

**Prayer to those who have lost a child to abortion**

*(Archdiocese of New Orleans, Healing After Abortion)*

Lord of all Life, You have entrusted us to the care of one another, and called us to be one Body in Christ. You call us to rejoice with those who rejoice, and to weep with those who weep. Hear our prayer today for our brothers and sisters who have lost children to abortion. Help us to understand the pain that is in their hearts, and to be a living sign to them of Your welcome, Your mercy, and Your healing. Help them to undergo with courage the process of grief and the journey of healing. Never allow them to feel alone; always refresh them with the presence of Your Spirit and of their brothers and sisters in Christ. Console them with the sure hope that You love and care for their children. Give them new strength, so that even while they grieve what they have lost, they may look forward to all the good that You still have in store for them. Lord of healing and hope, give us all the forgiveness of our sins, and the joy of Your salvation. We ask this in the name of Jesus the Lord. Amen.

**Prayer for Healing** *(USCCB, Rev. James Moroney)*

Eternal Father, source of all mercy and love, out of love for us You sent Your Son, and willed that blood and water flow from His side to cleanse us of sin and restore lost innocence. Hear the cry of each woman who mourns the loss of her child to abortion. Forgive her sin, restore her to Your grace, and still the terror of her heart with a peace beyond all understanding. Through the intercession of the Blessed Virgin Mary, Mother of all tenderness and our Mother, strengthen her faith in You. Give her the consolation to believe that her child is now living in the Lord. We ask this through Christ our Lord, who conquered sin and death, and who lives and reigns with You in unity of the Holy Spirit, one God, for ever and ever. Amen.



**Do you or someone you know need healing?**

**Project Rachel Local Contact:**

**Call or text: (585) 991-9813**

**return2peace@rachelroc.org**



Diocese of Rochester, 1150 Buffalo Rd, Rochester, NY 14624

*YOU ARE NOT ALONE. THERE IS HOPE!*

*\*\* Scriptural Stations of the Cross created by the DOR Office of Life Issues with assistance of Microsoft AI CoPilot. March 2025*

**SCRIPTURAL STATIONS OF THE CROSS**

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**Praying for Those Seeking Mercy,  
Forgiveness and Healing After Abortion**



**Evangelium Vitae (99)**

“I would now like to say a special word to women who have had an abortion. The Church is aware of the many factors which may have influenced your decision, and she does not doubt that in many cases it was a painful and even shattering decision. The wound in your heart may not yet have healed. Certainly what happened was and remains terribly wrong. But do not give in to discouragement and do not lose hope. Try rather to understand what happened and face it honestly. If you have not already done so, give yourselves over with humility and trust to repentance. The Father of mercies is ready to give you His forgiveness and His peace in the Sacrament of Reconciliation. To the same Father and His mercy you can with sure hope entrust your child. With the friendly and expert help and advice of other people, and as a result of your own painful experience, you can be among the most eloquent defenders of everyone's right to life. Through your commitment to life, whether by accepting the birth of other children or by welcoming and caring for those most in need of someone to be close to them, you will become promoters of a new way of looking at human life.”



**IN THE NAME OF THE FATHER, AND THE SON,  
AND THE HOLY SPIRIT. AMEN.**

**Sing to the tune of STABAT MATER**

*(Versus from the original Stabat Mater, Way of the Cross With the Women of the Gospels, & Way of the Cross: Traditional Jerusalem Stations, LTP 2003):*

**At the cross her station keeping,  
Stood the mournful Mother weeping,  
Close to Jesus to the last.**

**Join with pris'ners, soldiers, gawkers,  
Mourners, children, fools and hawkers.  
Lift the precious cross so high!**

First Station  
**JESUS IS CONDEMNED TO DEATH**

- V. *We adore You O Christ, and we praise You. (Genuflect)*  
R. *Because by Your holy cross You have redeemed the world.*

**A reading from the book of the prophet Isaiah (53:7)**

*“He was oppressed and afflicted, yet He did not open His mouth; He was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so He did not open his mouth.”*

**Prayerful meditation:**

Reflect on the feelings of condemnation and judgment. Imagine Jesus standing alone and ashamed while unclothed and friendless. See as He stands with those who feel the condemnation and judgment of their past decisions, offering them His love and mercy. Lord, may they seek Your mercy and forgiveness so they can reach an end to the suffering of the shame they see reflected in the eyes of others.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Through her heart, His sorrow sharing,  
All his bitter anguish bearing,  
Now at length the sword has passed.*



Fourteenth Station  
**JESUS IS LAID IN THE TOMB**

- V. *We adore You O Christ, and we praise You. (Genuflect)*  
R. *Because by Your holy cross You have redeemed the world.*

**A reading from the Gospel of St. Matthew (27:59-61)**

*“Taking the body, Joseph wrapped it [in] clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed. But Mary Magdalene and the other Mary remained sitting there, facing the tomb.”*

