

苦路善工

STATIONS OF THE CROSS



大嶼山主顯堂
Epiphany Parish, Lantau Island

台前誦

神父：因父、及子、及聖神之名。

眾： 亞孟。

信友禱文：請為世界和平祈禱、為教友、為親戚、朋友祈禱

眾：主、耶穌基督，我們藉著洗禮與祢同死同埋；祢既藉著父的力量，從死中復活；求祢也使我們能度一種新生活。昔日的我們已與祢同釘在十字架上；求祢消除我們的罪愆，不再作罪惡的奴隸。我們既與祢同死，亦必與祢同生；死於罪惡，活於天主。

主，我們曾多次掙扎，多次跌倒；雖然我們知道祢就在我們身旁，但卻掉頭離祢而去。基督，請原諒我們，並幫助全人類認識、愛慕和尊敬祢。願我們能在眾兄弟姊妹中尋到祢，跟隨祢，在苦路上與祢並肩前進。

Opening Prayer

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

All: Amen

Intentions: Please pray for world peace, for Christians, relatives and friends.

All: Lord Jesus Christ, in Baptism we died and were buried with You; as You have risen from death by the Power of the Father; we pray that you may lead us to new life. Our former selves have been nailed on the Cross with You; we pray that you will forgive our wrong doings and free us from the slavery of sins. As we die with You, we will rise with You; die to sin but live in God.

Lord, we have been struggling and falling time and again; although we know that You are right beside us, we turn away from You. Jesus Christ, please forgive us, help all mankind to know, love and respect You. May we find You amongst our brothers and sisters, follow You and walk with You on the Way of the Cross.

第一處：耶穌被判死刑

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音 (谷15:2-15)

司祭長和長老們對耶穌提出許多控訴，比拉多問耶穌說：「他們對祢提出這麼多的控訴，難道祢一點也不答辯嗎？」可是耶穌依然沒有作答。比拉多召集了司祭長、議員和民眾，說：「我在他身上實在找不到甚麼可以處死的罪狀。」可是司祭長們早已煽動群眾，要求給他們釋放巴拉巴。於是群眾高聲喊叫，要求釘耶穌在十字架上，比拉多終於為他們釋放了巴拉巴；同時，他下令把耶穌先行鞭打，然後釘在十字架上。

默想

朋友！雖然比拉多並不公允，
但當日耶穌在祂的判決中，卻看出天父的旨意。
假若耶穌能順著天父的旨意，
屈服在比拉多權下，
你怎能拒絕因聽命而帶來的煩惱呢？

禱文

領：主、基督，祢在受審判時，我們亦是其中判祢死罪的人。
但祢卻為了愛而被釘在十字架上。

眾：我們還不知自愛，時常冒犯、違反祢。請幫助我們認識、愛慕祢，並遠離罪惡。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

心靈慘痛不禁沉吟，凝思愛子意切情深，甚至利刃刺透心。

First Station: Jesus is Condemned to Death

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Mk15:2-15)

The chief priest and the Elders accused Jesus, but he made no answer. Pilate said to him, 'Do you hear all the charges they bring against you? But you did not answer even a single question.' It was customary for the governor to release any prisoner the people asked for on the occasion of the Passover. Now, there was a well-known prisoner called Barabbas. As the people had gathered, Pilate asked them, 'Whom do you want me to set free: Barabbas or Jesus called the Messiah?' But the chief priest and the Elders stirred the crowd to ask for the release of Barabbas and death of Jesus. When the governor asked them again, 'Which of the two do you want me to set free?' They answered, 'Barabbas.' Pilate said to them, 'And what shall I do with Jesus?' All answered, 'Crucify him!' Pilate insisted, 'What evil has he done?' But they shouted louder, 'Crucify him!' Then Pilate set Barabbas free, but had Jesus scourged, and handed him over to be crucified.

Meditation

Friends, although Pontius Pilate is unfair, we can, however, observe from his judgment against Jesus, the Will of God the Father.

If Jesus could follow the Will of His Father and submit Himself under the jurisdiction of Pilate, how can we refuse the worries caused by our acts of obedience to God's Will?

Prayers

Leader: Lord, Jesus Christ, when You were judged, we are among those condemning You. You were nailed on the Cross because of Your love for us.

All: In spite of Your love, we always sin against You. Please help us to know You, love You and to stay away from sin.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

Through her heart, His sorrow sharing, all His bitter anguish bearing, ran the sword of suff'ring love.

