

# A DISCIPLE'S WAY OF THE CROSS

Third Printing - 1993

---

+ Nihil Obstat:  
Rev. Isidore Dixon, STD  
Censor Librorum

+ Imprimatur:  
Rev. William J. Kane  
Vicar General for the  
Archdiocese of Washington  
August 8, 1989

---

The nihil obstat and imprimatur are official declarations that a book or pamphlet is free of doctrinal or moral error. No implication is contained therein that those who have granted the nihil obstat and the imprimatur agree with the content, opinions or statements expressed.

# A DISCIPLE'S WAY OF THE CROSS

© 1989 - Rev T. G. Morrow

---

Illustrations by Deborah Morrow

---

This booklet is dedicated to the *exemplar* of  
all disciples, Mary, mother of God.

---

To order additional copies, refer to inside  
back cover.

Printed by  
St Martin de Porres Dominican Community  
New Hope, Kentucky

## HYMN

*Were you there when they crucified my Lord?  
Were you there when they crucified my Lord?  
Oh...sometimes it causes me to tremble,  
tremble, tremble.*

*Were you there when they crucified my Lord?*

*Were you there when he knelt alone in  
prayer?*

(Repeat, as above.)

### Introduction

Priest: **Christ suffered for you  
and left you an example  
that you should follow in his steps  
(1 Pet 2:21).**

All: Lord Jesus, last night you knelt in a garden  
and sweat blood over this way  
we are about to travel with you.  
You would walk a physical way of the cross.  
We, a spiritual.

Your human will fought to avoid this "cup,"  
but at last you embraced the Father's will  
and found peace.

You surrendered, "Thy will be done,"  
and went to meet your death.

Even now, as we kneel before you  
we wonder why we go this way with you.

But you remind us  
that if we would be your disciples  
we must pick up our cross  
and follow in your steps (Mk 8:34).

Disciples let us be.

*Were you there when He stood before the  
judge?*

## JESUS IS CONDEMNED TO DEATH

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **Though harshly treated, he submitted  
and opened not his mouth:**

**Like a lamb led to the slaughter,  
or a sheep before the shearers,  
he was silent...**

**Oppressed and condemned,  
he was taken away.(Is 53:7, 8)**

All: Lord, You stand before Pilate.

Divine power before human.

Meekness before arrogance, love before fear.

Pilate's power seems impressive, bold.

But the power of the world is weak, unstable.

Pilate vacillates between expediency  
and truth:

"What about your 'king'?" he pleads.

"We have no king but Caesar!"

the crowd responds.

Politics over religion!

Pilate makes the political choice,

saying in effect, "I'm opposed to this, but..."

He condemns innocent blood.

Lord, how often, by our indifference,

our apathy,

are we counted among today's Pilates,

still at it, condemning innocent blood:

the preborn, the weak, the starving.

Help us stand as disciples before the world

with you... with them.

Were you there when he knelt to take his  
cross?

## II

### JESUS TAKES HIS CROSS

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **If anyone wishes to come after me,  
he must deny his very self,  
take up his cross,  
and follow in my steps (Mk 8:34).**

All: Your cross is harshly thrown at your feet.  
Do you, as does the priest at Mass,  
bend to kiss your altar of sacrifice  
before taking it  
on your blood-stained shoulders?

As the Father fashioned this cross for you,  
so have you fashioned one  
for each of us, your disciples.

You have carved each cross  
with your own hands, and weighed it,  
that it be not one ounce too heavy  
for our strength.

You have anointed it with consolations,  
and kissed it,  
before placing it gently on our shoulders.

Keep before us the words of St  
Teresa of Avila:

"When you embrace the cross  
you do not feel it."

Teach us, your disciples,  
to embrace our crosses:  
our sicknesses, disappointments,  
failures, family trials, the monotony of life...  
even to kiss these crosses for love of you.

Were you there when he fell beneath his  
cross?

