

Way of the Cross for the Holy Souls in Purgatory

Sign of the Cross

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen

An Act of Contrition

Oh My Jesus! I love You above all things. I hate and detest my sins because by them I have offended You.

Opening Prayer

The holy indulgences, the fruits and merits of this devotion, I intend to gain for the souls in Purgatory, in particular for those who in life were near and dear to me, and for those for whom I am, in a special way, obliged to pray.

O Mary, my merciful Mother and the Mother of the poor souls in Purgatory, accompany me, by your intercession, on this journey.

STATION 1: Jesus is Condemned to Death

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

O my innocent Jesus, to free me from eternal death, You allowed Yourself to be condemned by a pagan judge to the death of the cross. Give me a hatred for sin and the grace to live that I may one day obtain from You a merciful sentence.

The poor souls in Purgatory have already been judged. Through Your mercy, they have escaped hell, yet on account of their sins, Your justice has caused them to suffer the pains of Purgatory. O most merciful Jesus, have pity on them. Revoke the sentence of their exile and open to them the gates of heaven.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 2: Jesus Takes Up His Cross

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

O holy cross, You are the tree of life, the gate of heaven, our salvation, and our only hope. Be my salvation at the hour of death.

O Jesus, be mindful of Your servants who have departed from this life with this sign of faith. Free them by the victorious power of Your Cross, with which You have conquered death and lead them into eternal life and happiness.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 3: Jesus Falls for the First Time

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

O Jesus, through Your weakness under the cross and the merits of this first fall, grant me the perseverance to keep my good resolutions, that I may always walk faithfully in Your holy ways.

The souls in Purgatory now suffer because they neglected and abused Your graces in this life. They now realize that no sin-stained soul can see God. Therefore, have mercy on them, and cleanse them from all sin. Through the intercession of Your sorrowful Mother, deliver the holy souls from Purgatory.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 4: Jesus Meets His Mother

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

O Heart of Mary! O Heart of Jesus! I offer my life for my sins. May the sweet names of Jesus and Mary be on my lips and in my heart at the hour of death. O gentlest Heart of Jesus, we implore that we may love You more and more.

Sweet Heart of Mary, be our salvation. Mother of the sorrowful, merciful Queen of the Holy Souls, into your hands I place my few merits and implore you to unite them with the infinite merits of your Son.

Offer them to the eternal Father for those souls who are bound to me by ties of friendship and relationship. Mother of mercy, pray for them.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 5: Simon of Cyrene Helps Jesus Carry the Cross

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

O my Jesus, I accept the cross of my life and I embrace it. Help me to help You to carry Your cross, by being patient in all trials that may assail me.

How many souls in Purgatory now regret their past impatience! But You, O Lord, be generous with them and remit all the sins that remain to be expiated.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 6: Veronica Wipes the Face of Jesus

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

Lord, Jesus Christ, You who have left on Veronica's veil the image of your bloodstained countenance, grant that the memory of Your bitter passion and death may ever remain impressed on my soul.

Have pity on the poor souls made to your image and likeness and redeemed by Your Most Precious Blood. Free them from all sin, that they may enter heaven, to see You face-to-face forever and ever.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 7: Jesus Falls for the Second Time

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

My sins have made Your cross heavy, O Jesus. I detest them and firmly propose to amend my life. Never permit me to separate myself from You again.

Have mercy, O Jesus, on those souls who now suffer the pains of Purgatory for mortal sins committed in this life. O clement Heart of Jesus, have compassion upon them.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 8: Jesus Comforts the Women of Jerusalem

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

Most compassionate Heart of Jesus! My Jesus, who said to the holy women: “Weep not for Me, but weep for yourselves and for your children,” make me weep for the ingratitude that I have returned for Your love. I wish to make amends in this life for my sins, that I may obtain pardon for them in the next.

Grant me a tender love for the souls in Purgatory, especially for the souls of my relatives. For the future, I promise to do what I have neglected through my forgetfulness, negligence, and hardness of heart.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 9: Jesus Falls for the Third Time

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

Through this most painful fall, O Jesus, I ask You to deliver me from an unhappy death, which would plunge me into hell. From the power of the enemy deliver my immortal soul, and make me live and die in Your grace.