第二處：耶穌肩負十字架

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音（瑪27:27-31）

兵士們將耶穌帶進總督府內，就召集全隊兵士，圍著耶穌，然後把祂的衣服脫去，叫祂穿上紫袍，又編了一個荊棘的冠冕給祂戴上。於是他們開始對祂致敬說：「猶太人的君王，萬歲！」然後用一根蘆葦打祂的頭，唾祂的面，又跪著向祂行禮。戲弄既畢，他們就把紫袍脫下，仍舊給祂穿上原來的衣服，然後帶祂出去，要把祂釘在十字架上。耶穌自己背著十字架，走出城外。

默想

這十字架，這根樹幹，是天父給耶穌選擇的。
我的朋友，你所背負的十字架亦是天父給你選擇的，
從祂的手中接納吧！
請放心，天父絕不會讓你的負擔，超過你的能力。

禱文

領：主，我們常常只看到自己的擔子，並認為它很沉重；當沒有人注意它的時候，我們覺得這擔子更重。

眾：可是我們忘記了別人的痛苦，也忽略了在我們身旁還背著重荷的祢。即使知道了，亦從沒有加以援助。求祢使我們不要以自我為中心，多顧及他人，正如祢照顧我們一樣。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

獨子之母殊福貞女，內心痛苦誰堪比汝，甚矣哀哉莫可語。

Second Station: Jesus Carries His Cross

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Mt 27:27-31)

The Roman soldiers took Jesus into the palace of the governor and the whole troop gathered around him. They stripped him and dressed him in a purple military cloak. Then, twisting a crown of thorns, they forced it onto his head, and placed a reed in his right hand. They knelt before Jesus and mocked him, saying, 'Long life to the King of Jews!' They spat on him, took the reed from his hand and struck him on the head with it. When they had finished mocking him, they pulled off the purple cloak and dressed him in his own clothes again, and led him out to be crucified.

Meditation

This cross, this piece of wood is chosen for Jesus by His Father.

My friends, the cross that you are carrying is also chosen for you by God our Father; let us accept it from His hand!

Do not worry, because our Father will never give you a burden that you cannot carry.

Prayers

Leader: Lord, we are always conscious of our burden, considering it a heavy one; we feel it even heavier when no one is paying attention to it.

All: We forget other people's pain and neglect that You are by our side, heavily burdened by our sins. Even when we take notice, we never come to your aid. Please let us not focus on ourselves, but to take care of our neighbour more often, just as you have looked after us.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

**Oh, what sadness and affliction, pressed that child of benediction,
Mother of the Holy One.**

第三處：耶穌體力不支，第一次跌倒地上

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

先知書（依53:2-4）

當時，我們看到祂，沒有俊美，沒有尊嚴，也沒有甚麼儀容可供我們欣賞。祂只是一個被人鄙視、被人棄絕的人物，只是一個愁苦的人，飽嚐了苦難。人家對祂只是掩面不顧，祂是被捨棄的人，因而我們也把祂視同無物。那曉得，祂竟替我們負擔著苦痛，替我們承受著憂愁。

默想

創造及管理宇宙的天主子，
由於對父的服從，
變得像人那樣軟弱，
竟不能肩負起一根木頭的重量。
但那正是天父的旨意，
否則耶穌不能成為我們的模範。
若我們要成為耶穌的朋友，
也該無怨無尤地承擔人性的軟弱。

禱文

領：主，我們離開了正路，只得空虛和酸苦。

眾：求祢光照，使我們認識，當我們軟弱時能得到祢的扶持。
祢無盡的愛，將一切罪人抱於懷中，請讓我們都能共享祢的寬宏與慈愛。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

榮光之子如斯慘創，仁慈之母見而悽愴，悲復悲哉痛久長。

Third Station: Jesus Falls the First Time

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Isaiah (53:2-4)

Like a root out of dry ground, like a sapling he grew up before us, with nothing attractive in his appearance, no beauty, no majesty. He was despised, the lowest of men, a man of sorrows, familiar with suffering, one from whom, as it were, we averted our gaze, despised, for whom we had no regard. Yet ours were the sufferings he was bearing, ours the sorrows he was carrying.

Meditation

The Son of God who created and regulates the Universe,
Because of His obedience to His Father,
Has become as weak as a human,
He cannot even shoulder the weight of a piece of wood.
But this is the Will of God the Father,
Or else Jesus cannot be our model.
If we want to be the friends of Jesus,
We have to shoulder willingly the weaknesses of mankind.

Prayers

Leader: Lord, we have gone astray now, filled with emptiness and bitterness.

All: Please let Your Light shine upon us; let us realize that You always support us at times when we are weak. Your endless love would embrace all sinners, please let all of us share your generous love.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

She, who bent in lamentation, saw the bitter desolation, of her well-beloved Son.

