



VELIKI PETEK KRIŽEV POT



GOOD FRIDAY WAY OF THE CROSS

Our Lady of the Miraculous Medal Parish

Our Lady Help of Christians Parish

These prayers are not intended to replace the liturgies of Holy Week. Rather, they are a sincere effort to cultivate some of the rituals and spirit of Holy Week in our own homes, when public celebration might not be possible.

Live from our Church - April 10, 2020 at 9.00am
on www.facebook.com/ourladyofmm

NA VELIKI PETEK so pod križem stali: Marija, apostol Janez in nekaj žena. Medtem ko so nemočno žalovali in sočustvovali z umirajočim Jezusom, so se njegovi sovražniki zmagoslavno veselili. Čez nekaj dni pa se je vse obrnilo. Iz znamenja trpljenja je križ postal znamenje odrešenja. Smrt, ki je na križu zmagala, je bila istočasno na njem tudi premagana. Zato lahko kristjani sedaj pred križem stojimo z drugačnimi občutki kot takrat Jezusovi prijatelji. (Martin Železnik)

ON GOOD FRIDAY, Mary, the Apostle John, and several wives stood under the cross. While they mourned helplessly and sympathized with the dying Jesus, his enemies triumphantly rejoiced. After a few days, everything turned. Out of the sign of suffering, the cross became the sign of salvation. The death that was victorious on the cross was also defeated at the same time. That is why Christians can now stand before the cross with different feelings than the friends of Jesus at the time.

Zaradi izrednih razmer v letu gospodovem 2020 (Covid19) sem pripravil in zbral kaplan Leopold Valant.
Po slovensko preurejeno po delu p. Antona Nadraha Cist.
Uporaba za župljane Slovenskega rodu iz Toronta in v Kanadi.

KRALJEVO ZNAM'NJE, KRIŽ STOJI

Izvajalec: Ivanka in Mateja Stare

Avtor besedila: Ljudska

<https://www.youtube.com/watch?v=s1vK4xCaXNc>

1. Kraljevo znam'nje, križ stoji, * bandero glej vihrati,
na križu Jezus nas uči * srčno se vojskovati.
+ O sveti križ, življenja luč! * O sveti križ, nebeški ključ!
Ponižno te častimo, * zvestobo obljubimo.
2. Zveličar s križem vabi nas * zvesto za njim hoditi,
svoj križ sprejeti slednji čas * in ga za njim nositi.
+ O sveti križ ...
3. O križ na smrtni postelji, * prijatelj naš edini;
na grobu pot nam kažeš ti * k nebeški domovini.
+ O sveti križ ...

PRIPRAVA - OPENING PRAYER

O pridite, stvari, kaj, glejte, se godi: edini Božji Sin strašno za nas trpi.

Gospod Jezus, rekel si: »Če hoče kdo hoditi za menoj, naj vzame vsak dan svoj križ ter hodi za menoj.« Zdaj hočem za teboj in z vsem bitjem bi rad hodil s teboj po poti trpljenja. Daj, da živo začutim, kaj vse si trpel zame. Odpri mi oči in gani mi srce, da bom videl in globoko spoznal, kako velika je tvoja ljubezen do mene. Žal mi je, da sem grešil, Gospod. Znova bom pričel. Z vso resnostjo hočem po poti za teboj. Daj, pomagaj mi! Naj na tem križevem potu spoznam, kaj moram storiti prav jaz in katero nalogo si mi zaupal, da jo izvršim.

Lord, Thou hast said: "Whosoever will be my disciple, let him take up his cross daily and follow Me." I desire to tread in Thy footsteps, and in spirit follow Thee along Thy way of sorrows. Grant that all Thou hast suffered for my sake may become living and present before my soul. Open mine eyes, touch my heart that I may see and deeply perceive how great is Thy love for me; that with my whole soul I may turn to Thee, my Redeemer, and forsake the sin which brought Thee such bitter pain. Teach me to understand its message, what I ought to do--I myself--and to do in this very hour. And then let this insight become strong and fruitful that I may also carry it out into action.

Razbičan, zapljuvan in kronan, zasram'van pred sodni stol zdaj gre, nedolžen v smrt izdan.

1. POSTAJA

Pilat obsodi Jezusa na smrt

Molimo te, Kristus, in te hvalimo.

Ker si s svojim križem svet odrešil.

Jezus stoji pred sodnikom. Tožitelji lažejo. Sodnik je mož brez značaja. Pred takim sodiščem spoznajo Jezusa za krivega težkega zločina. Kazen je sramotna in hkrati strašna. Jezus pa molči. Obsodbo sprejme, ker je taka Očetova volja in ker gre za naše odrešenje.

Pred menoj si šel, Gospod, in mi utiral pot. Uči me, da bom šel za teboj, ko pride čas. Če moram poslušati trde besede in nemogoče zapovedi, mi pokaži njihovo vrednost in uči me, da pozabim krivico. Če se mi zazdi kaka dolžnost pretežka, jo bom vzel kot Očetovo voljo in jo spolnil. In če pride trpljenje in bom mislil, da ni zaslužen, pa nauči ti moje srce, da se ukloni Očetovi volji, kakor si storil ti.