Look with mercy on the poor souls doing penance in Purgatory. With tears and prayers, they seek Your help and mercy. Hear their prayers and lead them out of that place of purification into the blessed peace of heaven, there to enjoy forever the splendor of Your glory.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 10: Jesus is Stripped of His Garments

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

Most blessed Redeemer, stripped of Your garments for love of me, grant me holy modesty and purity. Deliver me from all dangerous inclinations to created things and make me die to everything of this world, that at death separation from all earthly things may be easy.

Of what benefit now are wealth and the pleasures of this world to the souls in Purgatory? Their bodies, they had to leave to decay and dust of death, and their wealth to heirs. Only their works have followed them: the good to be rewarded, and the evil to be punished. O Lord put an end to their suffering. Do not keep them any longer from the inheritance of the saints, but pardon them and admit them into the realm of eternal bliss and happiness.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 11: Jesus is Nailed to the Cross

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

Most innocent Jesus, nailed to the cross for my sins, I beseech You, through the merits of Your horrible suffering, to come to my aid in my last sickness and agony. Grant me the grace to receive in time Your most holy Sacraments. Come to me then, as Holy Viaticum, and pour into my soul the patience of Your Most Sacred Heart!

And you, O Mary my Mother, console me in that hour of death and make sweet my sufferings, through the sorrow that pierced your heart at the Crucifixion. Lamb of God, have mercy on the souls in Purgatory, whose sufferings are greater than the sick and the dying. Spare them this agony, and through the merits of Your passion admit them into the eternal dwellings.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 12: Jesus Dies on the Cross

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

Through Your three hours' agony on the cross, grant me, O Jesus, a happy death. Take me when I am best prepared. In that hour, fill my soul with holy sentiments of faith, hope, and charity. Grant me true and perfect contrition for my sins and the grace to accept with Christian resignation my death, with all its pains and sufferings. May I leave this world invoking Your Most Holy Name.

Mary, Mother of Sorrows, refuge of the dying, be near me in my last agony. Remember, O most loving Jesus, the poor souls with that love with which You gave comfort to the good thief: "This day you will be with Me in Paradise." Call these souls into the kingdom of Your glory, that they may praise You together with all the angels and saints forever.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest. AMEN

STATION 13: Jesus is Taken Down from the Cross

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

O Jesus, whose soul did descend to the dead to announce peace to the just of the Old Testament, descend now among the poor souls who yearn for You. Free them from the chains of their slavery, and grant them the liberty of true children of God!

O Mary, my Mother, may I, like Jesus, be placed into your arms at my departure from this world. Be with me at the tribunal of the Divine Judge, that through your intercession, I may obtain a favorable judgment.

Sweet Heart of Mary, be my salvation!

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest.

AMEN

STATION 14: Jesus is Laid in the Tomb

We adore You, O Christ, and we praise You (or: *We adore You, O Christ, and we bless You.*)

BECAUSE BY YOUR HOLY CROSS, YOU HAVE REDEEMED THE WORLD.

Reflection

O Jesus, through the merits of Your bitter passion and death, and through Your glorious Resurrection, I beseech You, have compassion on the poor souls, and grant them a happy and glorious admission into heaven.

Let them enter into that peace so long desired. Let them contemplate the splendor of the Beatific Vision and bless eternally Your mercy.

Sweet Heart of Mary, be my salvation, that I may not be condemned to that place of torture when my body will be in the cold earth. Let my soul flee the fires of Purgatory. Bring me quick relief and through your merits deliver me from the flames, that I may thank you in heaven and, with you and all the saints, adore and love Jesus, your beloved Son, who with the Father and the Holy Spirit lives and reigns, true God, forever and ever. Amen.

MY JESUS, MERCY!

Our Father Hail Mary Glory Be

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest.

AMEN

CLOSING PRAYERS

After *The Way of the Cross Closing Prayers*, we conclude with *The Litany for the Holy Souls in Purgatory*.