### III

## JESUS FALLS THE FIRST TIME

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **It was our infirmities that he bore,  
our sufferings that he endured...  
He was pierced for our offenses,  
crushed for our sins (Is 53:4, 5).**

All: Your journey has but begun,  
yet already the cross crushes  
your weakened body to the ground.

What shame to fall before so great a crowd.  
What shame when I fall before so  
great a God.

I sometimes become discouraged  
with my weaknesses: my anger, laziness,  
pride;  
my irrational desires  
for sex, food, drink, money,  
constant stimulation.

Let the sight of you  
struggling to your feet  
under the blows and kicks of the soldiers  
inspire me to get up when I fall,  
to return to your forgiving, merciful heart.

Make me aware of my weaknesses,  
that your power may rest upon me,  
and enable me to rise again  
to penitent, but confident, discipleship.

Were you there when sweet Mary faced her  
Son?

## IV

### JESUS MEETS HIS MOTHER

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **Can a mother forget her infant,  
be without compassion  
for the child of her womb? (Is 49:15)**

All: It is one thing to endure taunts and ridicule,  
to be treated like a common criminal,  
to be driven like an animal to execution.  
But, now, for your mother to see this...?

You are devastated that Mary must  
suffer this,  
but consoled by her loving glance.  
Mary is the perfect symbol  
of the Father's mercy and tenderness.

For thirty-three years Mary has known  
you would be the suffering servant of Isaiah.  
Simeon kept fresh in her mind  
the wound her heart would this day suffer.  
Now the sword pierces surely, deeply,  
as she gazes on you, her disfigured Son.

As we travel along this disciple's road,  
struggling to bear our own heavy load,  
remind us to look to Mary as our own mother,  
for comfort, consolation, encouragement;  
not for her to lift our cross,  
but to sweeten it with a mother's love.

Were you there when they forced a stranger's  
help?

## SIMON HELPS JESUS

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **I was hungry and you gave me food,  
thirsty and you gave me drink...  
sick and you visited me...  
Whatever you did  
for the least of my brothers  
you did for me" (Mt 25:35, 36, 40).**

All: Simon, drawn by the noisy crowd,  
complains at having to share your  
burden: "Why should I share in the  
cross of a criminal?"

Then something happens to change  
his heart.

Do you show him God himself  
in your blood-stained eyes?

Yes, and then,

the cross could not be torn from him.

Gentle Lord, help us to see your heart  
within the least of your brothers

when we are tempted to ask ourselves

"Why should I clothe, shelter,  
feed, give drink to the poor?...

Why visit the sick, imprisoned?...

Why show respect for the dead,  
their loved ones?

Why protect the unborn, the aged,  
oppressed?

Lord, help us to see it is you we serve  
in all these your brothers and sisters in need,  
as we live out our noble call to discipleship.

Were you there when the woman wiped his  
face?



## VI

### VERONICA WIPES JESUS' FACE

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **Praised be the God and Father  
of Our Lord Jesus Christ,  
The Father of mercies  
and the God of all consolation.  
He comforts us in all our afflictions  
and thus enables us to comfort  
those who are in trouble with  
the same consolation  
we have received from him.**

(2 Cor 1:3, 4).

All: Veronica comes to wipe  
your blood-stained face.  
Never to be outdone in generosity,  
you leave the imprint of your face on her veil.

Help us to see that same face as today we  
comfort those in sorrow,  
counsel those who doubt the faith,  
confront sinners, gently, firmly,  
teach others your way;  
while we patiently bear injustices received,  
forgive all injuries,  
and pray for those living and dead.

And, when we have done these  
things for you, impress your image on  
our souls that we, your disciples,  
might go forth and show your face to  
the world.

Were you there when he fell a second time?