Usmili se nas, o Gospod.

Usmili se nas.



FIRST STATION

JESUS is condemned to death

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

R. Because by Your holy Cross You have redeemed the world.

Jesus stands before the judgment seat. Those who accuse Him are liars. The judge is a man without strength of character. The procedure is an insult to all justice. At this tribunal, Our Lord is declared guilty of a grievous crime.

The penalty is both shameful and terrible.

But He is silent. He accepts the sentence of His own free will, because the most holy will of the Father, because our salvation is at stake.

Lord, Thou didst go before, and hast cleared a way for me. Now teach me to follow after Thee when mine hour comes. If I receive command or blame, dealt in harsh tones, shew me what in this is justified, and teach me, for the sake of that, to forget the injustice. When a duty seems to me unbearable, I will recognize in it the will of the Father and will obey. When suffering comes and I consider it is not deserved, do Thou teach my heart to submit to the will of the Father, as Thou didst submit.

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**Glej, križ mu nalože na ranjene rame;
objame ga voljno in nese vseh dolge.**

2. POSTAJA

Jezus vzame križ na svoje rame

Molimo te, Kristus, in te hvalimo.

Ker si s svojim križem svet odrešil.

Prinesejo križ, da bi ga obsojenec sam nesel na morišče. Jezus sprejme križ. V križu vidi Očetovo voljo in naše odrešenje. Za tem leži vsa sila njegovega srca. Zato mu je mirno in jasno v duši. Sam gre naproti križu in se ga ves odločen oklene.

**Gospod, v prijetnih trenutkih ni težko reči:
»Pripravljen sem na vse, kar Bog hoče.«
Nekaj drugega pa je biti v resnici pripravljen,
kadar pride križ. Takrat se srce rado ustraši
in pozabi na vso lepo pripravljenost. Zato mi
pomagaj, da bom trdno stal, ko bo treba.
Okrepi me, da bom pogumen in da ne bom
stokal. Gospod, daj mi več odločnosti.**

Usmili se nas, o Gospod.

Usmili se nas.

SECOND STATION

JESUS takes up his Cross



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

R. **Because by Your holy Cross You have redeemed the world.**

Now they bring the cross. The condemned is to carry it Himself to the place of execution. Our Lord takes up the wood of pain.

It is the Father's commission which He sees in the cross, and our salvation. His soul is fully serene and collected. He goes to meet the cross and sets His hand to it resolutely.

Lord, it is one thing in a good hour to say: I am ready for all that God wills and another really to be ready when the cross comes. Then the heart is often slack and fearful, and all good dispositions are forgotten. Help me to stand firm when it comes to the test.

Make me strong and generous that I may not whine, nor struggle against that which has to be. Strengthen me Lord.

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

Opešal je v močeh, podre ga križ, naš greh,
vtopljen v dolge sveta leži potrtn na tleh.

3. POSTAJA

Jezus pade prvič pod križem

Molimo te, Kristus, in te hvalimo.

Ker si s svojim križem svet odrešil.

Vso noč ni zatisnil oči in že od sinoči ni nič jedel. Tirali so ga od oblasti do oblasti. Izguba krvi in bolečine so ga oslabile. Vsa podlost ljudi ga je izmučila. Gospod je truden do smrti. Pade na tla. Ljudje ga zasmehujejo, zmerjajo, bijejo. Brž ko more, se zravnava, dvigne trudoma križ na ranjena ramena in gre dalje.

Pretežak je križ zate, Gospod, vendar ga nosiš. Za nas, ker Oče tako hoče. Njegova teža presega tvoje moči, pa vendar ga ne vržeš proč. Padeš, pa se spet vzravnaš in nosiš dalje. Vsak križ, ki me zadene, se mi zdi, da kdaj preseže moje moči. Vedno prihajajo trenutki, ko trudno in boječe priznam: »Ne morem več!« V takih trenutkih mi pomagaj, Gospod. Ti me razumeš. Ne šteješ mi v zlo, če pod križem padem, in pomagaš mi vstati. Daj mi potrpljenja, daj mi novih moči.

Usmili se nas, o Gospod.

Usmili se nas.



THIRD STATION

JESUS falls for the first time

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

R. **Because by Your holy Cross You have redeemed the world.**

He has gone without sleep all night and has tasted nothing since last evening. From one tribunal to another have they dragged Him. Pain and loss of blood have weakened Him. All the baseness of men has tortured Him. Our Lord is terribly weary. Laughter, abuse and blows are rained on Him as He lies there. As soon as Jesus can, He gathers Himself up, painfully raises the cross on to His wounded shoulders, and goes on.

