

LENT 2024

Salt of the Earth ~ Light of the World

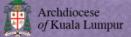
COMMUNION ~ PARTICIPATION ~ MISSION



Lent

DOA • PUASA • SEDEKAH

LENTEN CAMPAIGN



Archdiocesan Office
for Human Development

www.aohd.org/lent



The Way of the Cross

Opening Song: H O S E A

Come back to me with all your heart.
Don't let fear keep us apart.
Trees do bend, 'though straight and tall;
so must we to others' call.

Chorus:

Long have I waited for your coming home to me
and living deeply our new life.

The wilderness will lead you
to your heart where I will speak.
Integrity and justice,
With tenderness, you shall know.

Repeat Chorus...

Introduction

Leader: In the name of the Father, and of the Son
and of the Holy Spirit.

All: Amen.

Opening Prayer: (together)

Lord Jesus, You invite us to take up our crosses and follow you daily. Help us to be in **COMMUNION** with You as well as with all who struggle to live with their crosses.

We ask that we may be strengthened to **PARTICIPATE** in the **MISSION** of the Church in the world.

Sustain us in our Lenten journey so that we may rise with you to New Life at Easter and be **LIGHT** and **SALT** to our sisters and brothers.

We make our prayer in your precious name.

Amen.

Hymn:-

(Tune: Stabat Mater)

**Jesus Lord, condemned, defiled,
May we too be meek and mild
As we tread your holy Way.**

1st Station: Jesus is condemned to death



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

1st Station: Jesus is condemned to death

Ill-treated and afflicted, he never opened his mouth,
like a lamb led to the slaughter-house,
like a sheep dumb before its shearers
he never opened his mouth.
Forcibly, after sentence, he was taken.

~ Isaiah 53:7-8 ~

(*~Pause to reflect~*

1st Station: Jesus is condemned to death



Lord Jesus, You were condemned to die for our sins.

We lift up to You those condemned to die or forced to live in insecurity and fear due to war and internal disturbances.

We pray for the people in Palestine, Ukraine , Syria, Myanmar and other troubled spots in the world.

1st Station: Jesus is condemned to death



We pray for those killed, orphaned, injured and displaced by war, especially those who are forced to flee their homelands as refugees.

May nations look towards building peace and harmony rather than showing might and power against the weak and oppressed.

Help us all to be peacemakers.

1st Station: Jesus is condemned to death

**May we feel no bitter hatred,
When we too are persecuted,
Left alone to walk with You.**

2nd Station: Jesus carries His cross



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

2nd Station: Jesus carries His cross

“If anyone wants to be a follower of mine,
let him renounce himself
and take up his cross
and follow me.”

