



## **PENTECOST EXPERIENCE VIA DOLOROSA INSPIRED BY THE REFLECTION AND PRAYER OF SAINT ALPHONSUS DE LIGUORI**

As we begin our journey commemorating Jesus's Way to Calvary, let us take this journey as one family of God, one community as we serve one God, the triune Father, Son and Holy Spirit.

Let us share the peace of Christ with one another as we begin this journey and acknowledge Jesus Christ as our Lord and Saviour :

1. Share the peace of Christ with one another
2. Sing : The Power of the Cross (Thank you for the cross, the mighty cross)



### **Station 1**

#### **JESUS IS CONDEMNED TO DEATH**

Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the Cross.

How many times have we been accused of things that we did not do. How many times have people judged us and look down on us or have spoken untruths behind our backs.

Jesus knows because He himself was wrongly condemned and judged by people with ulterior motives.

Let us bring to mind these incidences of injustice and offer them to our Lord, so that they can no longer hold us captive and no longer be a nesting place for anger, hatred and bitterness. *(Pause)*

Together :

*O my Jesus, it was not Pilate, no, it was my sins that condemned You to die. I implore You to help me in my life's journey towards eternity. Be my strength when I am weak.*



## Station 2



### JESUS BEARS THE CROSS

Consider how Jesus, in making this journey with the Cross on His shoulders, thought of us, and for us, offered to His Father the death He was about to undergo.

As we make this journey of the cross, we remember the cross we carry for our family – the struggles and sacrifices we have made, the many things we have gone without, for the sake of the people we love, our family.

Let us offer up our cross to the Lord, just as He has the strength to carry His cross, we too will be strengthened by His love to bear our crosses with love.

*Together :*

*My most beloved Jesus, I accept all the trials that come my way. I implore You, by the merits of the pain You suffered in carrying Your Cross, to give me the necessary help to carry mine with perfect patience and endurance.*

Song : Chorus of “Old Rugged Cross”

## Station 3



### JESUS FALLS FOR THE FIRST TIME

Consider Jesus’ torn flesh and pierced head. With so much blood lost and such a great load upon His shoulders... Jesus falls.

We surrender our family to the Lord. We are not perfect and each family is fighting its unique battles. Some are able to win these battles and some are losing. We ask for the power of the Holy Spirit to come upon our families so that we can have the wisdom and strength to love instead of quarrel, to accommodate instead of being selfish, to welcome instead of chasing away the very ones we love.

Come Holy Spirit, shine Your light on our family. Dispel the darkness of the evil one and bless our family with peace.

Let us in silence surrender our family to the Lord, naming each member of our family and plead the blood of Jesus to cover them. *(Pause)*

*Together :*

*My beloved Jesus, it is not the weight of the Cross, but my sins, which have made You suffer so much pain. By the merits of this first fall, deliver me from the misfortune of falling into mortal sin.*

Song : Verse 1 & 2 of *Via Dolorosa*



#### Station 4

##### JESUS MEETS HIS MOTHER

Consider Jesus meeting His mother on this journey. Their eyes meet and their looks became like arrows piercing those hearts which loved each other so tenderly.

The role of mothers cannot be more better explained than in the 4<sup>th</sup> Station. Mothers give strength to their family by the sacrifices they willingly make for the ones she loves. When any of her family members are sick or in need, no matter how tired she may be, she is there to bring comfort and understanding to the situation.

We pray for all mothers in our community, especially in this group as we journey the Via Dolorosa. That as she bears the hardship and challenges and keeps all these in heart just as Mother Mary did with Jesus, may the Holy Spirit empower them to be reservoirs of love and strength for their families.