**Prayerful meditation:**

See the tomb with its stone burying Jesus' beaten down body. His body has died but the victory over sin is His. Along with His buried body He took within the tomb the sins we laid upon Him. Lord Jesus, Your tomb was not an end but an instrument to separate death from new life. We pray that all who feel buried by their past find the promise of new beginnings. And, may all who have contributed to the pain also turn to you and participate in building a culture of life.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *On the seventh day God rested,  
So when Christ by death was tested:  
Sabbath sleep in new-made tomb.*



Thirteenth Station  
**JESUS IS TAKEN DOWN FROM THE CROSS**

- V.** *We adore You O Christ, and we praise You. (Genuflect)*  
**R.** *Because by Your holy cross You have redeemed the world.*

**A reading from the Gospel of St. Luke** (23:53)

*“Then he took it down and wrapped it in a linen shroud and laid him in a tomb cut in stone, where no one had ever yet been laid.”*

**Prayerful meditation:**

Picture Jesus’ body being taken down from the cross by those who are mourning His death. They feel numb and helpless by the weight of their loss. Lord Jesus, for those who mourn their loss may they find comfort in knowing that You can bring them peace.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Let me mingle tears with thee,  
Mourning Him who mourned for me,  
All the days that I may live.*



Second Station  
**JESUS CARRIES THE CROSS**

- V.** *We adore You O Christ, and we praise You. (Genuflect)*  
**R.** *Because by Your holy cross You have redeemed the world.*

**A reading from the Gospel of St. Matthew** (16:24)

*“Then Jesus said to His disciples, ‘Whoever wants to be My disciple must deny themselves and take up their cross and follow Me’.”*

**Prayerful meditation:**

Visualize Jesus carrying His cross. Imagine Him helping those burdened by regret to carry their own crosses with His support. Lord Jesus, as we reflect on You taking up Your cross, we pray for those who carry the heavy burden of regret. May they find strength in Your love.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Come to me, your burdens bearing,  
Take my yoke, made light in sharing.  
Gentle, humble be your heart.*



Third Station  
**JESUS FALLS FOR THE FIRST TIME**

- V. *We adore You O Christ, and we praise You. (Genuflect)*  
R. *Because by Your holy cross You have redeemed the world.*

**A reading from the book of the prophet Isaiah (53:4)**

*“Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted.”*

**Prayerful meditation:**

Picture Jesus falling under the weight of the cross. Even for Him the weight is a lot to bear. Imagine Him lifting up those who feel crushed by their past, offering them hope. Lord Jesus, as we reflect on Your first fall, we pray for those who feel overwhelmed by their past. Help them to take courage from Your example. May they find hope in Your resilience.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *She who sang God’s table-turning,  
Poor ones lifted, rich left yearning,  
Know this struggle through and through.*



Twelfth Station  
**JESUS DIES ON THE CROSS**

- V. *We adore You O Christ, and we praise You. (Genuflect)*  
R. *Because by Your holy cross You have redeemed the world.*

**A reading from the Gospel of St. John (15:13)**

*“No one has greater love than this, to lay down one’s life for one’s friends.”*

**Prayerful meditation:**

Reflect on Jesus’ final moments on the cross. It is finished. He accepted and paid the final price for us by surrendering His spirit and last breath. Jesus, for those who feel a part of them has died and all they see is despair, may they accept the reality of their loss and surrender it to Your mercy; the mercy and love they will know through Your resurrection that gives them hope for a new life in You.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *For the sins of His own nation,  
Saw Him hang in desolation  
Till His spirit forth He sent.*



Eleventh Station  
**JESUS IS NAILED TO THE CROSS**

**V.** *We adore You O Christ, and we praise You. (Genuflect)*  
**R.** *Because by Your holy cross You have redeemed the world.*

**A reading from the first letter of St. Peter** (2:24)

*“He himself bore our sins in His body upon the cross, so that, free from sin, we might live for righteousness. By His wounds you have been healed.”*

**Prayerful meditation:**

Picture Jesus being nailed to the wood of the cross. He is paying the ultimate sacrifice. By doing so Jesus invites those who feel trapped by the pain of their past to join their suffering to His and find forgiveness and freedom.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Bend your boughs, Tree, low and lower.  
To your breast now hold this lover:  
Sweet the nails that pierce you through.*



Fourth Station  
**JESUS MEETS HIS MOTHER**

**V.** *We adore You O Christ, and we praise You. (Genuflect)*  
**R.** *Because by Your holy cross You have redeemed the world.*

**A reading from the Gospel of St. John** (19:26-27)

*“When Jesus saw His mother there, and the disciple whom He loved standing nearby, He said to her, ‘Woman, here is your son,’ and to the disciple, ‘Here is your mother.’”*

**Prayerful meditation:**

Visualize the tender moment between Jesus and Mary and the pain in her eyes as she realizes that her cross was to continue living. See how Mary’s eyes reflect a motherly love and compassion similar to the loving look of Jesus. Imagine both Jesus and Mary offering the same comfort to those in need. Lord Jesus, as we reflect on Your meeting with Your mother, we pray for those who seek comfort and understanding. Have mercy on them and grant them peace in their anxieties and courage to move forward. May they find solace in Your embrace and Mother Mary’s love.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Christ above in torment hangs,  
She beneath beholds the pangs  
Of her dying, glorious son.*