Lord, the cross is too heavy for Thee, and yet Thou bearest it because the Father wills it so, for us. Its load is beyond Thy strength, and yet Thou dost not cast it down. Thou dost fall, and gather Thyself up again, and struggle on. Every cross in its turn comes to seem beyond our strength. There is sure to rise the weary cry of anguish: "I can bear no more!" Lord, help me in such an hour. Thou knowest how heavily a cross can press. Thou dost not blame us, when our strength fails, and thou dost help us to get up again. Renew in me patience, pour Thy strength into my soul.

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**O, žalostni spomin, ko Mater sreča Sin,
bridkosti meč ji gre do srca globočin.**

4. POSTAJA

Jezus sreča svojo Mater

Molimo te, Kristus, in te hvalimo.

Ker si s svojim križem svet odrešil.

Verjetno je čakala ob kakem cestnem ovinku in zdaj stopi do sprevoda. Brez besed sta. Mati in Sin. Kaj bi govorila? Vsa sama sta drug ob drugem, sama na svetu, kljub divji gneči naokoli. Sama, iz oči v oči, od srca do srca. Marija je občutila trpljenje prav do dna. Pomisli na njeno dušo. Vsa močna je, vsa nežna in globoka, polna ljubezni.

**O Jezus, vem, da sem jaz kriv te bridkosti!
Zame si šel od Matere. Naj ne bo ta žrtev
zame izgubljena. Daj, da se zbudim, če me
pokliče Bog, a bo srce preveč navezano na
ljudi. Nauči me, da bom premagal strah pred
ljudmi, kadar bi me ovirali, da ne bi priznal
tebe. Nauči me, da se bom otresel ozirov do
ljudi, kadar bi me odvrčali od mojih
dolžnosti.**

Usmili se nas, o Gospod.

Usmili se nas.

FOURTH STATION

JESUS meets his Mother



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

R. **Because by Your holy Cross You have
redeemed the world.**

He may have been waiting at a cross-road, and now she makes her way towards the procession. They say no word, the Mother and her Son. What indeed should they say? They are alone, the one with the other, alone in the world, in spite of the horrid throng that press about them, eye to eye, heart to heart. What love and anguish then goes through their souls. Will you ponder for a moment, what her soul was like? Perfectly strong, perfectly tender and deep, nothing but love.

**O Lord, dear Lord, that all this bitterness should
be my fault! For me didst Thou part from Thy
Mother! Lord, that sacrifice shall not be lost on
me. Let it wake to life in me then, when God
calls me, and the heart feels itself in bondage
by men. Teach me to overcome the fear of
man, when this would prevent me from
confessing Thee. Teach me to shake off human
respect,
when this would keep me from my duty.**

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**Omagal Jezus je od teže križeve;
o, Simon, sprejmi križ, Gospoda usmili se!**

5. POSTAJA

Simon iz Cirene pomaga Jezusu nositi križ

Molimo te, Kristus, in te hvalimo.
Ker si s svojim križem svet odrešil.

Za kratek trenutek je Jezusa objel dom – materina ljubezen. Zdaj mora spet dalje. Bolečina je dvakrat težja. Sam je. Tisti, ki so ga ljubili, so brez moči; tisti, ki bi mogli pomagati, nočejo. Ko vojaki vidijo, da mu moči pojemajo, primejo kmeta, ki se vrača s polja. Pomagal naj bi Jezusu nositi križ. On pa se brani. Končno ga prisilijo.

Tolikim si pomagal, Gospod, zdaj pa so te vsi zapustili. Toda ti vztrajaš. Zame, da bi mi pokazal pot in mi dal moči. Zato bom mislil na Simona iz Cirene, kadar bom tudi jaz osamljen. Kolikokrat v stiski čutim zapuščenost. Sam sem z bolečino in nikogar ni, ki bi mi pomagal ali me razumel. V takih trenutkih bodi pri meni ti, Gospod, da se bom umiril in ne bom obupal.

Usmili se nas, o Gospod.
Usmili se nas.



FIFTH STATION

Simon of Cyrene is compelled to help JESUS

V. We adore You, O Christ, and we bless You.
R. **Because by Your holy Cross You have redeemed the world.**

The length of one short moment Our Lord is enfolded in His Mother's love: His home. Now He must again go forth. All the more bitterly He feels the brutality about Him: twice as heavy presses upon Him the weight of the cross. He is all alone. Those who love Him are powerless; those who might have helped, will not. When the soldiers of the guard see that His strength is giving out, they seize upon a peasant, Simon by name, who is coming home from the fields; He is to help carry. But Simon is not willing. He resists, they have to force him.

Lord, to so many hast Thou given help, now all have forsaken Thee. And Thou endurest to the end, for my sake, that Thou mayest be both way and strength to me. I will think of Simon the Cyrene when the time comes for me, too, to stand alone in suffering. How often does one who is afflicted see himself forsaken. Alone, in pain, and no one to help. Alone in his soul's anguish, other people not understanding Lord, in such hours do Thou stand by me. Help me to acquiesce in that being alone and not to lose heart.