## VII

### JESUS FALLS A SECOND TIME

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **Come to me, you who are weary  
and find life burdensome, and I  
will give you rest... for my yoke is  
easy, and my burden light.**  
(Mt 11:28, 30)

All: Even with Simon's help  
your cross weighs heavily  
on your bleeding shoulder,  
worn raw by the beam.  
The soldiers kick and whip and spit upon you.  
How much humiliation will you bear for us?

As we fall repeatedly into sin  
beneath our same recurring weaknesses,  
anger, pride, laziness, self-indulgence,  
may your perseverance in your falls  
turn our discouragement into hope,  
our back-sliding into resolve,  
and our weakness into strength,  
that we might rise again  
by your life within us,  
to live in and for you.

Help us to remember that discipleship  
is not perfection, but perseverance;  
and that the difference  
between a saint and sinner is:  
a saint is a sinner who never stopped trying.

Were you there when the women wept for  
him?

## VIII

### JESUS SPEAKS TO THE WOMEN

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **O Jerusalem, Jerusalem,  
killing the prophets  
and stoning those sent to you!  
How often would I have gathered  
your children  
as a hen gathers her young  
beneath her wings,  
and you would not!(Lk 13:34,35).**

All: The Jerusalem women weep at your suffering,  
yet you turn their concern to their children;  
to look beyond your suffering  
to the sin which caused it:  
your rejection by man.

These well-meaning women, do they symbolize  
those who try to ease the suffering and misery  
of our world, but care little about  
the sin behind that suffering?

Inspire us to work for the liberation of souls  
from the bondage of sin and selfishness  
as the primary way to alleviate world suffering.  
And may we never try to solve  
the ills of this world  
merely by social action, but rather,  
pray as if everything depends on God,  
and work as if everything depends on us.

As disciples may we weep not so much  
for you as for those who have rejected  
you.

Were you there when a third time he fell  
down?

## IX

### JESUS FALLS A THIRD TIME

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **Rejoice in your hope,  
be patient under trial,  
persevere in prayer (Rom 12:12).**

All: You lift your eyes momentarily from the road  
to see the top of Calvary,  
and, tripping on a rock, you fall again.  
You were so close, yet now you are  
so many kicks, so many insults,  
so many scourges from your goal.

How easy for us,  
once we have traveled with you for a time  
to turn our eyes  
from the road which got us here:  
prayer and sacrifice;  
and to see our progress in the spiritual life  
as the result of our own efforts.

If we do, Lord, bring us down,  
that we might remember your words:  
"I am the vine, you are the branches.  
He who lives in me and I in him  
will produce abundantly,  
...apart from me you can do nothing"

(Jn 15:5).

May we see every fall  
as your precious invitation  
to draw us back to humble, prayerful  
discipleship.

Were you there when they stripped him of his  
clothes?

## X

### JESUS IS STRIPPED

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **Though he was in the form of God,  
Jesus did not deem equality with God  
something to cling to.  
Rather he emptied himself  
and took the form of a slave,  
being born in the likeness of men.  
He was known to be of human estate,  
thus humbling himself,  
becoming obedient even unto death,  
death on a cross! (Phil 2:6-8)**

All: As you were willing  
to be stripped of your clothes  
so may we be willing to be stripped  
of our honors, our accomplishments,  
our possessions, even our wills.

Fill us with the spirit of St Francis,  
that we might see ourselves as  
the servant of everyone we meet,  
that we might seek the last place in all things,  
and we might live  
the simplicity of Lady Poverty,  
for love of you.

Make us indifferent  
to all that this world has to offer,  
so as to be living witnesses to the world that,  
for your disciples, you are enough.

Were you there when they nailed him to the  
cross?

## XI

### JESUS IS NAILED TO THE CROSS

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **I tell you solemnly:**

**as a young man you fastened your belt  
and went about as you pleased;  
but when you are older  
you will stretch out your hands,  
and another will tie you fast  
and take you  
where you do not wish to go (Jn 21:18).**

All: They nail you hands and feet to the cross,  
to the instrument of our salvation,  
the instrument of your Messianic fulfillment.