My crucified Redeemer, I offer You this devout prayer, which by Your grace, I have just finished. Grant that the precious fruits of Your death on the Cross be lost neither for me nor for the souls in Purgatory. Mary, Mother of Sorrows, place my petitions in the Heart of Your beloved Son, so that I may be admitted into the kingdom of grace, there together with my dear ones, my family, and friends, to be eternally blessed.

O Gentlest Heart of Jesus, ever-present in the Blessed Sacrament, ever consumed with burning love for the poor souls in Purgatory, have mercy on them. Be gentle in Your judgments, and let some drops of Your Precious Blood fall upon the devouring flames.

And You O merciful Savior, send Your angels to conduct the poor souls to the place of refreshment, light, and peace. Eternal rest grant unto them, O Lord — and let perpetual light shine upon them. May their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Eternal rest grant unto them O Lord.

AND LET PERPETUAL LIGHT SHINE UPON THEM.

Merciful Jesus, grant them eternal rest.

AMEN

Litany for the Holy Souls in Purgatory

When praying in a group, the leader says the first part. The refrain is in CAPITAL LETTERS.

I. Almighty God, Father of goodness and love, have mercy on the poor suffering souls in Purgatory and grant them Your aid.

1. To my dear parents and ancestors,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
2. To my brothers and sisters and other near relatives,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
3. To my benefactors, spiritual and temporal, to all those who have helped me,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
4. To my friends and colleagues,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
5. To all for whom love and duty binds me to pray,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
6. To any who have suffered disadvantage or harm through me,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
7. To those who have offended me,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
8. To all those who are especially beloved by you,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
9. To those whose release is at hand in Purgatory,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
10. To the souls who desire most to be united with you,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
11. To those souls who are enduring the greatest suffering,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
12. to those souls whose release seems most remote,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
13. To those souls who are least remembered and have no one to pray for them,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
14. To those souls who are most deserving on account of their services to the Church,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
15. To the rich who are now most destitute,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
16. To the mighty who are now as lowly servants,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
17. To those who were spiritually blind and now see their mistakes,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
18. To those who spent their time in idleness,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
19. To the poor who did not seek the treasures of heaven,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
20. To those who were negligent in performing good works,
JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.
21. To those of little faith who neglected frequent reception of the sacraments,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

22. To those who lived lives of sin but owe their salvation to a miracle of grace,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

23. To parents who were negligent in watching over their children,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

24. To superiors who were not careful, for the salvation of those entrusted to them,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

25. To the souls who strove only for riches and pleasure,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

26. To the worldly-minded who failed to use their wealth and talents in the service of God and their fellowmen,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

27. To those who witnessed the death of others but would not think of their own,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

28. To those who did not prepare for the great journey beyond and for the days of tribulation,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

29. To those whose judgment was so severe because of the great things entrusted to them,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

30. To the Popes, Bishops, rulers, and governors,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

31. To the bishops and their counselors,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

32. To my teachers and spiritual advisors,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

33. To the deceased priests who took care of me and my family,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

34. To all priests and religious of the whole Catholic Church,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

35. To those who kept the faith alive in the Holy Land,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

36. To those who defended the faith,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

37. To those who died in war and battle,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

38. To those who were buried in the sea,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

39. To those who died without the last rites of the Church,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

40. To those who were buried in the sea,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

41. To those who will die in the next 24 hours,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

42. To my own poor soul, when I should have to appear before the judgment seat of God,

JESUS, MARY, AND JOSEPH, MY JESUS, MERCY.

VI.

43. O Lord, grant everlasting rest to the souls of the faithful departed,

AND LET PERPETUAL LIGHT SHINE UPON THEM. AMEN.

Indulgences Explained

What is an Indulgence?

The Code of Canon Law (canon 992) and the Catechism of the Catholic Church (no. 1471) give an official definition. For further reading, you can refer to the Catechism (no. 1471-1479, 1498).

