

The 14 Stations of the Eucharist

Leader: In the Name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Leader: Let us begin with a Spiritual Communion Prayer

My Jesus, I believe that You are present in the Most Blessed Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot now receive you sacramentally, come at least spiritually into my heart.

I embrace You as if you were already there, and I unite myself wholly to You.

Never permit me to be separated from You.

Stations of the Eucharist Hymn- *To the tune – Stabat Mater*

As we journey through these pages,

God reveals throughout the ages,

Communion, presence, sacrifice.

Leader: The First Station: The Sacrifice of Abel

The LORD looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. —Genesis 4:4-5

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: Why does God look with favor on Abel's sacrifice of an unblemished Lamb, but rejects Cain's sacrifice of crops from the ground? Because Abel's sacrifice of a spotless lamb points forward to the ultimate sacrifice: Christ, *the* spotless Lamb, who lays down His life for us. At every Mass, you have an opportunity, like Abel, to offer sacrifice. You can unite the aspects of your life to the Eucharistic sacrifice on the altar so that God can transform them. What will you bring to the altar at your next Mass?

All: Lord God, as Abel offered You the first sacrifice, a just sacrifice, a lamb, please help me to give You a worthy gift; the gift of my life. Every time I approach the sacred altar, help me to realize that You are the perfect Lamb being offered and that Your offering is living and true. Give me the grace to unite my heart to Yours in this perfect act of praise. Amen.

Unlike Cain he does not falter,

Abel offers on an altar,

A pure lamb, a sign to come.

Leader: The Second Station: The Offering of Melchizedek

And Melchizedek king of Salem brought out bread and wine; he was priest of God Most High. —Genesis 14:18

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: Melchizedek, priest and king, offers bread and wine long before the Temple or the Upper Room. He prefigures Jesus' eternal priesthood, fulfilled when Jesus sacrifices Himself upon the Cross. The night prior, at the Last Supper, Jesus makes this sacrifice accessible to us through an offering of bread and wine, in the pattern of Melchizedek. At every Mass, through the gift of the Eucharist, we are not spectators but participants, invited to unite our sacrifice with His saving offering. What simple gift can you offer to the Lord?

All: Dear Jesus, You are our King and our Priest! Thank You for ruling over us. Thank You for giving us Your Body and Blood, Your very Self. We ask You to make Your kingdom come quickly. Help us to see in the bread and wine You offer, the perfect sacrifice of the Cross—Your love poured out for us. Amen.

***Bread and wine, eternal feast,
King of peace, eternal priest,
Ancient and yet ever new.***

Leader: The Third Station: The Sacrifice of Abraham

Abraham lifted up his eyes and looked, and behold, behind him was a ram, caught in a thicket by his horns; and Abraham went and took the ram, and offered it up as a burnt offering instead of his son. —Genesis 22:13

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: The sacrifice of Abraham foreshadows the sacrifice of Jesus on Mount Calvary. The ram caught in the thicket points to Christ crowned with thorns—our replacement sacrifice. We deserve to die for our sins, but Jesus goes in our place to the Cross. In every offering of the Holy Sacrifice of the Mass, we enter into the one sacrifice of Christ on Calvary. In gratitude for being spared, we are called to offer our lives back to God with thankful hearts. What sin or shame do you need to give to Jesus, the Lamb of God, who takes away the sins of the world?

All: Dear God, Abraham was willing to give You his only son out of obedience. You gave us Your Son, Jesus, out of love! Help me to be detached from the things of this world. Help me to be willing to give and offer You my all. Open my eyes to see Holy Mass as a true gift of love from You to us. May I make a true gift of self: *This is my body given up for You.* Amen.

***Loving father, 'bout to mourn,
Sees a ram within the thorns,
Jesus stands now in our place.***

Leader: The Fourth Station: The Jewish Passover

"The blood shall be a sign for you, upon the houses where you are; and when I see the blood, I will pass over you." —Exodus 12:13

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: God Himself instituted the Passover meal as a life-saving commandment. The Israelites were instructed to eat the flesh of the Passover lamb and spread its blood on their doorposts and lintels to be saved from death. That ancient meal points directly to Jesus, the true Lamb, who offers a new command: *"He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day."* The Eucharist is our new Passover—food for the journey and protection from eternal death. How eagerly do you follow this new command of Jesus?

All: Jesus, You are the Passover Lamb. Your Blood shed for us on Mount Calvary flowed from Your pierced side for our salvation, Your Blood saves us from eternal death. Cleanse us, wash us, and strengthen us with Your Blood. May our lips be constantly refreshed by You and You alone. May the angel of death pass over us, and may our guardian angels lead us to eternal paradise to be with You forever. Amen.

***Blood on doors and flesh is eaten,
That night death was truly beaten,
This saving meal continues on.***

Leader: The Fifth Station: The Manna from Heaven

Then the Lord said to Moses, "Behold, I will rain bread from heaven for you; and the people shall go out and gather a day's portion every day." —Exodus 16:4

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: God fed Israel daily with manna in the desert, teaching them trust and dependence. Jesus fulfills this gift as the Bread of Life, come down from heaven, offered daily in the Eucharist. We have the tremendous opportunity to gather at Mass—daily, if we so choose—to be strengthened for our journey toward heaven. How often do you come to the altar to be fed by God Himself?