*(Pray a blessing on all mothers present by tracing the cross on their forehead)*

*Together :*

*My most loving Jesus, by the sorrow You experienced in this meeting, grant me the grace of devoted love for Your most holy Mother. And You, my Queen, overwhelmed with sorrow, please continue to intercede for us.*

Song : On this day O Beautiful Mother



#### Station 5

##### JESUS IS HELPED BY SIMON

Consider how the Jews, wanting a humiliating death for Jesus on the Cross, forced Simon the Cyrenian to carry the Cross for the Lord to avoid Jesus from dying on the way to Calvary.

We pray for all members of our family who has to be away from us for one reason or another – be it due to work or studies or any other reason – that in the name of Jesus, doors of blessings and opportunity be opened for them and that the Holy Spirit will empower them to overcome all the current challenges they are facing wherever they are. May the Lord lift them up and bless all the works of their hands and that all spiritual and personal attacks against every member of your family be rendered powerless and useless in the name of Jesus. May God's blessings and grace go before you and every member of your family.

Let us spend a few moments in silence and surrender each member of your family to the Lord. Let there be reconciliation and peace. *(Pause)*

*Together :*

*Sweet Jesus, I will not refuse the Cross, as the Cyrenian did; I accept it; I embrace it. I accept in particular the death You have destined for me; with all the pains that may accompany it; I unite it to Your death. You died for the love of me; I will die for the love of You.*

Song : Chorus of "Via Dolorosa"





## Station 6

### VERONICA WIPES THE FACE OF JESUS

Consider how Veronica, seeing Jesus' face bathed in sweat and blood, and using a cloth, wiped His face, leaving an impression of His holy countenance.

We pray for God's grace and mercy in the area of our health, that God will give us the wisdom and desire to do what is necessary to care for our body so that our bodies, which are the temples of the Holy Spirit, will be free from sickness and disease.

May the precious blood of Jesus flow through all the veins and organs of our bodies to heal and restore every single cell in our body that is not in its normal position.

We know the sicknesses we are currently facing – diabetes, heart disease, hypertension, cancer, etc. Let us now in silence surrender our health challenges to the Father who is merciful and ask for His healing grace to flow through you. May the grace of our loving Father bring healing and restoration to you and your family. In Jesus's name. Amen.  
*(Pause)*

*Together :*

*My most beloved Jesus, Your face was beautiful before, but in this journey, it has been disfigured. My soul also was once beautiful, when it received Your grace at Baptism; but now disfigured by my sins; You alone, my Redeemer, can restore me.*

*Song : He will carry you*



## Station 7

### JESUS FALLS A SECOND TIME

Consider the second fall of Jesus under the weight of the Cross – a fall that renews the pain of all the wounds of our afflicted Lord.

We now lift up and pray for those who are dear to us whom we know to be suffering from terminal illnesses. The report of the world says that this illness cannot be cured and to be prepared for death but you, Lord, have conquered death and now in your mighty name, death no longer has power over us.

Let us pray silently in our hearts, in the name of Jesus, for those we know who are suffering from terminal illness and pray the same request in your Word : Lord, if you are willing, you can heal me.

*Together :*

*My most gentle Jesus, how many times You have pardoned me, and how many times have I fallen again, and offended You! By the merits of this new fall, give me the grace to persevere until death.*

*Song : Chorus of "Healer"*



## Station 8

### JESUS SPEAKS TO THE WOMEN

Consider how those women would have felt seeing Jesus in such a pitiable state. But instead of self-pity, Jesus says to them, "Weep not for Me, but for your children."

As we pray this 8<sup>th</sup> Station, we surrender our finances to our Lord. Although we are called to not chase after money and store up treasures in heaven instead, nothing moves without money. We need money to provide a comfortable lifestyle for our family and loves ones. We need money to further our education and put food on our table. We ask our Lord to give us the wisdom to manage our resources and finances so that we are able to have all that we need and to use all we have to glorify His name. Just like the 5 loaves and 2 fishes, Lord, take and multiply our resources and finances so that we have more than enough always for us and our families. Let us give thanks and praise to the Lord for His providence and love and us. (Vocal praise / Pray in the spirit)

*Together :*

*My Jesus, laden with sorrows, I weep for the offences I have committed against You, because of the pains and displeasure they have caused. It is Your love, more than the fear of hell, which causes me to weep for my sins.*



## Station 9

### JESUS FALLS A THIRD TIME

Consider Jesus at this stage of his journey. His weakness was extreme and the cruelty of His executioners was excessive. With scarce strength to move, Jesus falls for the third time.

