

# 十字架之旅流程

## 负责人带领家庭祈祷文

仁慈的天父，

今天我们聚集在 xxx 的家中，怀着敬畏与感恩的心，纪念祢爱子耶稣基督的苦难之路。愿祢背负十字架的脚步，引导我们的生活，在痛苦中找到希望，在牺牲中学习爱。

求祢派遣圣神临在于我们中间，开启我们的心，使我们能与耶稣一同走过这苦路，在每一站中更深体会祢为我们所受的爱，并在家庭中彼此扶持，共同走向复活的光明。

我们如此祈求，是靠我们的主耶稣基督之名，阿们。


- 天主经 x1

- 圣母经 x3

### - 向圣赫勒纳的祈祷 x1

神圣而受祝福的圣赫勒纳，您心怀痛苦和虔诚寻求基督的十字架。我恳求您赐予我天主的恩典，让我能忍受今生的劳苦。唯有通过这些劳苦、您的代祷和护佑，我将能寻求和背负天主赋予我的十字架，好使我能在今生侍奉祢，并在来日永远享受祢的荣耀。阿们。

- 圣三光荣 x1

结束  END

## Perjalanan Salib Flow

### Leader to lead the Opening Prayer

Merciful and loving Father, today we gather in the home of xxx, with hearts full of reverence and gratitude, to commemorate the Passion of Your beloved Son, Jesus Christ. May His footsteps as He carried the cross guide our lives - helping us find hope in suffering and learn to love through sacrifice. We ask You to send the Holy Spirit to be present among us, to open our hearts so that we may walk this Way of the Cross with Jesus, to deeply experience the love He bore for us at each station, and to support one another in our family as we journey together. We pray this in the Name of our Lord Jesus Christ. Amen.

- **Our Father x 1**
- **Hail Mary x 3**

### PRAYER TO SAINT HELENA x1

Holy and blessed Saint Helena, with the anguish and devotion with which You sought the Cross of Christ, I plead that you give me God's grace to suffer in patience the labors of this life, so that through them and through Your intercession and protection, I will be able to seek and carry the Cross which God has placed upon me, so that I can serve Him in this life and enjoy His Glory ever after. Amen

**End**