All: Dear Lord, You are a good God who gives to His children. You provide for us in miraculous ways. In the desert, You gave food to Your hungry people. Now, in the desert of our lives, You give us Your Body and Blood daily as food to sustain us. Lord, help us to see this food from heaven as food for the journey, a true gift of love from You. Give us the grace to never walk away. Amen.

***Desert hunger, must be fed,
God provided daily bread,
Food for pilgrims on their way.***

Leader: The Sixth Station: The Ark of the Covenant

Will God dwell indeed with man on the earth? —2 Chronicles 6:18

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: Before you ever sought God, He chose a place—an unmistakable, unshakable place—to meet you. That place, for ancient Israel, was the Ark of the Covenant. For Catholics, it is every tabernacle in the world. True joy flows from recognizing and responding to God's presence. By making ourselves present to Him—especially in the Eucharist—we encounter His love and are strengthened to reflect it to the world. Will you go to simply be with Him, to waste time with the Lord?

All: Almighty God, You are near us. You keep Your promise that You will be with us until the end of the age. We find You waiting for us, longing for us in every tabernacle of the world! Dear Jesus, may we not leave You abandoned, but may we stay with You now and forever. Amen.

*In the temple, Ark of gold,
"I am with you, to behold"
Come adore on bended knee.*

Leader: The Seventh Station: Bethlehem: House of Bread

And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn. —Luke 2:7

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: Jesus is born in Bethlehem—which means “House of Bread”—and laid in a manger, a feeding trough. From His first breath, He points toward the Eucharist. The Bread of Life comes to be consumed so we may live. God's providence is amazingly precise, weaving every detail of history toward our salvation. We are called to respond to God's providence with trust, surrender, and joy as we come to the Eucharistic feast to be transformed. Do you trust His plan for your life?

All: Dear Lord, You are the Bread of Life. You were born to become our Food. You are our daily bread, born in Bethlehem and laid in a manger. Thank You for giving us Your very Self. Thank You for Your Body and Blood. Help me to see every celebration of Holy Mass as another Christmas, as You come down from heaven to be with us and save us. Amen.

*Living bread down from the sky,
Laid in manger, born to die,
Bethlehem, the House of Bread.*

Leader: The Eighth Station: John the Baptist Points to the Lamb of God

“Behold, the Lamb of God, who takes away the sin of the world!” —John 1:29

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: "Behold the Lamb of God!" When John the Baptist points to Jesus and proclaims these words, centuries of sacrifice come into focus. Jesus is the fulfillment of every lamb offered before Him. At Mass, those same words are repeated, inviting us to recognize the Lamb of God who takes away our sin. He has taken all of our sin, our pain, and our problems upon Himself. Why? Because no matter what you've done, or what's happened to you, you are worth that sacrifice. Do you believe that what the priest is holding in his hands is Jesus?

All: Dear Lord, You have provided for us an unblemished Lamb; You have given us Yourself. You have come to die for us! Dear Lord, thank You for the sacrifice of the first Passover lamb thousands of years ago that set the Israelites free from slavery in Egypt. Thank You for the sacrifice of Jesus, the true Lamb of God, who destroys our bondage to sin and death. May we choose to follow Him to true and lasting freedom. Amen.

***"Behold the Lamb God," John said,
Lamb of God that must be bled,
Jesus is our saving feast.***

Leader: The Ninth Station: The Wedding Feast at Cana

This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him. —John 2:11

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: At Cana, Jesus turns water into wine, revealing His power to change substances. He can transform the ordinary into the extraordinary. This miracle foreshadows the Eucharist, where simple bread and wine are transformed into Jesus' Body and Blood. It also points to the wedding between Christ and His Church. At every Mass, the Divine Bridegroom offers Himself completely to His Bride, the Church. We are invited to trust His power and surrender our lives for transformation. What do you need Jesus to transform?

All: Lord God of change and transformation, thank You for Your love. Thank You for changing water into wine and giving us confidence that You can transform substance by Your will and might. Please, we beg You, change our hearts to believe that You are truly present at Holy Mass; that You transform bread and wine into Yourself; that You lay down Your life for us. Give us faith! Amen.

***Water becomes best of wine,
Changing substance, His first sign,
This my Body, this my Blood.***

Leader: The Tenth Station: The Multiplication of the Loaves

And taking the five loaves and the two fish he looked up to heaven, and blessed, and broke the loaves . . . And they all ate and were satisfied.—Mark 6:41-42

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: The multiplication of the loaves foreshadows the words and actions Jesus will memorialize during the Last Supper. He takes bread, and after giving thanks, He blesses it, breaks it, and gives it. This miracle anticipates the Eucharist, where Jesus multiplies Himself to feed the faithful throughout the entire world through the hands of a few priests. When Holy Mass is offered, the multitudes are fed and every hungry heart is satisfied. And when we bring what little we have to the Lord, He multiplies it beyond our imagining. What hunger in your heart are you waiting for Jesus to satisfy?