第四處：耶穌遇見了自己的母親

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音（路2:34-35）

西默盎祝福了他們，並對耶穌的母親說：「妳看這個孩子，祂被注定要叫以色列中許多人跌倒，許多人昇起，並將成為眾人排斥的標記。這樣，許多人的秘密心思便會洩露出來。至於妳，一把利劍將刺透妳的心靈。」

默想

聖母見耶穌被鞭打，
被腳踢，
像畜牲一般地被驅趕。
她的心靈疼痛哀傷；
可是從來沒有吐出任何申訴和抱怨。

禱文

領：我們常常為自己的痛苦而嗟嘆，卻忘掉了其他兄弟姊妹也受著同樣、或甚至更惡劣的遭遇。

眾：主，我們明白，只有分擔別人的困苦與悲傷，我們才能團結起來抗拒痛苦和患難的挑戰；求祢使我們永不關閉自己的心，卻接納每一個人，能像祢的慈母一樣奉行祢的聖意，與祢一同救贖世界。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

目睹愛子橫遭極殃，慈容黯淡涕淚徬徨，孰能見此不同傷。

Fourth Station: Jesus Meets His Sorrowful Mother

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Lk 2:34-35)

Simeon blessed them and said to Mary, his mother, 'See him; he is destined for the rise or fall of the multitudes of Israel. He shall stand as a sign of contradiction, while a sword will pierce your own soul. Then the secret thoughts of many may be brought to light.'

Meditation

When Mary saw Jesus being whipped, kicked and herded along the road like an animal, she felt such pain like her heart had been pierced with the sword of sorrow, but she never uttered any word of complaint.

Prayers

Leader: We always lament over our own pain and suffering in life, but forget that our brothers and sisters may have the same or even worse pain and suffering than ourselves.

All: Lord, we now understand that only by sharing other people's suffering and sorrow may we join together to resist the challenge of pain and suffering; please let us never close our hearts but accept everyone that comes our way, like Your Mother who obeys Your Holy Will and joins You in redeeming the world.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

Who unmoved could see her languish, see those tears of bitter anguish, streaming down her tender cheek?

第五處：西滿擔負耶穌的刑具

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音（瑪27:32; 10:38-39）

他們把耶穌帶走的時候，抓住一個剛從鄉下來的基勒納人西滿，兵士將十字架放在他的肩上，強迫他在耶穌後面背著。耶穌說：「凡不能背負自己的十字架而追隨我的，就不配作我的門徒。凡保全自己生命的，終必喪失生命。但為我之故而喪失生命的，必能獲得生命。」

默想

耶穌已無力，不能再獨自肩負十字架，
因此士兵便勉強西滿幫助。
朋友，這位西滿就是你。
把你的力量交給弱小者吧！
你每次減輕別人的負擔，
就是親手托起那壓在耶穌身上的十字架。

禱文

領：主、祢接納西滿的幫助，祢挑選了一個膽怯而被迫的人來幫助祢。

眾：求祢幫助我們，了解為兄弟姊妹服務的真正意義。我們時常忽略了四週的親友，請幫助我們互相依靠，互愛互助，使我們背負祢的十字架，樂意為他人服務，並除去驕傲，樂意接受別人的苦難。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

見子耶穌受盡艱辛，為救其民願捨己身，慘被鞭打酷絕倫。

Fifth Station: Simon Helps Jesus Carry the Cross

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Mt 27:32; 10:38-39)

On the way they met a man from Cyrene called Simon, and forced him to carry the cross of Jesus. Jesus said, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me. Anyone who wants to save his life will lose it; but anyone who loses his life for my sake, will save it.'

Meditation

Jesus is so tired that He cannot carry the Cross on His own.

The soldiers therefore forced Simon to help Him.

My friend, you are also Simon.

Give your strength to the weak!

Every time you ease the burden of other people,

You have personally helped to lift the Cross that was pressed against the body of Jesus.

Prayers

Leader: Lord, You have accepted the help of Simon, You have chosen a cowardly and unwilling person to help You.

All: Help us to understand the real meaning of serving our brothers and sisters. We always neglect our neighbour and relatives, help us to love each other, let us carry Your Cross, ready to serve others, rid us of our pride and be willing to help other people's suffering.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

For her child she saw dejected, for His people's sins rejected, and with bloody scourges rent.

第六處：韋羅尼加為耶穌抹面

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

聖詠 (詠69:21)

恥辱和憂悶，折傷了我的心；我指望有人會體恤我，卻沒有一個；我渴望有人會安慰我，可是尋不著。

默想

朋友，你有勇氣抹抹耶穌染滿血漬的臉嗎？

你問：耶穌的臉在那裏？

在充滿淚水的眼睛，

在遍佈皺紋的額頭，

在貧民窟裏，

在法庭、醫院、監獄...