Indulgences are the remission before God of the temporal punishment due to sins whose guilt has already been forgiven. The faithful Christian who is duly disposed gains the indulgence under prescribed conditions for either himself or the departed. Indulgences are granted through the ministry of the Church which, as the dispenser of the grace of redemption, distributes the treasury of the merits of Christ and the Saints.

In short, an indulgence is a powerful grace that helps repair the damages from sin.

What is Sin?

To grasp the idea of indulgences better, it helps to understand sin and how it affects us.

When we are in a state of grace, we love God before all else. Our love for God is a *healthy attachment* because He is, by His very nature, all that is good.

But, we are human and do not always make the best choices. When we sin, we suffer from the effects and *unhealthy attachments* that result from it.

The Effects of Sin

When we go to the Sacrament of Confession, God removes the guilt and the eternal punishment of the sins we confess. But *the wounds of those sins remain*. It is those **wounds that result in temporal punishment and delay our salvation**.

During this life, we can gain indulgences to help relieve or cleanse us of the effects of sin.

After death, Purgatory purifies our souls so that we can go to heaven.

Comparing Indulgences

Plenary Indulgence

A **plenary indulgence** removes all temporal punishment due to sin. Conditions are the usual requirements.

Partial Indulgence

A **partial indulgence** only cleanses some of the temporal punishment. Conditions for a partial indulgence are sorrow for our sins and performing good works or reciting a prayer. The amount of remission is in proportion to what we have done.

To Learn More

The Catechism of the Catholic Church (no. 1471) and the Code of Canon Law (can. 992) have more information on this topic.

The Usual Requirements

Indulgences have certain conditions connected with them, like a prayer or an act of mercy, but every indulgence has, what is referred to as *the usual requirements*.

1. First, we must be in a **state of grace** and detached from sin. We also need to **take part in the Sacraments of Confession and the Eucharist**.
2. Then, we pray for the *Pope's intentions. These prayers can be the Our Father, Hail Mary, and Glory Be. Some also pray the Apostles' Creed.
3. Finally, these conditions should all **take place on the same day**. But, they can also take place within 20 days before or after the indulgenced act.

An indulgence can be gained once per day.

Some Examples of Indulgences

Original List of Indulgences

Combined with the usual requirements of Sacramental Confession, Communion, and prayers for the Pope's intentions within a short time, these are some examples of indulgences. We made a printable PDF of the *Enchiridion of Indulgences* (Sacred Apostolic Penitentiary, 1968). It contains the original list and more details than we have listed here. It does not list all possible partial indulgences. These are found in the Raccolta and the Vatican website.

[Print the Enchiridion of Indulgences](#)

Examples of Indulgences

1. Adoration of the Blessed Sacrament for at least half an hour (partial indulgence for less time).
2. Receive an Urbi et Orbi blessing by the Pope, even by radio or other media.
3. Visit a cemetery between November 1 and 8 and devoutly pray for the departed.
4. One's First Communion
5. The First Mass of a newly-ordained priest.
6. Spend 3 days in the spiritual exercises of a retreat.
7. Pray the Rosary with pious meditation on the mysteries. Plenary Indulgence if all 15 decades are recited in a church, family group or religious community.
8. Recitation of the Way of the Cross (usually in a church).
9. The Sign of the Cross (partial indulgence)
10. Prayers like novenas, prayers for the Pope, Act of Spiritual Communion, Ad te beate Joseph, Anima Christi, De Profundis, and the Memorare. (partial indulgence)
11. ADORATION of the CROSS. A Plenary Indulgence to those who in solemn liturgical action on Good Friday devoutly assist at adoration of the Cross and kiss it.
12. Reading Sacred Scripture. A Plenary Indulgence is granted to those who read at least ½ hr.
13. "Down in Adoration Falling" (Tantum ergo) PLENARY indulgence when recited Holy Thursday & Feast of Corpus Christi. Otherwise partial indulgence is granted for reciting.
14. Visit a Church or an Altar on the day of its consecration. PLENARY indulgence.
15. Visit a Church on All Souls Day, required that one Our Father & the Creed be said. PLENARY indulgence