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**S prtom Veronika obriše Jezusa,
zato ji da spomin obličja svetega.**

6. POSTAJA

Veronika poda Jezusu potni prt

Molimo te, Kristus, in te hvalimo.

Ker si s svojim križem svet odrešil.

Jezus je ves osamljen. Okrog in okrog samo sovraštvo, krutost, otopelost. Žeja in bolečine so ga izmučile. Križ ga strašno teži. Kdo drug bi hodil ves obupan in bi izgubil čut za vse drugo. In če bi prišla Veronika in mu dala prt, bi je niti ne opazil. Jezus pa ječi pod težo, a vendar njegovo srce bedi v rahločutni ljubezni, da začuti to skromno ženino pomoč. Ceni jo in po božje poplača.

**Gospod, kako močno in dobro je tvoje srce!
Če trpim in nimam več oči in srca za ljudi, mi
ti razsvetli oči in osvobodi srce sebičnosti, ki
se posebno trpečemu tako rada vsili. Pomagaj
mi, da ne bom vedno mislil le nase. Daj, da
bom opazil vsako majhno žrtev ljubezni, da jo
bom cenil in bom zanjo tudi hvaležen. Da,
naučiti se moram, da bom še drugim v pomoč,
saj najlaže premagamo trpljenje, če pozabimo
nase in pomagamo drugim.**

Usmili se nas, o Gospod.

Usmili se nas.

SIXTH STATION

Veronica hands her
napkin to JESUS



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

R. **Because by Your holy Cross You have
redeemed the world.**

Our Lord is wholly forsaken. Around Him, is nothing but enmity, cruelty, stupid dullness of heart. He is exhausted through thirst and pain; weary in body and soul to the point of collapse. The cross presses terribly. Any other would tread that path in desperation and have no thought of aught else. And when Veronica comes and offers her napkin, he would have no eye at all for her, would stagger past her blind and stupefied. Jesus is gasping beneath His burden; and yet so alert is His heart and so tender, that He is able to take heed of the woman's poor service, to appreciate it and divinely to thank her for it.

**O Lord, how strong and tender is Thy heart!
When I am in the midst of suffering, and apt to
become blind and indifferent towards those
about me, then do Thou keep mine eye clear
and my heart free from that self-seeking
which especially and so easily takes hold of
anyone who is in pain. Help me not to be
thinking always of myself. Teach me to notice
each little service of love; teach me to
acknowledge it and be grateful for it.
And I must learn myself to be of use to others,
for we most easily conquer
our suffering when we look out beyond
ourselves.**

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**Slabosti ves prevzet Zveličar pade spet:
oh, grehi ga teže, ki jih ponavlja svet.**

7. POSTAJA

Jezus pade drugič pod križem

Molimo te, Kristus, in te hvalimo.
Ker si s svojim križem svet odrešil.

Simon iz Cirene mu ni dosti pomagal. Nazadnje ga je čisto pustil. Jezus je zopet sam med ljudmi brez usmiljenja. Morda je v množici kdo, ki ga je Jezus ozdravil ali nasitil v puščavi. Sedaj pa divja proti njemu, kakor bi mu bil najhujši sovražnik. Vnovič pade, v njegovi duši pa sije velika luč: prav s tem, kar mu delajo hudega, jih hoče odrešiti. Spet trudoma vstane in gre dalje.

O, da bi doumel, Gospod, kako nekaj velikega je trpeti za druge. Za vse, ki jih ljubim, moža, ženo, otroci, starše, bratje in sestre... Za vse trpeče po širnem svetu. Za vse čiste in svete, ki so v nevarnosti. Za mnoge, ki tavajo v grehah in zmotah in so se izgubili. O, ko bi mogel prav globoko doumeti, kako moje trpljenje postaja drugim v blagoslov. Združuje se z močjo Odrešenikovega trpljenja. Kliče božjo milost na druge in pomaga, kjer ni nobene druge pomoči več. Potem bi bilo trpljenje premagano. Namesto obupavanja bom sredi največjih težav nosil v srcu veselje, da pomagam tebi, Kristus, pri tvojem delu ljubezni in odrešenja.

Usmili se nas, o Gospod.
Usmili se nas.



SEVENTH STATION

JESUS falls the second time beneath the cross

V. We adore You, O Christ, and we bless You.
R. **Because by Your holy Cross You have redeemed the world.**

Simon of Cyrene has not been of much help; in the end he may very likely have taken himself off altogether. Jesus is again alone in the midst of all the pitiless crowd. Perhaps some are there whom once He healed, or fed in the wilderness. And now they rage against Him as though he were their bitterest enemy. It is that which weighs Him down to the ground for the second time. But a great light shines in His soul: Through the very things that they inflict upon Him, He wills to redeem them! For the second time He rises up painfully, and goes on.