總之，凡有痛苦存在的地方，

耶穌的臉就在那裏。

祂就在那裏等待著你，替祂抹掉血和淚。

禱文

領：我老實告訴你們，凡你們在我這些兄弟姊妹中最小的一個身上所作的，也就是在我身上所作的一樣。

眾：主，求祢協助我們在迫害中，勇敢承認祢是主基督，正如韋羅尼加一樣。她堅信這個死囚是天主；其他人的譏諷、批評、迫害都不能阻止她愛主之情。請幫助我們善於運用祢所賜給我們的才智，服務人群，幫助需要幫助的人，讓我們明認祢活在每個人的心中。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

痛苦之母愁腸百結，因見聖子被遭磨折，祈祢許我共痛切。

Sixth Station: Veronica Wipes the Face of Jesus

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Psalm (Ps 69:21)

Insult has broken my heart past cure. I hoped for sympathy, but in vain,
for consolers — not one to be found.

Meditation

My friend, do you have the courage to wipe the bloody face of Jesus?

You may ask: "Where is Jesus?"

In the tearful eyes, on wrinkled foreheads, in the slums,

In law courts, hospitals, prisons and

anywhere where there is pain and suffering,

The face of Jesus is there.

He is waiting there for you to wipe away His blood stains and His tears.

Prayers

Leader: Truly I tell you, what you do to the least of my brothers, you do unto me.

All: Lord, in time of oppression, help us to be brave and acknowledge that You are Christ the Lord like Veronica did. She firmly believed that the condemned convict is the Lord; criticism and oppression of other people could not prevent her from loving the Lord. Please help us to use wisely our intelligence and abilities to serve all people, help the needy and let us know that You live in everyone's heart.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

Mournful Mother, let me borrow, some of that most bitter sorrow, which for Jesus you did feel.

第七處：耶穌再次不支而倒地

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

先知書 (依52:4-6)

當時我們只以為祢是被懲罰的人，為天主所打擊、為天主所貶抑。殊不知祢實在是為了我們的過失而被刺傷，為了我們的罪惡而受盡了苦刑。透過祢的受刑，我們才得安寧，透過祢的受傷，我們才得康復。我們都是迷途的羊，各走各自的路；然而上主卻把我們眾人的罪累，加在祢一人的肩上。

默想

朋友，這第七處，是考驗你意志的一個機會；

從這次跌倒中學習，

堅持行善吧！

有一天，當你感到前功盡廢時，

你會想：「我不能再繼續下去」，

那時請你轉向耶穌跌倒的事實吧！

信賴耶穌，繼續奮鬥吧！

禱文

領：主，我們曾嚮往奢華的享受，沒有體察別人的勞苦及艱辛。

眾：許多人在生活的鞭撻下，已一次又一次地跌倒；圍觀的人多，援助的人少。願我們不在圍觀的人群中。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

代求祢子被刺聖心，增我心靈虔敬熱忱，常加愛慕情意深。

Seventh Station: Jesus Falls the Second Time

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Isaiah (52:4-6)

Although we considered him as one punished by God, stricken and brought low; destroyed because of our sins, he was crushed for our wickedness. Through his punishment we are made whole; by his wounds we are healed. Like sheep we had all gone astray, each following his own way; but Yahweh laid upon him all our guilt.

Meditation

Friends, this seventh station is an opportunity to test your will.

Learn from the fall and persist in doing good deeds.

One day when you feel like giving up and when you think: "I cannot continue."

then look at the fact that Jesus has also fallen down!

Trust in Jesus, continue to fight!

Prayers

Leader: Lord, we once paid too much attention to the pleasures of life and had no regard for other people's hardship and pain.

All: Many people have fallen time and again under the hardship of life, while others were around watching them fall, with few offering their help. We pray that we will not be among the watching crowd.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

**That my heart, new fervour gaining, more devoted love attaining,
may to His pierced heart appeal.**

第八處：婦女為耶穌痛哭

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音 (路23:26-28)

有一大群民眾跟著耶穌，其中還有一批婦女為祂哀悼痛哭。耶穌轉身對她們說：「耶路撒冷的女兒！妳們不要為我而哭，要為妳們自己的子女而哭。」

默想

耶穌曾多麼的渴望，
把耶路撒冷的子女聚集起來，
但他們都一一拒絕。
這些婦女現在為耶穌哭泣，
而耶穌的心卻為她們哀痛——
哀痛她們面臨的憂傷。
耶穌在身受痛苦時，仍然去安慰他人。
朋友，
你如何表現你的溫良和仁愛呢？

禱文

領：耶穌親臨世界，世界也原是靠祂而存在的，但世界卻不認識祂；祂來到自己的領域，而祂自己的子民卻沒有接納祂。

眾：主，我們深信祢居於全人類中，特別在那些被人冷落的人群中。請助佑我們在人群中體驗祢的存在，祢的痛苦，並且以關懷及愛心去接近祢。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

懇祈慈母分祢悲情，並將妳子身受酷刑，深深銘刻我心靈。

Eighth Station: The Women of Jerusalem Weep Over Jesus

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Lk 23:26-28)

A large crowd of people followed him; among them were women beating their breasts and wailing for him, but Jesus turned to them and said, 'Women of Jerusalem, do not weep for me, weep rather for yourself and for your children.'