Fifth Station

**SIMON HELPS JESUS CARRY THE CROSS**

- V. *We adore You O Christ, and we praise You. (Genuflect)*
- R. *Because by Your holy cross You have redeemed the world.*

**A reading from the Gospel of St. Luke (23:26)**

*“And as they led Him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus.”*

**Prayerful meditation:**

Picture Simon helping Jesus. Imagine Jesus sending helpers to those in need of support. Lord Jesus, as we reflect on Simon helping You, we pray for those who need support and understanding on their healing journey. May they find strength in Your community. We ask that You send supportive friends and family to help those in need of healing so they may carry their burdens.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Let me share with thee His pain,  
Who for all our sins was slain.  
Who for me in torment’s died.*



Tenth Station

**JESUS IS STRIPPED OF HIS GARMENTS**

- V. *We adore You O Christ, and we praise You. (Genuflect)*
- R. *Because by Your holy cross You have redeemed the world.*

**A reading from the Gospel of St. John (19:23)**

*“When the soldiers crucified Jesus, they took His clothes, dividing them into four shares, one for each of them, with the undergarment remaining.”*

**Prayerful meditation:**

Imagine Jesus being stripped of His clothes, exposed and vulnerable. He took on the humiliation and loss of dignity on behalf of those suffering from shame and the secrecy of their choices. We pray they feel covered by your grace and protection so they can find dignity in Your merciful love.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Make me feel as thou hast felt;  
Make my soul to glow and melt  
With the love of Christ, my Lord.*



Ninth Station  
**JESUS FALLS THE THIRD TIME**

- V.** *We adore You O Christ, and we praise You. (Genuflect)*  
**R.** *Because by Your holy cross You have redeemed the world.*

**A reading from the letter of Paul to the Galatians (2:20)**

*"...I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me."*

**Prayerful meditation:**

Imagine Jesus' falling heavily again and feeling as if He cannot go on. He has not surrendered but accepts His suffering and the need to persevere. Lord, for those who feel they cannot go on, grant them the strength to rise once more and trust in Your love. May they find rest, hope and healing in Your embrace.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Let me share with thee His pain,  
Who for all our sins was slain.  
Who for me in torment's died.*



Sixth Station  
**VERONICA WIPES THE FACE OF JESUS**

- V.** *We adore You O Christ, and we praise You. (Genuflect)*  
**R.** *Because by Your holy cross You have redeemed the world.*

**A reading from the book of the prophet Isaiah (53:2-3)**

*"He had no form or comeliness that we should look at Him, and no beauty that we should desire Him. He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces He was despised, and we esteemed Him not."*

**Prayerful meditation:**

Imagine Jesus' face wet with sweat, blood, tears and almost unrecognizable. See Veronica bravely come to Jesus and wipe away as much of the pain as she can with what she could offer. Lord Jesus, help those who are in pain know Your mercy and love in their time of need. As we reflect on Veronica's act of compassion, may we be compassion and solace for those burdened by their painful decisions.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Lynching snarled by mercy tender:  
Simple kindness, simply rendered.  
Brave and good Veronica.*



Seventh Station  
**JESUS FALLS THE SECOND TIME**

- V. *We adore You O Christ, and we praise You. (Genuflect)*  
R. *Because by Your holy cross You have redeemed the world.*

**A reading from the Gospel of St. Matthew** (11:28)

*“Come to me, all you who are weary and burdened, and I will give you rest.”*

**Prayerful meditation:**

Jesus has fallen a second time, and although tired and beaten, He has not given up. He had a setback but again He stood. Lord, we pray that those who struggle with the weight of their burdens. May they acknowledge the potential of setbacks and relapses throughout the healing process and rise after falling. We pray that they find courage in Your example.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Bruised, derided, cursed, defiled,  
She beheld her tender child,  
All with bloody scourges rent.*



Eighth Station  
**JESUS MEETS THE WOMEN OF JERUSALEM**

- V. *We adore You O Christ, and we praise You. (Genuflect)*  
R. *Because by Your holy cross You have redeemed the world.*

**A reading from the Gospel of St. Luke** (23:28)

*“But Jesus turning to them said, ‘Daughters of Jerusalem, do not weep for Me, but weep for yourselves and for your children’.”*

**Prayerful meditation:**

See as the women stand their weeping and in pain. Jesus reaches out to comfort them as He also knows pain and sorrow. Those who struggle with the pain of shame and loss can find hope in the empathy and support from others who understand pain. Lord Jesus, bless them to encounter people who can accompany them on their journey and offer hope through words of comfort.

(PAUSE)

**ALL:** Have mercy on them Lord that they may know Your love and grace for no sin is unforgiveable and only through You they can find peace. AMEN.

**Our Father, Hail Mary and Glory Be**

**Song:** *Bethle’*m*’s mothers, Rachel weeping,  
Comfort banished, death’s long reaping:  
Till you women wake our God.*