Lord, could I but comprehend how great this is: to suffer for others! For all who are dear to me, husband wife, children, parents, brothers and sisters...For all the misery in the wide world... For every great, pure, holy thing that is in danger. For the many who err and live in sin, and have lost their way. Could I but deeply comprehend, that so my suffering may turn to blessing upon others! That it has share in the power of the Redeemer's suffering! Draws down God's grace on others and helps when nothing else can help. Then would suffering be in very truth conquered! And instead of repining, I should, in the midst of my misery, have at heart the joy of being God's helper in the work of love and redemption.

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**Usmiljene žene, ne jokajte za me,
le zase in svoj rod točite zdaj solze.**

8. POSTAJA

Jezus nagovori jeruzalemske žene

Molimo te, Kristus, in te hvalimo.
Ker si s svojim križem svet odrešil.

Tudi to srečanje razodeva čudovito bogastvo Jezusovega srca. Če pomislim, kako trpi. Glava je vsa ranjena od trnja, telo polno globokih ran, razboleno od jedkega potu. Okrog njega sovraštvo in pred njim strašna smrt. Jezus je miren in spolnjuje svoje poslanstvo: uči in opominja.

Za vsakogar pride čas, ko ga trpljenje tako potare, da ves trepetajo pod njegovo silo. Živci ne ubogajo več in le s težavo jih kroti. Če ga muči okolica z brezčutnim vedenjem, je njegovo trpljenje še hujše. Kadar bo meni tako, Gospod, mi pomagaj ohraniti mir. Kakor si potrpel ti, se bom trudil tudi jaz.

Usmili se nas, o Gospod.
Usmili se nas.



EIGHTH STATION

JESUS speaks to the wailing women

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

R. **Because by Your holy Cross You have redeemed the world.**

This, too, reveals a marvel of Jesus' liberty of heart. When I think what He is feeling... His head tortured with thorns, His flesh torn with deep wounds, tormented by acrid sweat... How He is well nigh suffocated beneath His burden... About Him nothing but hatred and scorn, and facing Him the fearful end...

To every man times come when heavy suffering weighs on him, and his whole being feels the anguish of its pressure. The nerves no longer obey; only with difficulty does he keep hold on the last vestiges of control. And the difficulty is doubled, if those about him irritate him by unfeeling, unreasonable behaviour.

In any hour when this befalls me, help me, Lord, to keep calm. In the power of Thy patience I will hold myself together

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**Zveličar omedli, pod križem spet leži;
o, trdo srce, glej, tvoj greh ga žalosti.**

9. POSTAJA

Jezus pade tretjič pod križem

Molimo te, Kristus, in te hvalimo.

Ker si s svojim križem svet odrešil.

Kmalu se je Jezus tretjič zrušil pod križem. Kaj bi dejali o tolikšnem trpljenju? Da bi ponavljali besede? Kako prazne so. Poskusi začutiti, kar je začutil on. Kaj pomeni pasti pod tako težo na tla, v takem spremstvu in še tretjič. Moči so mu skoraj pošle. Kljub temu se še enkrat vzravna in nosi križ do cilja.

O močni Jezus, ti si v meni in jaz v tebi! S teboj moram prenašati trpljenje, čeprav bom mislil, da ne morem več. S teboj moram izpolniti dolžnost, čeprav bo še tako težka. Pomagaj mi, da v sili ne obupam in ne ubežim svoji dolžnosti. In če mi moč oslabi in bom padel, mi pomagaj znova vstati. Jezus, daj, da razumem, kako ne zahtevaš, da pod križem ne smem nikoli oslabeti, ampak le to, da moram vedno spet vstati. Daj mi spoznanje, da je vse to naše življenje na zemlji vedno novo vstajenje, vedno novo začenjanje.

Usmili se nas, o Gospod.

Usmili se nas.

NINTH STATION

JESUS falls the third time
beneath the cross



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

R. **Because by Your holy Cross You have redeemed the world.**

Soon after the second fall Jesus breaks down for the third time. What can be said in the presence of such torturing anguish? Shall we go over the samewords again? All words here are empty. Strive to feel with Him what He feels - how weary He is, even to death, and what it means to fall to the ground under such a load, amid such surroundings, for the third time! He is at the end of His strength. Nevertheless He drags Himself up yet once more, and carries the cross to its goal.

O Jesus, Thou strong one, Thou art in me, and I in Thee. With Thee I shall not lack the power to hold out in suffering to the very end, even when I think I can bear no more. With Thee I shall not lack the power to perform my duty, let it become never so difficult. Do Thou help me that I do not lose heart in affliction, that I do not shirk my duty. And if I fall, if my strength fails, then do Thou help me to rise again. Teach me to realize that all our earthly life is an ever-new rising up, an ever-fresh beginning again.

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**Ko pride na goro, obleko mu vzemo
in za dolge sveta še žolča mu dado.**

10. POSTAJA

Jezusa slečejo in mu ponudijo vina, z žolčem
mešanega

Molimo te, Kristus, in te hvalimo.

Ker si s svojim križem svet odrešil.