Meditation

Jesus had once hoped to gather all children of Jerusalem together, but one by one they turn Him down.

These women are now crying for Jesus, but Jesus' heart is aching for them —

Aching for them because of the imminent sorrow they will face.

Even when He was in pain, Jesus still comforted others.

Friends, how would you show your kindness and love?

Prayers

Leader: Jesus has come to the world that exists because of Him, but the world does not know Him; He comes to His domain but His people do not accept Him.

All: Lord, we deeply believe that You live among the whole of mankind, especially those who have been cold shouldered. Please help us to experience Your existence and Your pain among the people, and to approach You with solicitude and love.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

**Mother, share with me your sorrow, let me of His torments borrow;
print them on my sinful heart.**

第九處：耶穌第三次跌倒在地

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

先知書 (依52:14-15；53:11-12)

凡看見祂的人，莫不驚愕，因為祂的容貌毀傷得不再像人。上主的聖意要用苦難磨煉祂。當祂的心靈苦痛到了盡頭以後，祂必定看見光明而心滿意足。我的僕人要以自己的苦難使眾人成義，因為祂承擔了他們的罪過。祂甘願充當一個罪人，而犧牲自己的生命。其實，祂擔負了眾人的罪債，並且時時刻刻為所有的罪人祈求。

默想

耶穌已全無氣力，倒臥在地上，
身體不能再動彈，就是拳打、腳踢，
也不能逼祂再站起來。
然而，耶穌願意接受一切。
朋友，你的身體可以被摧毀，
但天上或地下絕對沒有勢力，
能夠剝奪你的意志，你的意志是屬於你的。

禱文

領：主耶穌，祢為了我們而受鞭打、凌辱，但我們卻時常跌倒、犯罪。

眾：主！請幫助我們體會每一位兄弟姐妹應有的權利，明白自己的責任，儘量幫助需要我們的人。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

聖子耶穌為救我們，遍嘗苦辱並以身殉，祈導我們出迷津。

Ninth Station: Jesus Falls the Third Time

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Isaiah (52:14-15; 53:11-12)

As many people were aghast at him — he was so inhumanly disfigured that he no longer looked like a man. Yet, it was the will of Yahweh to crush him with grief. When he makes himself an offering for sin, he will have a long life and see his descendants. Through him, the will of Yahweh is done. For the anguish he suffered, he will see the light and obtain perfect knowledge. My just servant will justify the multitude; he will bear and take away their guilt. Therefore, I will give him his portion among the great, and he will divide the spoils with the strong. For he surrendered himself to death and was even counted among the wicked, bearing the sins of the multitude and interceding for sinners.

Meditation

Jesus was totally exhausted, He fell and lay on the ground.
His body could not move any more.
Even punches and kicks to His body could not force Him to get up.
Nonetheless, Jesus willingly accepted all these sufferings.
Friends, your body can be destroyed.
But no spiritual or earthly power can take away your will.
Your will belongs to you.

Prayers

Leader: Lord Jesus, You have been whipped and humiliated for our sake.
Yet, we still fall and sin from time to time.

All: Lord! Help us to understand the right of each of our brothers and sisters, recognize our responsibilities, and help those in need, to the best of our ability.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

Since He wished to save me, dying, wounded in the crucifying, in His suffering give me part.

第十處：耶穌被剝去衣裳

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音（路23:33-34）

當時，他們另外還帶了兩個兇犯，同耶穌一起去處死。他們既到了那名叫「髑髏」的地方，就在那裡把耶穌釘在十字架上，同時也釘了兩個兇犯，一個在右邊，一個在左邊。耶穌說：「父啊！求祢寬恕他們，因為他們不知道自己做的是甚麼！」當時，他們還拈鬮分了耶穌的衣服。民眾站著觀望。

默想

朋友，請看！世上最可憐的君王，
在受造物前，被剝掉衣服，
身無一物；然而，誰還能比耶穌更富有？
同樣，你要生活豐滿，首先要關心天國的義德。

禱文

領：人子來不是為受人服侍，卻是為服侍人，並且要犧牲自己的生命，救贖大眾。

眾：主，祢成了罪犯，其實，犯罪的卻是我們。我們所追求的奢飾華物把祢掩蓋了。社會上許多傷殘老病的人，願我們伸出援助的手，給予他們所需要的。許多人沒有一個合理的生活環境，更得不到別人的關懷與協助，失去了人性的尊嚴；願我們真正體會他們，把他們當作兄弟姊妹般看待。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

十字聖架救贖之詮，聖子死難償我罪愆，懇饒我罪復天緣。

Tenth Station: Jesus is Stripped of His Garments

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Lk 23:33-34)

Along with Jesus, two criminals also were led out to be executed. There, at the place called the Skull, He was crucified together with the criminals - one on his right and another on his left. Jesus said: 'Father, forgive them, for they do not know what they do.' And the guards cast lots to divide his clothes among themselves. The people stood by watching.