~ Mark 8:34 ~

(*~Pause to reflect~*

2nd Station: Jesus carries His cross

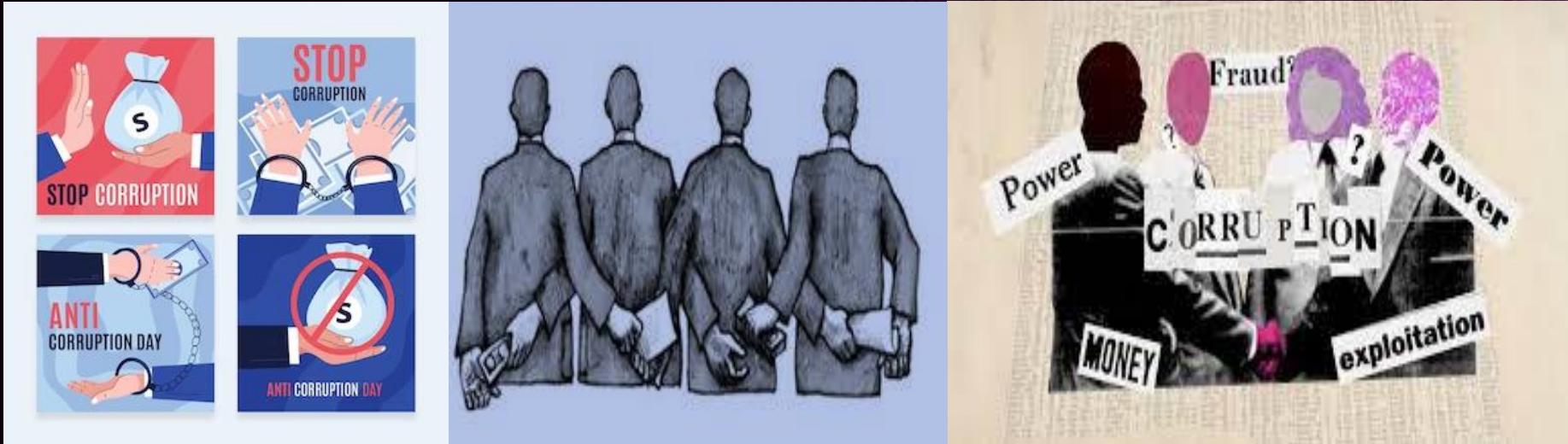


Lord Jesus, You suffered the scandal of the cross for our sins. We pray for the Church throughout the world that she will overcome all scandals surrounding her.



May we become worthy proclaimers of the Gospel, and not bring down the hopes and trust of people.

2nd Station: Jesus carries His cross



We pray also for those affected by other scandals involving corruption and poor examples by civic and political leaders and who have lost hope in the political process.
May they learn to trust again.

2nd Station: Jesus carries His cross

**Now the Cross as Jesus bore it,
Has become for us who share it,
The jeweled Cross of Victory.**

3rd Station: Jesus falls for the first time



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

3rd Station: Jesus falls for the first time

Down in the dust I lie prostrate;
true to your word, revive me.

~ Psalm 119:25 ~

(~Pause to reflect~

3rd Station: Jesus falls for the first time



Lord Jesus, we lift up to You those in our community who have fallen away from Your teachings, those who are questioning their faith, and those who have lost all hope and direction or have stopped attending church services. Bring them back to Your path. Show them Your way.

3rd Station: Jesus falls for the first time



Help us as a community to be a source of welcome,
support and guidance for all genuine seekers.

3rd Station: Jesus falls for the first time

**Weakened, prodded, cursed, and fallen,
His whole Body bruised and swollen,
Jesus tripped and lay in pain.**

4th Station: Jesus meets his mother



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

4th Station: Jesus meets his mother

Seeing his mother and the disciple whom he loved standing near her, Jesus said to his mother,

“Woman, this is your son.”

Then to the disciple he said,

“This is your mother.”

And from that hour the disciple took her into his home.

~John 19:26-27

(~Pause to reflect~)

4th Station: Jesus meets his mother



Lord Jesus, we lift up to You all our mothers as well as fathers. Help them as they strive to imitate Mary, the first missionary of Your Gospel, through their purity, faith, wisdom and kindness.

4th Station: Jesus meets his mother



We also lift up to You those parents among us who struggle in their parenting roles and those who are unable to have children. May Mary, our Mother, intercede for them.

4th Station: Jesus meets his mother

**Jesus meets His grieving Mother,
She who made the Lord our Brother,
Now the sword her heart has pierced.**

5th Station: Simon helps Jesus carry the cross



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

5th Station: Simon helps Jesus carry the cross

The whole of the Law is summarized
in the one commandment:

You must love your neighbour as yourself.

~ Galatians 5:14 ~

(*~Pause to reflect~*

5th Station: Simon helps Jesus carry the cross



Lord Jesus, even You painfully struggled with the weight of the Cross and needed the help of someone else.

Help us not to just watch in silence when others suffer but instead, empathise and lend a helping hand and walk with them in their struggles.



5th Station: Simon helps Jesus carry the cross



We pray for our beloved nation, Malaysia, which is struggling with disharmony, corruption, injustice and uncertainty due to politics. May we work together for the common good. Help us to accept, forgive and love each other, despite our differences.