Vse so mu vzeli: prostost, prijatelje, delovanje.
Zdaj mu vzamejo še čast telesa. Brez obleke je
predan zasramovanju. Vsak predrznež ga sme
opazovati in sramotiti. Močno je Jezusovo srce,
globoko in neizmerno plemenito. Prav nežen je
njegov čut za čast. Kakor v žgočih plamenih ga
objame to zasramovanje.

**Gospod, spomni me teh bridkih trenutkov,
kadar bo v nevarnosti moja čast. Tako
neizmerno sramoto si trpel zame. Po tem
trpljenju me okrepi v trenutkih, ko mi bodo
jemali moje dobro ime, ko mi bodo podtikali
slabe namene, ko me tudi najbližji ne bodo
razumeli. Ne daj, da mi zmanjka potrpljenja.
Ne daj, da bi enako vračal z enakim. Ne daj,
da bi grajal, sodil ali sumil tistega, ki je ranil
mojo čast. Pomagaj mi ostati miren in
pravičen.**

Usmili se nas, o Gospod.

Usmili se nas.



TENTH STATION

**JESUS is stripped of
his garments**

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

R. **Because by Your holy Cross You have
redeemed the world.**

Everything they have taken from Him: His
liberty, His friends, His work. Now they take
from Him the dignity and honour of His person
as well. Naked and uncovered He is given over
to shame. Every insolent passer-by can look
upon Him and jeer at Him. With burning flames,
as it were, shame closes over Him.

**Lord, remind me of this bitter hour, if the time
comes when my honour is assailed; if men
mistake my intention, and attribute wrong
motives to me; if I am slandered, and my good
name attacked, if even those who are nearest
and dearest to me, and ought to know my
heart, misjudge me. Let me not become
impatient; suffer not that I render like for like,
that I utter
reproaches, pass judgment or even cast
suspicion on him who assailed my
honour. Help me to remain fair-minded and
calm and to trust in Thee.**

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**Na križ ga polože, razpno roke, noge
in ostri mu žebli spet rane narede.**

11. POSTAJA

Jezusa pribijejo na križ

Molimo te, Kristus, in te hvalimo.

Ker si s svojim križem svet odrešil.

Kar delajo zdaj, je tako strašno, da je bolje bežati kakor gledati. Tako ga pribijejo na križ in ga dvignejo. O moj Gospod in Zveličar! Toda nimam pravice bežati, saj trpiš zame. Zdaj ne moreš ničesar več. Le tiho visiš in vztrajaš. Od vseh strani te obdaja sovraštvo, zasmeh in prostaštvo nasprotnikov in naščuvanega ljudstva.

Gospod, odpusti meni, grešniku! Saj sem jaz kriv tvojega trpljenja. Naj ne bo tvoje trpljenje zame izgubljeno. Naj tvoja Božanska moč in potrpežljivost zaživita v meni.

Za vsakogar pride čas, ko ne more storiti ničesar več, ko ne more skrbeti za svojo čast, ko ne more več lajšati svojih bolečin, ko ne najde več izhoda iz svojega trpljenja. Tako je posebno v zadnji bolezni. Takrat je vsak kot pribit na križ. Nekaj pa le še more: položiti srce in voljo v božje roke. Gospod, kadar pride ta čas, boš pri meni, vem. Moč tvojega križa bo takrat v meni in me bo krepila.

Usmili se nas, o Gospod.

Usmili se nas.



ELEVENTH STATION

JESUS is nailed to the cross

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

R. Because by Your holy Cross You have redeemed the world.

What takes place now is so dreadful that one would fain flee away, and not have to look upon it. They nail Him to the cross and then lift it erect.... O my Lord and Saviour! But I have no right to make my escape; I must stay here.

It is for me He suffers. On His way hither, Jesus has, at least, been able to walk, to move, to exert Himself. Now all that ceases. Now He can do nothing more, only hang there in silence and endure. And the multitude around! In His enemies, devilish hate and scorn! In the rabble, brutality!

O Lord, forgive me, a sinner! Mine is the blame for all Thy distress. And let Thy sufferings not be lost on me. Let its divine strength and patience become alive in me.

To every one the hour comes, when he can do nothing more, cannot shield his honour, cannot allay his pain, cannot find any way out of his misery. Above all it will be thus in his last illness, when he knows that he is on his way to the end, that the physician can effect nothing more. Then each man is, as it were, nailed to the cross and cannot aid himself. Can do but one thing: recollect heart and will in God. Lord, when that hour comes, then shalt Thou be with me, that I know. The power of Thy cross then shall be in me, and make me strong.

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**Na križu Bog visi in sveta teče kri:
za nas umira Bog, žalujte vse stvari!**

12. POSTAJA

Jezus umrje na križu

Molimo te, Kristus, in te hvalimo.

Ker si s svojim križem svet odrešil.