This is the paradox of the Christian life:  
by surrendering our freedom,  
by binding ourselves to you,  
we become free from sin, selfishness, error,  
free to be fulfilled in your enduring love.

May the sight of you being bound to the  
cross, your "glory" (Jn 12:23),  
inspire us to see the glory  
of our own commitments:  
to meditative prayer, to a sacramental life,  
to Sunday worship;  
to marriage or religious vows,  
to children, to friends,  
to a life of virtue,  
...to the sweet bondage of discipleship.

Were you there when he bowed his head and  
died?

## XII

### JESUS DIES ON THE CROSS

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **One of the criminals... blasphemed him...**

**But the other rebuked the first:**

**"Have you no fear of God...**

**We deserve it, after all...**

**Jesus, remember me in your kingdom."**

**"...this day you will be... in paradise."**

**(Lk 23:39-43)**

**Jesus, seeing his mother there  
with the disciple he loved... said to him,  
"Behold your mother." (Jn 19:26, 27).**

**Then, Jesus uttered a loud cry and said,  
"Father, into your hands I com-  
mend my spirit."**

**And, having said this, he expired.**

**(Lk 23:46)**

*[All kneel for a moment of silent prayer.]*

All: We have seen the two responses to suffering:  
blasphemous complaining,  
or penitent prayer for mercy.

May our response be the latter, that of Dismas:  
to gaze upon your crucified body,  
to forget our own suffering, confess our sins,  
and receive your pardon, peace, and hope.

And, may we, as your "beloved disciples,"  
heed your dying request: "Behold your mother,"  
that by Mary's guidance, example and prayers,  
we too might come to say--now, and in death--  
"Father, into your hands I commend my spirit."

Were you there when they took him from the  
cross?

### XIII

#### JESUS IS TAKEN FROM THE CROSS

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **I say to you, my friends,  
do not fear those who kill the body  
and can do no more...  
Fear him who has power to cast into hell  
once he has killed...  
...whoever acknowledges me before men,  
the Son of Man will acknowledge  
before the angels of God.  
But he who disowns me before men  
will be disowned  
before the angels of God.**

(Lk 12:4, 5, 8, 9)

All: Joseph of Arimathea and Nicodemus,  
inspired by your crucifixion and death  
to put aside their fear of the Jews,  
now give public witness to their love for you.

They place your body  
in the arms of your mother weeping--  
not tears of devastation,  
but tears like the gentle shower after a storm,  
anticipating the blossoming of new life.

May the sight of your limp body,  
totally spent for us,  
unlock the courage in our hearts  
to ignore all human respect  
and give bold witness  
to our discipleship with you.

Were you there when they laid him in the  
tomb?



## XIV

### JESUS IS LAID IN THE TOMB

Priest: We adore you O Christ and we praise you.

All: (Genuflecting) Because by your holy cross  
you have redeemed the world.

Priest: **I solemnly assure you,  
unless a grain of wheat  
falls to the earth and dies,  
it remains just a grain.  
But if it dies, it bears much fruit.  
The one who loves his life loses it,  
and the one who hates his life  
in this world  
will preserve it into eternal life.  
(Jn 12:24, 25).**

All: This grain of wheat, you, Lord, have died.  
Your body is placed in the earth,  
soon to bear magnificent fruit.

We too must die if we would bear fruit:  
die to our self-indulgence;  
die to living merely by feelings,  
rather than by reason informed by faith;  
die even to our own wills,  
so as to live the virtue this world hates:  
obedience...  
Obedience to you, your Church, our superiors.

As disciples, intent on bearing fruit,  
may we so bury our wills in yours  
to be able to say joyfully, easily, promptly,  
in all things,  
"Thy will be done."

Were you there when he rose up from the  
dead?

