

1 O sa - cred head, sore wound - ed, de - filed and put to scorn;
 2 Thy beau - ty, long - de - sir - ed, hath va - nished from our sight;
 3 In thy most bit - ter pas - sion my heart to share doth cry,
 *4 What lan - guage shall I bor - row to thank thee, dear - est friend,
 *5 My days are few, O fail not, with thine im - mor - tal power,

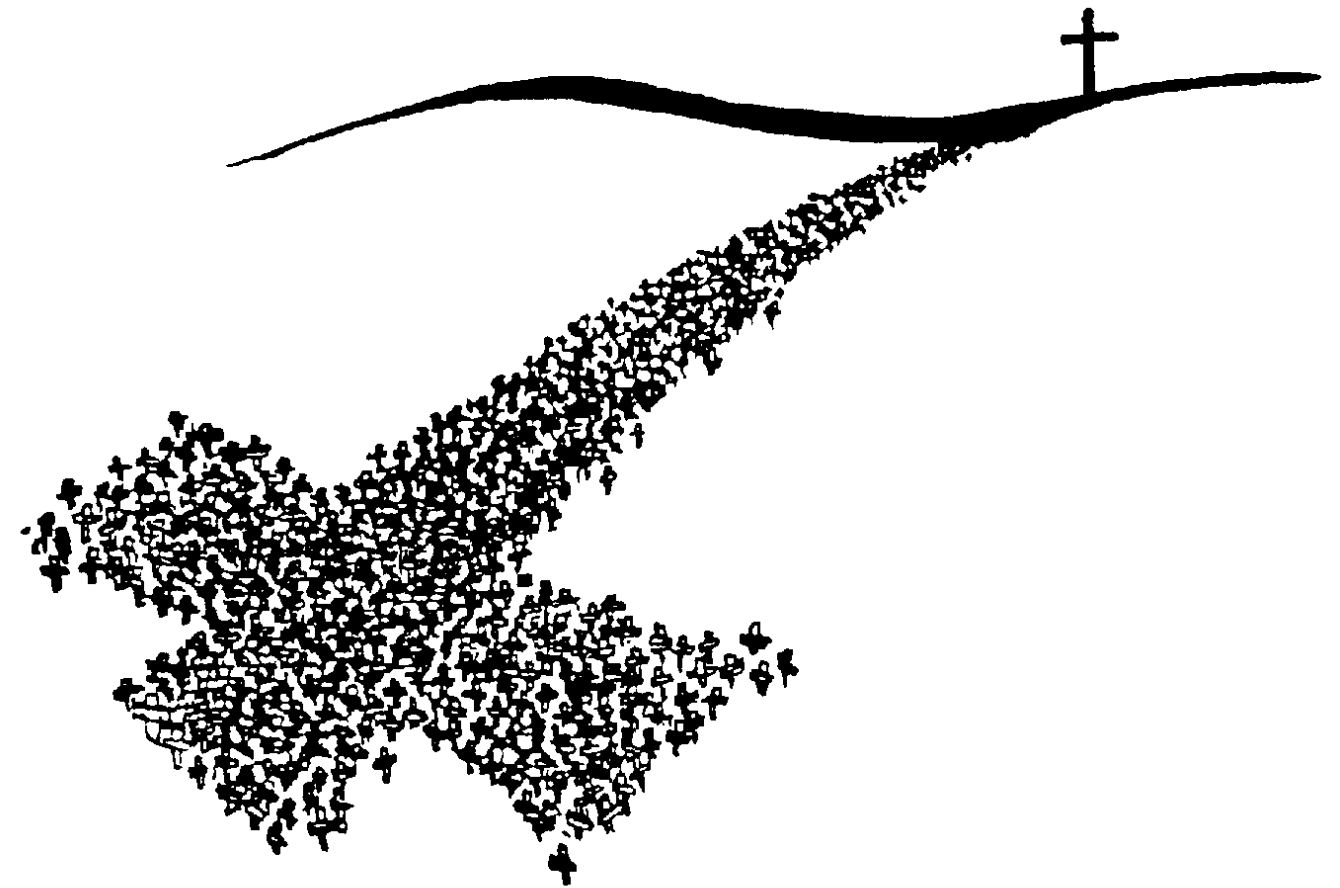
1 O king - ly head, sur - round - ed with mock - ing crown of thorn:
 2 thy power is all ex - pir - ed, and quenched the light of light.
 3 with thee for my sal - va - tion up - on the cross to die.
 4 for this thy dy - ing sor - row, thy pi - ty with - out end?
 5 to hold me that I quail not in death's most fear - ful hour;