Tri dolge ure trpi Jezus. Ob križu stojita njegova mati in njegov prijatelj. »Glej, tvoj sin!« ji pravi. In Janezu: »Glej, tvoja mati!« Mar ni tako, kakor bi se ločil od ljubezni teh dveh, ki sta ga imela rada? Sam bi bil rad. Vzel je nase vso našo krivdo. Kaj je pretrpel Jezus v teh trenutkih, ne ve nihče. Zapuščen od vseh stoji sam z našo krivdo pred božjo pravičnostjo. V ljubezni trpi, dokler ni vse končano. »Dopolnjeno je!«

Molim brezmejno božjo pravičnost, pred katero stojim kot grešnik, in tebe, moj Odrešenik, ki si se zavzel zame. Gospod, ti si me odrešil. Zahvaljujem se ti za to iz vsega srca. Ti si mi tudi pokazal, kako moram nositi svoje lastno trpljenje in kako ga morem premagati edino v tebi: po ljubezni. Nositi ga morem samo, če ga kot ti vzamem iz Očetove roke, če v Očeta zaupam in se ga oklepam. Tako ostanem močan, tudi če me vse zapusti. In če prenašam trpljenje drugim v blagoslov, kakor si storil ti, ga morem premagati. Tudi meni je lažje, ko vem, da ni brez vrednosti, kar trpim, temveč da prinaša drugim odrešenje.

Usmili se nas, o Gospod.

Usmili se nas.



TWELFTH STATION

JESUS dies on the cross

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

R. Because by Your holy Cross You have redeemed the world.

For three long hours Jesus endures... By the cross stand His Mother and His dearest friend. "Behold thy Son," He says to her. And " Behold thy Mother," to John. It is, as if He were stripping from Himself the enfolding love of these two. He wills to be alone. He has taken our guilt upon Him. No one is to stand by Him. Utterly alone He settles this fearful thing with God. And in this love He consumes Himself, till all is accomplished. - "It is consummated."

I adore God's infinite righteousness, before which I stand as a sinner; and I adore Thee, my Redeemer, Who has been surety for me. Lord, Thou hast redeemed me; I thank Thee for it from the depths of my heart. Thou hast shewn me, too, how I can bear my own suffering and how alone I can overcome it: Through love. I can bear it only if I accept it as Thou didst, from the hand of the Father. If I trust in the Father and cling to Him. I can overcome it only if I turn it

into blessing upon others as Thou didst.

And then I, too, am helped, for I know that what I suffer is not in vain, but brings blessing upon others.

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**O, Mati žalostna, ki ljubiš Jezusa,
objemaš zadnjikrat Sinu zdaj mrtvega.**

13. POSTAJA

Jezusa snamejo s križa in položijo Mariji v naročje

Molimo te, Kristus, in te hvalimo.
Ker si s svojim križem svet odrešil.

Gospod je dotrpel. Zdaj je mrtev. Če govorimo po človeško: »Življenje je imel še vse pred seboj. Kaj bi Jezus še ustvaril, kako bi učil, deloval, pomagal?« Zdaj je vse pohojeno. A prav to je nespamet križa. Seme je moralo umreti, da bo lahko vzklijo življenje.

Gospod, to je odgovor na trpko vprašanje: čemu trpljenje? Čemu trpeti, ko pa vse kliče k sreči in ustvarjanju? Čemu umreti? Čemu odhajati, če nismo dopolnili življenja? Čemu dajati, kar je tako dragoceno? Vsa človeška modrost umolkne. Le križ ve odgovor: »Seme ne obrodi sadu, dokler ne umrje v zemlji.« Vse naše trpljenje, naše darovanje in naša smrt je božja setev. Če smo združeni z božjo voljo, požene iz nje življenje, bogato življenje za nas in za druge. Tako verujem. Zaupal bom in se oklepal Boga, da bo tudi moje življenje in trpljenje in smrt obrodilo za večnost.

Usmili se nas, o Gospod.
Usmili se nas.



THIRTEENTH STATION
JESUS is taken down
from the cross

V. We adore You, O Christ, and we bless You.
R. **Because by Your holy Cross You have redeemed the world.**

Our Lord has suffered to the end. Now He is dead. Humanly speaking, He had His life before Him. What might not Jesus have wrought - what teaching, what great deeds, what help... Now all is crushed under foot. But that is " the foolishness of the cross." "The grain of wheat must die," in order that highest life be brought forth from it.

Lord, here is the answer to the bitter question: Why suffer? Why have to suffer when everything is calling out for happiness and the joy of doing? Why die? Why have to be gone, when life has not yet been lived? Why have to relinquish what is so dear ? Here, all human wisdom comes to nought. In the cross alone is the answer: "The grain of wheat remains unfruitful, as long as it does not die in the earth." All our suffering, our sacrifices and our dying is heavenly seed. If we are at one with God's will then there is brought forth thence life for life, for us and for others. And so I will believe: will trust and hold fast to God, that so my living and suffering and dying -- mine too -- may bear everlasting fruit.

Leader: Have mercy on Us, O Lord.

All: Have mercy on Us.

**Bridko objokovan je Jezus v grob dejan;
o, grešnik, moli ga, tvoj greh je zdaj opran.**

14. POSTAJA

Jezusa položijo v grob

Molimo te, Kristus, in te hvalimo.
Ker si s svojim križem svet odrešil.