## THE RESURRECTION

Priest: **Then I saw new heavens  
and a new earth;  
the former heavens and the former  
earth had passed away...  
And I saw the holy city,  
a new Jerusalem,  
coming down out of heaven from God,  
adorned as a bride,  
prepared to meet her husband.  
(Rv 21:1, 2)**

All: As the many grains of wheat are crushed  
yet come to life in the Eucharist,  
so you Lord, crushed for our sins,  
come to life in the resurrection.  
In your Easter victory  
you show how you can and will  
bring joy from sorrow,  
success from failure,  
victory from defeat,  
even Life from death,  
endured for you.

May we never separate  
the cross from the resurrection;  
and may we never forget  
the joy of the New Jerusalem  
toward which we journey in this valley of tears,  
where we will be no longer just your disciples,  
but your spouse  
in an eternal marriage with our God.

## STATIONS WITH BENEDICTION

After the 14th station, the priest or deacon exposes the Blessed Sacrament and the exposition hymn is begun. Incensation takes place during the hymn.

### EXPOSITION HYMN

O salutaris Hostia  
Quae caeli pandis ostium:  
Bella Premunt hostilia,  
Da robur, fer auxilium.

Uni trinoque Domino  
Sit sempiterna gloria  
Qui vitam sine termino  
Nobis donet in patria. Amen.

(English version)

O saving Victim op'ning wide  
The gate of heaven to us below!  
Our foes press on from every side.  
Your aid supply, your strength bestow.

To your great name be endless praise.  
Immortal Godhead, one in three.  
O grant us endless length of days  
in our true native land with thee.  
Amen.

During exposition priest\* reads passage from Scripture on Resurrection as given above or from latter part of one of the gospels. Priest\* gives short homily on Resurrection relating it to the Eucharistic Lord on the altar.

\*priest or deacon

## BENEDICTION HYMN

(Incensation)

Tantum Ergo Sacramentum  
Veneremur cernui  
Et antiquum documentum  
Novo cedat ritui;  
Praestet fides supplementum  
Sensuum defectui

Genitori Genitoque  
Laus et Jubilatio  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio. Amen.

(English)

Bowing low, then offer homage  
To a Sacrament so great.  
Here is new and perfect worship;  
All the old must terminate.  
Senses cannot grasp this marvel  
Faith must serve to compensate

Praise and glorify the Father,  
Bless his Son's life-giving name,  
Singing their eternal Godhead,  
Power, majesty and fame,  
Offering their Holy Spirit  
Equal worship and acclaim. Amen.

Priest\*: you have given them Bread from heaven.

All: Having within it all sweetness.

\* priest **or** deacon

## PRAYER

Priest<sup>\*</sup>: Let us pray. Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever. Amen.

## THE DIVINE PRAISES

Blessed be God.

Blessed be his holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most precious blood.

Blessed be Jesus in the most holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and immaculate conception.

Blessed be her glorious assumption.

Blessed be the name of Mary, virgin and mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and his saints.

May the Heart of Jesus/ in the most Blessed Sacrament/ be praised, adored and loved/ with grateful affection/ at every moment/ in all the tabernacles of the world/ even until the end of time. Amen.

(Priest<sup>\*</sup> gives benediction. Sacrament is reposed and closing hymn sung)

<sup>\*</sup>priest **or** deacon

By the same author:

WORLD'S MOST POWERFUL MYSTERIES  
(Meditations on the mysteries of the rosary using  
Sacred Scripture and the visions of mystics)

and

---

Acknowledgements:

English text for benediction hymn © 1965, 1977  
Order of St. Benedict, Inc.

Published by Liturgical Press, Collegeville, MN

The basis for the scriptural quotes is the New American Bible © 1970 by the Confraternity of Christian Doctrine.

---

Additional copies of this pamphlet:

Under 10 . . . . . \$1.00 each

10 to 99 . . . . . \$.80 each

100 to 499 . . . . . \$.60 each

500 or more . . . . . \$.50 each

Contact: Catholic Faith Alive!

[www.cfalive.com](http://www.cfalive.com)  
1-877-324-8492