Meditation

Friends, behold the poorest King on earth.

Stripped naked in front of His creatures.

But who can be richer than Jesus?

In the same way, if you want to live an abundant life,
the Kingdom of Heaven should be your primary concern.

Prayers

Leader: The Son of Man does not come to be served but to serve; He comes to sacrifice His life to save the world.

All: Lord, You have become a convict but, in fact, we are the ones who commit the crimes. You were hidden behind the earthly riches we seek. May we extend our helping hands to the sick and poor, and give them what they need. To those living in undesirable conditions, suffering from loss of human dignity and in need of concern and assistance, we pray that we can genuinely understand their needs, and treat them as our brothers and sisters.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

By the cross of my salvation, one with You in reparation, may all my sins be forgiven.

第十一處：耶穌懸在十字架上

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音（若19:25-27）

耶穌的十字架旁，站著祂的母親和祂母親的一個姊妹，還有克羅帕的妻子瑪利亞，及瑪利亞瑪達肋納。耶穌見母親和祂的愛徒一起站著，就對母親說：「母親，那就是妳的兒子！」又對愛徒說：「那就是妳的母親！」從此，那門徒就把她奉養在自己的家中。

默想

朋友，你能想像釘十字架是怎樣的滋味嗎？

刑吏拉直了手，在木上按緊著手腕，

把釘刺穿肉，然後拿起沉重的鐵錘用力敲打，

直至手被釘穿，

疼痛辛酸就像火藥彈在頭腦內猛然爆炸。

他們又抓住另一隻手，死亡的痛苦又另一次爆發，

然後再屈起膝蓋，好把腳貼住木幹，也用鐵錘釘在架上。

禱文

領：我給你們一項新命令，你們要彼此相愛，如同我愛了你們一樣。

眾：主，祢對我們的愛意竟不惜任何犧牲，我們願意效法祢，在我們的生活環境中實踐祢愛人的精神，努力減輕別人在精神上及肉驅上的痛苦，與祢一同救贖我們的弟兄。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

童貞聖母神聖之后，賴妳慈恩允我哀求，得常與妳同悲愁。

Eleventh Station: Jesus is Nailed to the Cross

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Jn 19:25-27)

Near the cross of Jesus stood his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. 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.

Meditation

Friends, can you imagine the feeling of being nailed to the cross?
The executioner straightened up the arm, pressed the hand against the wood, pinned the nails through the flesh, then raised the heavy hammer and knocked hard, until the hand was pierced.
Pain and sorrow exploded in the brain like gunpowder.
Grabbing the other hand, the pain of death again exploded.
Then bending the knees to place the feet flat on the wood, they hammered again to nail the feet to the cross.

Prayers

Leader: I give you a new command; you should love one another like I have loved you.

All: Lord, You love us so much and are willing to make any sacrifice. We wish to imitate You, in our daily life, to put Your acts of love into practice. We will try our best to lessen other people's spiritual and physical pain, and to join You in saving our brothers and sisters.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

Virgin, all the saints exceeding, be not of my prayer unheeding; let me share with you your grief.

第十二處：耶穌在十字架上捨生

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音（瑪27:45-50）

從中午開始，太陽失光，遍地黑暗；直到下午三時，耶穌大聲呼喊說：「我的天主，我的天主！祢為甚麼捨棄了我？」有一個人跑過來，把海綿浸透了醋，送上去給祂喝。那時耶穌又大聲呼喊說：「父啊！我將我的靈魂託付在祢的手中。」說著，便斷了氣。

默想

十字架已成了一座講壇——

父啊！寬恕他們吧……

祢要和我在天堂裡

這是你的母親……這是……你的兒子……

我渴……一切都完成了……

耶穌需要挺著手腕及腳，把自己托起才能開口說話，

每一個動作，都使祂陷入一陣新的痛楚，

然後，當祂受夠了，才放棄這可朽壞的肉軀。

禱文

領：一粒麥子非經落地而死，只不過是一粒，死了以後，才有豐盈的收穫。

眾：主，藉著祢的聖死，我們才獲得一個更充實及更珍貴的生命。請幫助我們，使我們關懷別人的生死存亡，重視肉軀和靈性的生命，使我們充分地領略生命的意義。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

耶穌五傷安慰之源，耶穌聖死救贖之鍵，賜我信心永不變。

Twelfth Station: Jesus is Raised Upon the Cross, and Dies

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Mt 27:45-50)

From midday, darkness fell over the whole land until the mid-afternoon. At about three o'clock, Jesus cried out in a loud voice, 'Eloi, Eloi, Lamma Sabbacthani?' which means: My God, my God, why have you forsaken me? As soon as they heard him, some of the bystanders said, 'He is calling for Elijah.' And one of them went quickly, took a sponge and soaked it in vinegar and putting it on a reed, gave it to him to drink. Then Jesus cried out again in a loud voice and gave up his spirit.