V platnene rjuhe zavijejo Gospodovo telo in ga polože v grob. Vse je utihnilo. Oddahnem si, da je minilo strašno trpljenje. Globok mir diha ob grobu. On, ki leži v njem, je z božjo zvestobo dopolnil vse, kar mu je naročil Oče. Zdi se, da se ob grobu razodeva velikonočni sijaj. Učencem je seveda drugače pri srcu. Vse njihovo upanje je umrlo. Vendar tudi njim kmalu zasveti močna luč, da spoznajo, kako je moral Mesija vse to trpeti, da je tako šel v svojo slavo in da je bila njegova smrt cena našega življenja.

Gospod, ti si prinesel veselo oznanilo, da za vsakim velikim petkom pride velika noč, da je trpljenje vir blagoslova in da je smrt le seme novega življenja za vsakega, ki se tebe oklepa. Daj mi, da bom to razumel. Naj živi v meni to prepričanje, kadar pridejo težki časi. Potem bom spoznal, da morem trpljenje ne le nositi, ampak tudi premagati. In še to bom čutil, da je tudi v bridkosti deležen tvojega miru, kdor s teboj živi in trpi.

Usmili se nas, o Gospod.
Usmili se nas.



FOURTEENTH STATION Jesus is laid in the tomb

V. We adore You, O Christ, and we bless You.
R. **Because by Your holy Cross You have redeemed the world.**

They wrap the body of Our Lord in linen cloths and lay it in the tomb. Now all is still. We breathe again now that the terrible distress is over at last. Deep peace lies about the lonely tomb. It is the peace of fulfilment. He who sleeps therein has, with divine fidelity, brought to an end all that the Father had laid upon Him to do. It seems to us that already the approaching glory of Easter plays like summer lightning around the silent spot. The disciples, as is but natural, do not feel it so. For them all hope is gone. But to them, too, He soon appears, radiant in power and light, and they realize, "how the Messiah must suffer all these things and so enter into His glory" and that His death was the price paid for our life.

O Lord, that is the glad message which Thou hast brought to all people, that after every Good Friday comes an Easter. That all suffering is a fount of blessing, and death itself the seed of new life for everyone who holds fast to Thee. That do Thou teach me to understand. Let this conviction rise to life in me, when hours of darkness come. Then I shall learn to know that thus I can not only endure my suffering, but also overcome it. And that he who thus lives and suffers with Thee, has, even in the midst of bitterness, share in Thy peace.

Leader: Have mercy on Us, O Lord.
All: Have mercy on Us.

**O, Jezus, hvale naj ves svet te vekomaj!
Po svojem križu nam podeli sveti raj!**

SKLEP

Gospod, hvala ti, ker si me danes poučil, da naše trpljenje ni mračno tlačanstvo, ki se mu zamažujemo, ali v katerem obnemoremo in obupamo. Bridko je, vendar nam prinaša odrešenje. Ti si me naučil, kako naj nosim svoj križ: v zaupanju in ljubezni do Boga. Ti si me tudi naučil, kako ga morem premagati: da ga v ljubezni darujem za druge. Zapiši mi to resnico globoko v srce, da je nikdar ne pozabim! Naj me živo prevzame posebno takrat, ko bo najtežje. Potem bom mislil na to, kar si mi na tem križevem potu povedal in bom po tem tudi živel.

PESEM - SONG

MATI ŽALOSTNA JE STALA – STABAT MATER

<https://www.youtube.com/watch?v=SfaNe-ZvDZM>

1. Mati žalostna je stala, * zraven križa se jokala,
ko na njem je visel Sin, * ko na njem je visel Sin.
2. V grenko žalost zatopljena * je nje duša prebodena
z mečem silnih bolečin, * z mečem silnih bolečin.
3. O, kaj žalosti prestati * morala je sveta Mati,
k'tere Sin je rešil svet, * k'tere Sin je rešil svet.
4. V žalosti zdihuje blede, * ko v trepetu Sina gleda,
kaj trpi, na les razpet, * kaj trpi, na les razpet.

CONCLUSION

Lord, thank you for teaching me today that our suffering is not a darkness, where we confront in vain, or we become numb and are in despair. It's bitterness, brings us salvation. You taught me how to carry my cross: in trust and in the love of God. You have also taught me how to overcome it: to give it in love for others. Instill this truth deep in my heart that I will never forget! Keep this alive in me, especially in those times when things are the hardest. Then I will think of what you told me on this Way of the Cross, and after that I will live.

1. At the cross her station keeping,
stood the mournful mother weeping,
close to Jesus to the last
2. Through her heart, his sorrow sharing,
all his bitter anguish bearing,
now at length the sword had passed.
3. Oh how sad and sore distressed
was that mother highly blessed,
of the sole-begotten One!
4. Christ above in torment hangs;
she beneath beholds the pangs
of her dying glorious Son.