5th Station: Simon helps Jesus carry the cross

**Simon stopped in hesitation,
Not foreseeing his proud station,
Called to bear the Cross of Christ.**

6th Station: Veronica wipes the face of Jesus



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

6th Station: Veronica wipes the face of Jesus

The upright will say to him in reply,

"Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and make you welcome, lacking clothes and clothe you? When did we find you sick or in prison and go to see you?"

And the King will answer, "In truth I tell you, in so far as you did this to one of the least of these brothers of mine, you did it to me."

~ Matthew 25:37-40 ~

(*~Pause to reflect~*

6th Station: Veronica wipes the face of Jesus



We pray that as a parish and as individuals, we will respond to Christ's call to undertake works of mercy as part of our mission, being light and salt wherever we are.

6th Station: Veronica wipes the face of Jesus



May our BECs & Parish Ministries play our missionary role of reaching out to the less fortunate who live among us.
May we recognize You in the tired and hungry faces of the poor.

6th Station: Veronica wipes the face of Jesus

**Brave but trembling came the woman,
None but she would flaunt the Romans,
Moved by love beyond her fear.**

7th Station: Jesus falls for the second time



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

7th Station: Jesus falls for the second time

Yet ours were the sufferings he was bearing,
ours the sorrows he was carrying.

Isaiah 53:4

(~*Pause to reflect*~

7th Station: Jesus falls for the second time



Lord Jesus, we lift up to You individuals and families who struggle with addictions: alcohol, drugs, social media, sexual and other addictions.

7th Station: Jesus falls for the second time



May they have the courage to get up again after every fall.

May we be a positive influence on them and be ever ready to render a helping hand, instead of judging them negatively.

7th Station: Jesus falls for the second time

**Prostrate on the dust He crumbled,
Flogged in body He resembled,
All our brethren poor and scorned.**

8th Station: Jesus meets the women of Jerusalem



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

8th Station: Jesus meets the women of Jerusalem

But Jesus turned to the women and said,
“Daughters of Jerusalem,
do not weep for me;
weep rather for yourselves and for your children”.

~ Luke 23:28 ~

(*~Pause to reflect~*

8th Station: Jesus meets the women of Jerusalem



Lord Jesus, we have carelessly and selfishly caused Mother Earth, our Common Home, to suffer from massive environmental damage.

We acknowledge her as a precious gift from the Father and commit ourselves to being better stewards of Creation.

8th Station: Jesus meets the women of Jerusalem



Help us to eliminate our “throw-away” culture, give more thought to our consumption habits and actively participate in her restoration as a legacy to our children.

May we care for our common home together with people of other faiths and cultures.

8th Station: Jesus meets the women of Jerusalem

**May our sympathy for Jesus,
Turn to those who here now need us,
May we see Christ bruised in them.**

9th Station: Jesus falls for the third time



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

9th Station: Jesus falls for the third time

My strength is trickling away,
my bones are all disjointed,
my heart has turned to wax,
melting inside me.

My mouth is dry as earthenware,
my tongue sticks to my jaw.

You lay me down in the dust of death.

~ Psalm 22:14-15 ~

(*~Pause to reflect~*

9th Station: Jesus falls for the third time



Lord Jesus, we lift up to You all migrants and refugees in our country and the world over. Many of them live in very sad situations with no access to things we take for granted : jobs, education and decent housing.

We acknowledge that we have fallen by the way we have treated them.

9th Station: Jesus falls for the third time



Give us the courage to stand up for and with them in protecting their rights.

We pray especially for those who work for us and live with us.

May we recognize them as precious to You and always treat them with dignity, love and respect.

9th Station: Jesus falls for the third time

**Jesus falls again in weakness,
Stumbling as we do, to lead us,
Through our sorrow and our pain.**

10th Station: Jesus is stripped off His clothes



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

10th Station: Jesus is stripped off His clothes

Naked I came from my mother's womb,
naked I shall return again.