We will make mistakes in our lives and fall several times just as Jesus did. Let us pray for strength to rise up every single time we take a hit and fall down. That the evil one will not be victorious in keeping us down but by the power of the Holy Spirit, we will rise up each and every time we fall and we will come back to Jesus.

Let us pray for the grace to forgive those who have hurt us deeply and also the grace to be forgiven for the things we have done to others. Have mercy on me, O Lord, a sinner.

*Together :*

*My Jesus, although weak, you suffered going to Calvary. Give me strength to conquer all human disrespect, and all my wicked passions, which have led me to despise Your friendship.*

Song : Chorus of "God of Mercy and Compassion"



## Station 10



### JESUS IS STRIPPED OF HIS GARMENTS

Consider the stripping of Jesus' garments. Even His dignity was not spared as the soldiers strip-off Jesus' last remaining clothes violently and divided them among themselves.

We now surrender our relationships in our family to the Lord. Do we bear hurts and resentment in our relationship with our family members? Do we fester bitterness due to some events that has occurred in the past? Do we still hold on to the hurt?

Breakdown in relationships will hurt us and stifle our spiritual growth. Disagreement and unforgiveness will steal our peace and joy from our hearts. We must guard this fragile area of our lives from the evil one and no allow him to use our relationships to attack us. Let us now surrender our relationships with our family members, our friends, our work colleagues, church or ministry friends to the Lord and ask for His love to be poured out on them. (Pause)

*Together :*

*My Jesus, by the merits of the torment you have felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in You.*



## Station 11

### JESUS IS NAILED TO THE CROSS

Consider how Jesus, being nailed to the Cross, extended His hands and offered to His Eternal Father the sacrifice of His death for our salvation.

Forgive them Father for they not know what they do. This was the cry of Jesus in spite of the pain He suffered from the scourging, the carrying of the cross and the crucifixion.

In our relationships, there is bound to be someone who has hurt us beyond compare, someone who took something from us or did something to us or our loved ones that we say to this person, "I will never forgive you, no matter what".

The Lord is asking you to pause and bring to mind His reaction on the cross that day and extend your forgiveness to this person. You may not have the strength or will to forgive this person but do it in My name, says the Lord. For my power is made perfect in weakness (2 Corinthians 12:9). Let us now surrender this person that the Holy Spirit has brought to your mind and forgive this person, in the name and through the name of Jesus. (Pause)

*Together :*

*My Jesus, nail my heart to Your feet, that it may ever remain there, to love You, and never leave You again.*

Song : Father I have Sinned





## Station 12

### JESUS DIES ON THE CROSS

Consider how Jesus, after three hours of agony on the Cross, consumed with anguish, abandons Himself to the weight of His body, bows His head, and dies.

For God so loved the world, that He gave His only Son, so that everyone who believes in Him will not perish, but have eternal life.

*Together :*

*O my dying Jesus, I kiss the Cross on which You have died for the love of me, as Your death is my hope.*

Song : Chorus of “Old Rugged Cross”



## Station 13

### JESUS IS TAKEN DOWN FROM THE CROSS

Consider how, after Jesus' body was taken down from the Cross, He was placed in His mother's arms, who received Him with such tenderness and pressed Him to her aching heart.

As we open ourselves to community, be it in our BEC, our ministry or even as CHS community, let us commit ourselves to one another, to help each other in times of need, to be the pillar for another to lean on when he or she is weak. Our parish cannot go forward without us uniting and being one in Jesus. As we look around us and see the familiar faces, let us commit to be there for each other and journey together for the glory of our Lord Jesus Christ. Let us now share the peace of Christ with one another.