Meditation

The cross has become an auditorium —
Father! Forgive them
You will be with Me in paradise
This is your Mother This is Your son
I thirst Everything has been accomplished
Jesus had to stretch His wrists and feet
to raise up His body before He could talk,
Every movement submerged Him in a new wave of pain,
Then when He had suffered enough, He gave up His corruptible body.

Prayers

Leader: A seed, if it does not die on the ground, is only a seed. But when it dies, it will give abundant harvest.

All: Lord, by your Holy death, our lives have become meaningful and precious. Help us to show concern for other people's survival, to value both our physical and spiritual life, so that we can understand more fully the meaning of life.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

Be His wounds my consolation. Be His passion my salvation. Be His dying my belief.

第十三處：聖母懷抱耶穌

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音（若 19:31-36）

那天正值安息日的前夕，而那安息日又是大節日，猶太人不願在安息日有屍首留在十字架上，就來請求比拉多叫人打斷他們的腿，把屍首拿去。於是兵士來了，先後把釘在耶穌左右二人的腿打斷；他們來到耶穌跟前，看見祂已經死了，就沒有打斷祂的腿。有一個士兵用長矛刺透了祂的肋膀，立刻就有血和水流出來。

默想

祭獻已完成，是的，耶穌的祭獻已告完成。

但，我的朋友，聖母和你的祭獻尚未結束，

聖母還要在手中接抱，她親生子的屍體。

你在離別自己所愛的人時，也會感到哀痛。

你在沉痛時應該想到，因著瑪利亞分擔耶穌在加爾瓦略山的苦難，參加救世的工程；同樣，你的哀痛，亦可充作靈魂的代價。

禱文

領：主，請寬恕我們的愚昧、固執、嫉妒及怨恨，並減輕所有因此而引起的痛苦與悲傷。

眾：求祢以祢的愛充盈世界，使我們生活在愛的滋潤中。慈母瑪利亞，妳是罪人的避難所，請為我們祈禱，使我們因妳聖子的功勞，幸獲天父的寬恕。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

將有一天靈肉分離，請勿棄我能瞻聖儀，永沐榮光無盡期。

Thirteenth Station: Jesus is Taken Down From the Cross

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Jn 19:31-36)

As it was Preparation Day, the Jews did not want the body to remain on the cross during the Sabbath, for this Sabbath was a very solemn day. They asked Pilate to have the legs of the condemned men broken, so they might take away the bodies. The soldiers came and broke the legs of the first man and of the other who had been crucified with Jesus. When they came to Jesus, they saw that he was already dead; so they did not break his legs. One of the soldiers, however, pierced his side with a lance and immediately there came out blood and water.

Meditation

Sacrifice is done. Yes, the sacrifice of Jesus has been accomplished. But, my friends, our Holy Mother and your sacrifice have not yet been completed.

Our Holy Mother is still embracing the remains of Her Son. When you bid farewell to your loved ones, you will feel the same sadness. In your sadness, you should know that because Mary shared the passion and death of Jesus at Mount Calvary, she has joined the work of Christ in redeeming the world. By the same token, your sorrow can also be the price you paid for redeeming the soul.

Prayers

Leader: Lord, please forgive our ignorance, stubbornness, jealousy and hatred, and lighten our sorrow and pain caused by these passions.

All: We beg You to fill the world with Your love, let us live in the nourishment of Your love. Holy Mother Mary, you are the refuge of sinners, please pray for us that by the merit of your Son, we may receive pardon from the Father.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

When my soul and body sever, may I live with You forever, to Your glory ent'ring in.

第十四處：耶穌被埋葬

領：主、基督，我們欽崇祢，讚美祢。

眾：祢用此聖架，救贖普世。

福音 (若38-42)

到了傍晚，來了一個阿里瑪特雅人若瑟，他大膽地向比拉多要求耶穌的遺體。比拉多准許了他，於是他把耶穌的遺體領去了。還有從前在夜間來訪耶穌的尼哥德摩，那時也帶著約一百斤殮藥和沉香而來，兩人按照猶太人的習俗，將耶穌的遺體用細麻布加上香料包裹起來，把祂安放在一座由巖石鑿成的墳墓裏，然後滾了一塊石頭來堵住墓門。

默想

耶穌可朽的生命就此結束，
另一個新生命已開始，
為瑪利亞，為瑪達肋納，為伯多祿、若望和你，
耶穌在人世的工作已完成，
但在教會內及透過教會的工作，現在才開始。
朋友！由現在開始，時時刻刻，
你要作祂的使徒、祭品、聖者。

禱文

領：主，祢極大的痛苦仍要繼續，直到時間的終止。

眾：我們每個人都有自己的十字架，願我們都能分擔祢的十字架。請幫助我們在各人身上認出祢來，並樂意幫助祢，使我們真正的敬愛祢。

領：天主，仰仗祢所受的苦難。

眾：求祢垂憐我們。

聖子高懸十字架上，慈母悲傷哀立其旁，舉目仰望淚流長。

Fourteenth Station: Jesus is Laid in the Sepulcher

Leader: We adore You, O Christ, and we praise You.