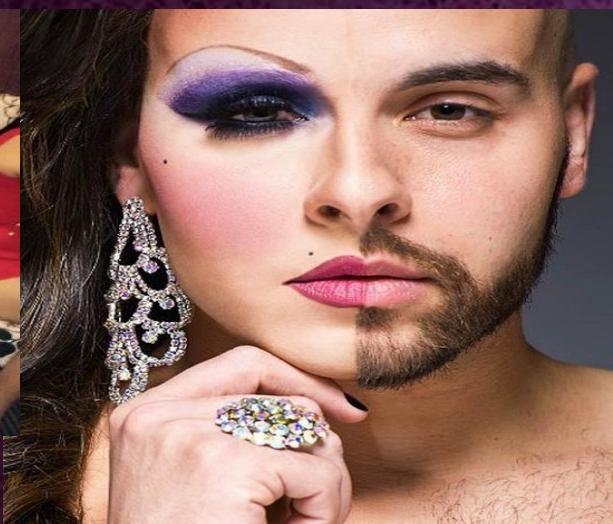
The Lord gave, the Lord has taken back.

Blessed be the name of the Lord!

~ Job 1:21 ~

(*~Pause to reflect~*

10th Station: Jesus is stripped off His clothes



Lord Jesus, we lift up to You those who have been stripped of their dignity through prostitution and sexual abuse. We also lift up to You those who struggle against society's attitudes towards them: lesbians, gays, bisexuals and transgendered persons.

10th Station: Jesus is stripped off His clothes



We remember especially those among them who are known to us.
Help us to clothe them with genuine acceptance, compassion and love.

10th Station: Jesus is stripped off His clothes

**Stripped and jeered by his own nation,
Jesus stood in desolation,
Giving all He had to give.**

11th Station: Jesus is nailed to the cross



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

11th Station: Jesus is nailed to the cross

When they reached the place called The Skull,
there they crucified him and the two criminals,
one on his right, the other on his left.

Jesus said,

“Father, forgive them;
they do not know what they are doing.”

~ Luke 23:33-34 ~

(*~Pause to reflect~*

11th Station: Jesus is nailed to the cross



Lord Jesus, we pray for healing of all families in our community: those who are nailed to the cross by their brokenness; those who struggle as a result of death, divorce and infidelity; single parents and their children.

11th Station: Jesus is nailed to the cross



We also remember families whose members are sick or dying, and those with mental illnesses.

We lift up to You those who make sacrifices to care for their loved ones. May we willingly give them our love and support in their struggles.

11th Station: Jesus is nailed to the cross

**Pierced the hand that blessed and cured us,
Pierced the feet that walked to free us,
Walked the hill of Calvary.**

12th Station: Jesus dies on the cross



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world.

12th Station: Jesus dies on the cross

Jesus cried out in a loud voice saying,
“Father, into your hands, I commit my spirit.”
With these words he breathed his last.

~ Luke 23:46 ~

(~Pause to reflect~

12th Station: Jesus dies on the cross



Lord Jesus, we commit to You all the dying, remembering especially those who are afraid of death. We remember those who accompany the dying such as medical personnel and carers. Help us see that death is not an end but a doorway to being with you in heaven.

12th Station: Jesus dies on the cross

**Life eternal, death defiant,
Bowed His head - the world was silent,
Through His death came life anew.**

13th Station: Jesus is taken down from the cross



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world

13th Station: Jesus is taken down from the cross

No, I hold myself in quiet and silence,
like a little child in its mother's arms,
like a little child,
so I keep myself.

~ *Psalm 131:2* ~

(*~Pause to reflect~*

13th Station: Jesus is taken down from the cross



Lord, we lift up to You our loved ones and those in our community with special needs, and those who lovingly care for them. Help us to recognize that we are all God's children made in God's image and likeness.