*Together :*

*O Mother of Sorrow, for the love of Your Son, accept me and pray for me. And You, my Redeemer, since You died for me, permit me to love You with all my heart; for I wish only You, and nothing more.*

Song : Let there be love shared among us



## Station 14

### **JESUS IS LAID IN THE TOMB**

Consider how the disciples carried the body of Jesus to bury it, accompanied by His holy Mother. They then close the tomb, and all withdrew...

*Together :*

*Oh, my Jesus, I know you will rise again on the third day. I implore You, make me rise gloriously with You on the last day, to be always united with You in heaven, to praise You and love You forever.*

This renewal experience via Dolorosa took us through a journey where we surrender our ourselves, our burdens and our trials and our families to the Lord. Jesus asked us to forgive not only seven times but seventy times seven times. Our faith is built on love because our God is love. Let us ask the Holy Spirit to teach us to love again.

*Matthew 7:8 declares that "For every one that ask receives; and he that seeks, finds; and to him that knocks it shall be opened."*

Based on this promise from our Lord, let us consecrate our family to Him and ask Him to restore our family, to heal our family, to bless our family.

We will collect all your petitions and offer them to the Father at the offertory during our Pentecost Sunday Feastday Mass on 5<sup>th</sup> June 2022.

Be bold. Ask of our Lord. And testify of His goodness when your petitions are answered.

As we complete this Renewal Experience via Dolorosa, we just want to tell you, Lord Jesus, that we love You. We repent with our whole heart for having offended You. Never permit us to separate ourselves from You again. Grant that we may love You always; and then do with us what You will. Amen!

Final Hymn : Jesus We Enthroned You.





SONG SHEET FOR RENEWAL EXPERIENCE VIA DOLOROSA

**THE POWER OF THE CROSS**

**Intro:**

G | C D |

G

Thank You for the cross

C

The mighty cross

Am

D

That God Himself should die for such as us

G

And everyday we're changed

Em

Into Your image more and more

Am

Yes by the cross

D

G

C D

We've truly been transformed

**Chorus :**

G

We're so amazed

Am

And we give You praise

C

D

That You would save us

G

At such a cost

Em

We're so amazed

Am

And we give You praise

C

D

Em

For the power of the cross

C

D

G

For the power of the cross

**OLD RUGGED CROSS**

Capo 2: Key of E (Play in D)

**Intro:**

D | A | D | D |

**Chorus :**

A

D

D7

So I'll cherish the old rugged cross

G

D

A

Till my trophies at last I lay down

D

G

I will cling to the old rugged cross

D

A

D

And exchange it some day for a crown

**HE WILL CARRY YOU**

[Verse 1]

G

Bm

C

There is no problem too big God cannot solve it

D7

C

G

D7

There is no mountain too tall he cannot move it

G

Bm

C

There is no storm too dark God cannot calm it

D7

C

G

D7

There is no sorrow too deep he cannot soothe it

**[Chorus]**

G

Bm

C

If he carried the weight of the world up on his shoulders

D7

G

D7

I know my brother that he will carry you

G

Bm

C

If he carried the weight of the world up on his shoulders

D7

G

I know my sister that he will carry you



## ON THIS DAY O BEAUTIFUL MOTHER

### Intro:

C

### Chorus :

C F C  
On this day, O Beautiful Mother!  
C G C  
On this day we give Thee our love  
C F C  
Near thee, Madonna, fondly we hover  
C G C C/B  
Trusting Thy gentle care to prove.

### Verse 1

Am C  
On this day we ask to share  
F G C  
Dearest Mother, Thy sweet care  
C F C  
Aid us e'er, our feet astray  
C F G G7  
Wander from Thy guiding way.

### Verse 2

Am C  
Queen of Angles, deign to hear  
F G C  
Lisping children's humble pray'r  
C F C  
Young hearts gain, O Virgin pure  
C F G G7  
Sweetly to thyself allure.