All: Because by Your holy cross You have redeemed the world.

Gospel (Jn:38-24)

After this Joseph of Arimathea approached Pilate, for he was a disciple of Jesus, though secretly, for fear of the Jews. And he asked Pilate to let him remove the body of Jesus. Pilate agreed, so he came and took away the body. Nicodemus, the man who earlier had come to Jesus by night, also came and brought a jar of myrrh mixed with aloes, about a hundred pounds. They took the body of Jesus and wrapped it in linen cloths with the spices, following the burial custom of the Jews. Joseph put Jesus 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.

Meditation

The corruptible life of Jesus has ended.

But a new life has begun.

For Mother Mary, Mary Magdalene, for Peter, John and you,
Jesus' mission on earth has been accomplished.

But the mission in the Church and through the Church has just begun.
Friends, from now on, you are His disciples, offerings and saints.

Prayers

Leader: Lord, Your utmost pain still continues until the end of time.

All: We all have our own cross; we pray that we can all share in carrying Your cross. Help us to recognize You from other people and be happy to render our help to You so that we may truly love You.

Leader: Lord, for the sake of Your sorrowful passion.

All: Have mercy on us.

**At the cross her vigil keeping, stood the mournful Mother weeping,
while her Jesus hung above.**

領：為教宗意向祈禱

眾：天主經、聖母經、聖三光榮經

最後禱文

領：耶穌基督，人類的救主，祢用十字架戰勝了死亡，進入了光榮，使痛苦有了意義，賦給世界喜樂。求祢幫助我們繼續祢救世的工程，共同背負十字架。

眾：主啊！讓我們成為祢的工具，去宣揚和平；在滿是憎恨的地方，讓我們播下寬恕的種子；
在滿是疑慮的地方，讓我們播下信心的種子；
在滿是頹喪的地方，讓我們播下希望的種子；
在滿是黑暗的地方，讓我們播下光明的種子；
願我們不祈求他人的安慰，只求安慰他人；
不祈求他人的諒解，只求諒解他人。
因為在施捨中，我們有所收穫，
在寬恕他人時，我們也被寬恕；
在喪失生命時，我們將復活而獲得永生。
願主垂允我們的祈禱。 亞孟。

Leader: Prayers for the intentions of the Holy Father

All: Our Father, Hail Mary, Glory Be

Closing Prayer

Leader: Jesus Christ, Saviour of Mankind, by Your Cross You have triumphed over death and entered into glory, making pain meaningful and bringing joy to the world. Please help us to continue Your work of salvation and to carry the cross together with You.

All: O Lord, Make me a channel of Your peace.
When there is hatred let me bring Your love.
Where there is injury, Your pardon Lord.
Where there is doubt, true faith in You.
Where there is despair in life, let me bring hope.
Where there is darkness only light.
Oh Master, grant that I may never seek.
So much to be consoled as to console.
To be understood as to understand.
It is in pardoning that we are pardoned.
In giving to all men that we receive,
And in dying that we're born to eternal life.
May the Lord grant the petition of our prayers. Amen.

仁愛救世天主

1. 無限仁愛救世天主，求祢垂憐我罪人；
我們誠切稱祢為父，如蕩子歸祢家門。
2. 救主被釘十字架上，寶血盡流作祭品；
釘死恩主實是我罪，祢的苦難，慟我甚。

(重唱) 主耶穌，我求祢矜憐，真誠哀禱望祢垂允。
今我切意悔恨往罪，立志永不敢再犯。

God of Mercy

1. God of mercy and compassion, look with pity upon me.
Father, let me call Thee Father, 'tis Thy child returns to Thee.
2. See our Saviour, bleeding, dying, on that cross of Calvary.
To that cross my sins have nailed Him, yet He bleeds and dies for me.

(Ref) Jesus, Lord, I ask for mercy; let me not implore in vain.
All my sins I now detest them, never will I sin again.

此項「苦路善工・拜苦路」每年的「聖週五・主的苦難日」（復活節的前兩天）上午十時三十分都會在大嶼山神樂院大道舉行，歡迎任何人士參加。

The “Stations of the Cross” will be held every year on Good Friday/Day of the Lord’s Passion (2 days before Easter Sunday), at 10:30a.m. , at the Main Road of the Trappist Monastery, Lantau. All are welcome to join.



背負自己的十字架跟隨我。(谷8:34)
Carry your cross and follow me. (Mark, 8:34)