All: Lord, You will never leave us. You are with us always. You feed us, not only with natural food, but with the True Bread from heaven that satisfies the hungry heart. Help us to always focus our hungry hearts on You, and not the things of this world! Amen.

***Loaves and fish, abundant joy,
Offered through a little boy,
God provides Himself as food.***

Leader: The Eleventh Station: The Bread of Life Discourse

"I am the living bread which came down from heaven; if any one eats of this bread, he will live forever."—John 6:51

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: Jesus boldly declares that His Flesh is true food and His Blood true drink. This is a stunning reversal of humanity's first sin. Where disobedience at a tree in Eden brought death through eating, obedience now brings life through consuming Jesus's Body and Blood in the Eucharist. We receive this Body and Blood from the Tree of Life, the Cross. Consider Jesus' words, "Take and eat," as a deeply personal invitation. Every Communion is an invitation to close the gap between us and God through obedience, trust, and love. Will you go away like many of Jesus' disciples did, or will you trust the Bread of Life?

All: Lord, to Whom shall we go? You have the words of everlasting life. Your words are so clear, so strong, and so powerful. You desire to be in us, and for us to be in You. You desire eternal communion, not just when we get to heaven, but now. Lord, I ask forgiveness for taking so many Holy Communion for granted, and I ask that You give me a longing for more and more intimate communions with You. Amen.

***Unless you eat and drink of Me,
Death will come eternally,
Jesus spoke these words so bold.***

Leader: The Twelfth Station: The Last Supper

And he took bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body which is given for you. Do this in remembrance of me." —Luke 22:19

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: The Last Supper anticipates the perfect sacrifice that Jesus will offer the next day upon the Cross. It is here, in the Upper Room, that Jesus institutes the Eucharist and establishes an everlasting memorial. This sacrificial meal is access to the love of God, poured out on the Cross. On the Cross, Jesus dies. At the altar, Jesus gives us the very means to be present at His sacrifice. The Last Supper and Calvary are one event. When we attend Mass, we stand at Calvary, and we are invited to unite ourselves to Jesus' saving death. This is our salvation made present! What do you want to tell Jesus as you kneel under His Cross?

All: Dear Lord, Your love for us is beyond imagining. You do not just want us to know that You died for us. You do not just want us to recall or remember; You desire us to participate, to be present, and to enter this mystery. At the Last Supper, You gave us the most powerful gift—Your very Body and Blood, Your love poured out. Thank you, Jesus! Amen.

***Take and eat the bread is blessed,
To the Cross He gives access,
Table, altar, Cross are one.***

Leader: The Thirteenth Station: The Road to Emmaus

"Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" —Luke 24:32

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: On the first Easter, two disciples walk away from Jerusalem, confused and heartbroken. Jesus draws near, though they do not recognize Him. He listens to their grief, then opens the Scriptures, showing how they pointed to His suffering and glory. Their hearts begin to burn. At table, He takes bread, blesses it, breaks it, and gives it to them—and their eyes are opened. The disciples recognize Jesus in the breaking of the bread. This is the Mass! And every Mass follows the same pattern: Word, Sacrifice, Communion. Two thousand years later, we continue to encounter the Risen Lord in the Breaking of the Bread, the Holy Eucharist. Are your eyes open to this great gift?

All: Lord, when You walked with Your disciples on the road to Emmaus, You listened to all they had to say. You heard their heavy hearts. They did not recognize You in their midst until “the breaking of the bread.” Then their eyes were opened. In the Holy Eucharist, we recognize You. As we listen in silent adoration, our hearts burn within us. And we repeat, “Stay with us, Lord.” Help us to be attentive and to see You! Amen.

***Hearts are burning, words are spoken.
At the table bread is broken,
Jesus meets us on the way.***

Leader: The Fourteenth Station: The Wedding Feast of the Lamb

“Blessed are those who are invited to the marriage supper of the Lamb.” —Revelation 19:9

Leader: O Sacrament most Holy, O Sacrament Divine!

All: All praise and all thanksgiving, be every moment Thine.

Leader: It has all been leading to this. The Book of Revelation gives a glimpse into the beauty that awaits us in heaven where we will celebrate the great Wedding Feast of the Lamb. Heaven will be an eternal wedding banquet between God Himself and His bride, the Church. Each of us, through our baptism, are members of that Church, and we are all invited to the Wedding Feast of the Lamb. At every Mass, heaven and earth meet. Every time you receive Holy Communion, it is a foretaste and a participation in heavenly communion, here and now. Are you ready for deeper intimacy with our Lord?

All: Dear Father, thank You for loving us so much that You not only became one of us and died for us, but also gave us the Eucharist. Through this great gift, we can live in heaven right here on earth. From the creation of mankind in Genesis, to the Wedding Feast of the Lamb in Revelation, You desire communion, union, and fruitfulness. Help us to keep our eyes fixed on the glory to come. Give us hope and trust in You and Your grace! Amen.

***Wedding of the Lamb of God,
We the Church kneel in true awe,
Of His sacred divinity.***