Be My Vision

Be my vision, O Lord of my heart.
There is none other but the King of the seven heavens.
Be my meditation by day and night.
May it be you that I behold even in my sleep.
Be my speech, be my understanding.
Be with me, may I be with you.
Be my Father, may I be your son.
May you be mine, may I be yours.
Be my battle-shield, be my sword.
Be my dignity, be my delight.
Be my shelter, be my stronghold.
Raise me up to the company of the angels.
Be every good to my body and soul.
Be my kingdom in heaven and on earth.
Be solely the chief love of my heart.
Let there be none other, O high King of heaven,
Until I am able to pass into your hands,
My treasure, my beloved, through the greatness of your love.
Be alone my noble and wondrous estate.
I seek not men nor lifeless wealth.
Be the constant guardian of every possession and every life.
For our corrupt desires are dead at the mere sight of you. Your love in my soul and in my heart —
Grant this to me, O King of the seven heavens.
O King of the seven heavens grant me this —
Your love to be in my heart and in my soul.
With the King of all, with him after victory won by piety, May I be in the kingdom of heaven O brightness of the son.
Beloved Father, hear, hear my lamentations.
Timely is the cry of woe of this miserable wretch.
O heart of my heart, whatever befall
1. Jesus is condemned to die
We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

MEDITATION: Lord Jesus, often I judge others and fail to be understanding or loving. Help me to see the people in my life through Your eyes, not the eyes of Pontius Pilate.

Our Father, Hail Mary, Glory Be

2. Jesus willingly takes up His Cross
We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

MEDITATION: Lord Jesus, You embraced Your cross to redeem the world. Help me to embrace the crosses in life—the hardships, struggles, disappointments, and pain. Only by recognizing my own weakness, can I discover Your strength.

Our Father, Hail Mary, Glory Be

3. Jesus falls for the First Time
We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

MEDITATION: Lord Jesus, You know how often I fall trying to follow You. Yet, You are always there to life me up. Help me always to trust in Your loving care for me.

Our Father, Hail Mary, Glory Be

Cover My Soul with the Shadow of Your Wing

Thanks to you, O God, that I have risen today, to the rising of life itself; may it be to your own glory, O God of every gift, and to the glory of my soul likewise. O great God, aid my soul with the aiding of your own mercy; even as I clothe my body with wool, cover my soul with the shadow of your wing. Help me to avoid every sin, and the source of every sin to forsake; and as the mist scatters on the crest of the hills, may each ill haze clear from my soul, O God.

Our Father, Hail Mary, Glory Be
4. Jesus meets His Blessed Mother

We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

MEDITATION: Lord Jesus, Your mother Mary's grief was surpassed by her love for you. So often You come to me in others and their love gives me new life. Help me to see how often You love me through the people in my life.

Our Father, Hail Mary, Glory Be

5. Simon the Cyrene helps Jesus carry His Cross

We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

MEDITATION: Lord Jesus, sometimes I am indifferent to the needs of others in my life. I even neglect those whom I love. Help me to see that loving others is the surest way to find You in my life.

Our Father, Hail Mary, Glory Be

6. Veronica wipes the Holy Face of Jesus

We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

MEDITATION: Lord Jesus, at times I am afraid to reach out to others. I do nothing when I should act; I say nothing when I should speak out. Give me a deeper and more courageous faith. Help me to trust that You are with me.

Our Father, Hail Mary, Glory Be

4. Jesus is taken down from the Cross

We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

MEDITATION: Lord Jesus, seeing Your body taken from the cross reminds me how fearful I am of letting go of my own life. I am lightened when I think of being unimportant, useless, and helpless. Help me to place my life in Your hands.

Our Father, Hail Mary, Glory Be

5. Simon the Cyrene helps Jesus carry His Cross

We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

MEDITATION: Lord Jesus, sometimes I am indifferent to the needs of others in my life. I even neglect those whom I love. Help me to see that loving others is the surest way to find You in my life.

Our Father, Hail Mary, Glory Be

6. Veronica wipes the Holy Face of Jesus

We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.

MEDITATION: Lord Jesus, at times I am afraid to reach out to others. I do nothing when I should act; I say nothing when I should speak out. Give me a deeper and more courageous faith. Help me to trust that You are with me.

Our Father, Hail Mary, Glory Be
7. Jesus falls for the Second Time
We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.
MEDITATION: Lord Jesus, failure and disappointment sometimes lead me to despair. I hide behind my pride and self-pity, withdrawing from You and others. Give me the hope I need and help me never to be afraid to begin again.

Our Father, Hail Mary, Glory Be

8. Jesus comforts the Women of Jerusalem
We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.
(MEDITATION: Lord Jesus, Your great compassion for others overwhelms me. I feel petty and selfish when I think of You and the way You love. Help me to pour out my love, that You might fill me with Your Love.

Our Father, Hail Mary, Glory Be

9. Jesus falls for the Third Time
We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.
MEDITATION: Lord Jesus, Your failing strength makes me see how helpless I am. Without You, I can do nothing. Help me to rely on Your strength, to see how much I need You.

Our Father, Hail Mary, Glory Be

10. Jesus is stripped of His garments
We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.
MEDITATION: Lord Jesus, seeing You so cruelly humiliated makes me realize how I cling to my accomplishments, my possessions, my way. Help me to let go of those things in my life that prevent me from growing closer to You and others.

Our Father, Hail Mary, Glory Be

11. Jesus is nailed to the Cross
We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.
MEDITATION: Lord Jesus, I can never doubt Your great love for me when I see You crucified. Help me to see Your cross as the great sign of Your love for me.

Our Father, Hail Mary, Glory Be

12. Jesus dies on the Cross
We adore you, O Lord, and we praise You. Because by Your holy cross, You have redeemed the world.
MEDITATION: Lord Jesus, Your broken and lifeless body calls me to deeper faith. You chose death, even death on the cross. Help me to see my crosses as ways of loving You.

Our Father, Hail Mary, Glory Be