### Verse 3

Am C  
Fast our days of life we run,  
F G C  
Soon the night of death will come;  
C F C  
Tower of strength in that dread hour,  
C F G G7  
Come with all thy gentle power.

## VIA DOLOROSA

### Intro:

Play chorus last line

### Verse 1

Em Bm C  
Down the Via Dolorosa in Jerusalem that day  
Em Bm C  
The soldiers tried to clear the narrow street  
Am Em  
But the crowd pressed in to see  
B Em Bm C  
The man condemned to die on Calvary

### Verse 2

Em Bm C  
He was bleeding from a beating, there were stripes  
upon His back  
Em Bm C  
And He wore a crown of thorns upon His head  
Am Em  
And He bore with every step  
B  
The scorn of those who cried out  
Em Bm C E7  
for His death

### Chorus :

Am B Em E7  
Down the Via Dolorosa called the way of suffering  
Am B Em E  
Like a lamb came the Messiah, Christ the King  
Am B  
But He chose to walk that road out of  
Em Bm C  
His love for you and me  
Em Bm C B  
Down the Via Dolorosa, all the way  
Em Bm C (E7 – To chorus)  
to Calvary

## HEALER

Capo 3: Key of F (Play in D)

### Intro:

D | G A |

### Chorus :

D  
And I believe You're my healer  
Bm G A G A  
I believe You are all I need  
D  
And I believe You're my portion  
Bm G A  
I believe You're more than enough for me  
G A D  
Jesus You're all I need



### GOD OF MERCY AND COMPASSION

**Intro:**

D

**Chorus :**

D A  
 Jesus Lord, I ask for mercy  
 Bm F#m  
 Let me not implore in vain  
 Bm F#m  
 All my sins I now detest them  
 Em F#m Bm  
 Help me not to sin again

### LET THERE BE LOVE (3 count song)

**Intro:**

D | G | D |

D G Em A  
 Let There Be Love Shared Among Us,  
 D Bm  
 Let There Be Love In Our Eyes,  
 G Em A  
 May Now Your Love Sweep This Nation,  
 D D7  
 Cause Us Oh Lord To Arise.  
 G Em A  
 Give Us A Fresh Understanding  
 D F# Bm  
 Of Brotherly Love That Is Real,  
 G Em A  
 Let There Be Love Shared Among Us,  
 G D  
 Let There Be Love.

### JESUS WE ENTHRONE YOU

**Intro:**

G | C | G | C D |

G Em  
 Jesus, we enthrone you  
 C D  
 We proclaim you are king  
 Em Bm  
 Standing here, in the midst of us  
 C Am D  
 We raise you up with our praise

C D G Em  
 And as we worship build your throne  
 C D G Em  
 And as we worship build your throne  
 C D G D/F# Em  
 And as we worship build your throne  
 Am D G  
 Come Lord Jesus and take your place

### FATHER I HAVE SINNED

**Intro:**

E | A |

**Verse 1 :**

E A  
 Father I have sinned,  
 E A  
 help me find my way.  
 E A  
 Remember not my sins,  
 B Bsus  
 just let me hear you say:

**Chorus :**

E A  
*I forgive you, I love you*  
 E B  
*You are mine, take my hand.*  
 C#m A B  
*Go in peace, sin no more,*  
 E  
*Beloved one.*

**Verse 2 :**

Father I have turned,  
 my back and walked away  
 Depended on my strength  
 and lived life my own way

**Verse 3 :**

Father I have closed,  
 my heart to those in need.  
 Thought only of myself,  
 a victim of my greed.

**Verse 4 :**

Father I have loved,  
 if love's the word to use.  
 I've played so many games,  
 they've left me so confused.

**Verse 5 :**

Father I've returned,  
 I'm home with you to stay.  
 Standing at your door,  
 knowing that you'll say