13th Station: Jesus is taken down from the cross



Help us as a parish, as BECs, as families and as individuals, to reach out in friendship and love to the differently-abled.



May we recognize and celebrate their gifts and abilities.

May we always include them in the community.

13th Station: Jesus is taken down from the cross

**Stunned and stricken, Mary, Mother,
In Your arms was placed our Brother,
Full of grace, now filled with grief.**

14th Station: Jesus is placed in the tomb



Leader:

We adore You, O Christ, and
we bless You.

All:

Because by Your Holy Cross,
You have redeemed the world.

14th Station: Jesus is placed in the tomb

When it was evening, there came a rich man from Arimathea, called Joseph, who had himself become a disciple of Jesus. This man went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be handed over. So, Joseph took the body, wrapped it in a clean shroud and put it in his own new tomb which he had hewn out of the rock. He then rolled a large stone across the entrance of the tomb and went away.

~ Matthew 27:57-60 ~

(~*Pause to reflect*~

14th Station: Jesus is placed in the tomb



Lord Jesus, cast Your merciful gaze on those among us who have recently lost and grieve loved ones.

We commend to You families who are struggling financially and emotionally due to a death, young children who have lost their parents, and parents who have lost their children.

14th Station: Jesus is placed in the tomb



We also remember those who have died unloved and alone especially due to Covid-19 as well as other diseases.

We remember also survivors who are left behind to grieve the passing of loved ones.

Help us, Lord, to advance the mission which You entrusted to each one of us by showing our care and concern for each one of them.

14th Station: Jesus is placed in the tomb

**Jesus, Lord, your gift accepted,
In three days, You resurrected,
You did first what we shall do.**

Closing Prayer: (together)

Heavenly Father, as we turn our hearts to You, may our observance of Lent help to renew and prepare us to embrace the Mystery of Your Son's Passion, Death and Resurrection, for without You we can do nothing.

We thank You for this gracious gift of faith, alive and aflame in our hearts. Through this discipline of Lent, nourish us with Your word of life to help us walk humbly, act justly and love tenderly.

Grant us a renewed zeal and courage to proclaim Your name to the ends of the earth.

Send your Spirit to make us strong in faith and active in good works, journeying together as one People of God.

Closing Prayer: (together)

Teach us to live good lives so that we can be bearers of hope in a world darkened by sin. Protect and shield us from the snares of the evil one.

May Your wisdom lead us and guide us to continue Your saving work in this world; to be the salt and light for the world.

Lord, make us know Your ways, Lord, teach us Your paths.

Make us walk in your truth, and teach us, for You are God, our Saviour.

We make this prayer through Christ, our Lord.

Amen.

Closing Prayer: (together)

Teach us to live good lives so that we can be bearers of hope in a world darkened by sin. Protect and shield us from the snares of the evil one.

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We make this prayer through Christ, our Lord.

Amen.

The Way of the Cross

Let us pray for the intentions of Pope Francis:

Our Father....

Hail Mary....

Glory be...

The Way of the Cross

Leader: In the name of the Father, the Son and the Holy Spirit

All: Amen.

Final Song: H O S E A

Come back to me with all your heart.

Don't let fear keep us apart.

Trees do bend, 'though straight and tall;
so must we to others' call.

Chorus: Long have I waited for Your coming home to me
and living deeply our new life.

You shall sleep secure with peace,
Faithfulness will be your joy.

Repeat Chorus...

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A FINAL WORD...

Many thanks to all those from different places and at different times over many years who have collaborated with me on this ongoing project of providing a new set of the Way of the Cross annually - from College General to the Church of the Divine Mercy and now at the Cathedral of St John the Evangelist.

Please feel free to share and use the reflections of this Scriptural Way of the Cross. I claim no copyright as I want the Gospel to be shared! However, for commercial purposes, kindly obtain my permission. Most of the images have been taken from the internet. Bible Quotes have been taken from the English Standard Version.

Let us take up our crosses and faithfully follow Jesus, who leads us into the Risen Life.

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