrendered my life over to your care. Restore me to sanity.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

VIII
Jesus Meets the Women of Jerusalem



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

People, places and things. Everything must change. That old gang of mine can't support me while I make the necessary changes. These new friends that I'm discovering truly care about me. They look me in the eye. They know the pain and struggles I'm going through. They tell me to lean on them. They're here to support me! Help me become an example to the friends I left behind, so they too, can be free.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

IX
Jesus Falls the Third Time



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

Progress, not perfection. I know now that the conversion that has begun in me is a lifelong task. As long as I get back up and strive to eliminate my character defects, I will continue to improve. Don't let me get discouraged. Give me the fervor with which the drowning seize life preservers. Help me to realize this is always a quest, never a destination. Humbly I ask you, to remove all these defects of character that cause me to fall.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

X
Jesus is Stripped of His Garments



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

My former life and coping mechanisms had to be stripped away. The Fifth Step required that I stand naked before another person, devoid of all my masks. That day I joined the human race. No more guilt, no more shame. I lost what I thought were friends and former ways of thinking. I've left those old haunts I no longer visit. I need to become transparent and relinquish those secrets I have harbored. Strip me of all my defects of character that I uncovered in my inventory. Pride – the tap root of many of my faults must be destroyed so that humility can come forth. Someday, I will stand naked before you. Help me to become comfortable in my own skin.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

XI
Jesus is Nailed to the Cross



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

*There are times I have felt hung out to dry with my reputation ruined. Through their words and actions some have nailed me to my past, refusing to see that I have changed. Change is painful – excruciating at times. You accepted this process and I must learn to. Help me grow closer to you through my sacrifices.
Our Father . . . Hail Mary . . . Glory be to the Father . . .*

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

XII
Jesus Dies on the Cross



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

*You died for me and my old ways must die with you. Help me to hand over my life as you did to the Father. Into your hands, I dedicate my life in gratitude for the gift of recovery. I crossed the threshold of these rooms wishing I was dead at what seems like a long time ago. You granted that wish, because the old me is now gone. Those of us who have experienced the dynamics of recovery understand that death must come before new life can begin.
Our Father . . . Hail Mary . . . Glory be to the Father . . .*

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

XIII

Jesus is Taken Down from the Cross



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

There are times when I have been so worn out my new friends have had to carry me - dragging me to a meeting, telling me to put one foot in front of the other, one day at a time. As they have carried me on this journey teach me to carry other on theirs. Be the source of my strength, that in you I will have strength for everything.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

XIV

Jesus is Laid in the Tomb



*We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.*

There are times when I have been so worn out my new friends have had to carry me - dragging me to a meeting, telling me to put one foot in front of the other, one day at a time. As they have carried me on this journey teach me to carry other on theirs. Be the source of my strength, that in you I will have strength for everything.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

Prayer Against Temptation

*Behold me, O my God, at Your feet.
I do not deserve mercy, but O my Redeemer,
the blood You have shed for me
encourages me and obliges me to have hope for it.
How often I have offended You,
repented, and yet I have fallen into the same sin.
O my God, I wish to amend, and in order to be faithful to You,
I will place all my confidence in You.
I will, whenever I am tempted, instantly have recourse to You.
Until now, I have trusted in my own promises and resolution and
have neglected to recommend myself to You in my temptations.
This has been the cause of my repeated failures.
From this day forward, be You, O Lord, my strength,
and then shall I be able to do all things, for
“I can do all things in Him that strengthen me.”*

Amen.