1 what sor - row mars thy gran - deur? Can death thy bloom de - flower?
 2 Ah me! for whom thou di - est, hide not so far thy grace:
 3 Ah, keep my heart thus mov - ed to stand thy cross be - neath,
 4 Oh, make me thine for ev - er! and should I faint - ing be,
 5 that I may fight be - friend - ed, and see in my last strife

1 O coun - te - nance whose splen - dor the hosts of heaven a - dore!
 2 show me, O Love most high - est, the bright - ness of thy face.
 3 to mourn thee, well - be - lov - ed, yet thank thee for thy death.
 4 Lord, let me nev - er, nev - er, out - live my love for thee.
 5 to me thine arms ex - tend - ed up - on the cross of life.

The Way of the Cross

ထူဉ်စုညါအကျဲ



All Saints Episcopal Church

ပုၤစီဆုံခဲလၢၤသံဂီၢ်

Smyrna, Tennessee

The Way of the Cross

Entrance Hymn

1 Throned upon the awful tree,
King of grief, I watch with Thee;
Darkness veils Thine anguished face,
None its lines of woe can trace,
None can tell what pangs unknown
Hold Thee silent and alone.

2 Silent through those three dread hours,
Wrestling with the evil powers,
Left alone with human sin,
Gloom around Thee and within,
Till the appointed time is nigh,
Till the Lamb of God may die.

3 Hark that cry that peals aloud
Upward through the whelming cloud!
Thou, the Father's Only Son,
Thou, His own Anointed One.
Thou dost ask Him--can it be?
"Why hast Thou forsaken Me?"

4 Lord, should fear and anguish roll,
Darkly o'er my sinful soul,
Thou, who once wast thus bereft
That Thine own might ne'er be left--
Teach me by that bitter cry
In the gloom to know Thee nigh.

၄၈

ရှုပလိန်မုဒိန်ဘုံ
ခိန်သလုးတၢဆူန်ဘန်ကုန်ထိန်
O sacred head, sore wounded

E.H.102

၁. ခိန် သလုးတၢ ဆူန် ဘန် ကုန် ထိန် သွန် မူ စိ ဆုံ လီ၊ ဝဲ၊
၂. ကုန် ဂီ၊ လၢ ဝ ကွန် မုန် ခိန်၊ လီ၊ မ်၊ ဝွန် ဝ မ်၊ ညါ၊
၃. မဲ လၢ တုန် တါ ဖိန် အ ခါ၊ ယ မ်၊ ထံ ဝဲ ယွါ လီ၊

၁. ဒီး ဒီး တါ နီး တါ ဖိန် အါ၊ ဘန် ခုန် ခွန် စံး အါ အါ၊
၂. စိ က မိ၊ ခိန် လီ၊ ဘါ ကွန်၊ တါ က ဝါ လီ၊ မ်၊ ဝွန်၊
၃. လၢ တါ အုန် ကု၊ ခိန် ကု၊ ဂီ၊ တုန် သံ သး လၢ ထွန် လီ၊

၁. လၢ သွန် ဖျာန် ထွန် စု ညါ လီ၊ ဟန် လီ၊ ကွန် အ သး လံ၊
၂. အိ၊ တုန် သံ သး လၢ ဝ ဂီ၊ အ တါ အိန် ဘျး ဖိန် အါ၊
၃. လၢ ထွန် အ ဂီ ထံး ဆါ ထာန်၊ သွန် အုး သး အုး ဘန် ဆန်၊

၁. မဲ လီ၊ ဝ မိန် လၢ ထး နုန်၊ ဒီး လီ၊ က မါ က မန်၊
၂. မိန် က ဝါ က ပြိုင် က ပြိုင်၊ က စါ စါ၊ ဒုး နန် ပု၊
၃. စိ ဖျိ လၢ တုန် သံ အ သး၊ ဝ စံး ဘျး နု၊ စါ စါ၊ အါ မုန်။

Concluding Prayers before the Altar

Savior of the world, by your cross and precious blood you have redeemed us:
Save us, and help us, we humbly beseech you, O Lord.

Let us pray. *(Silence)*

We thank you, heavenly Father, that you have delivered us from the dominion of sin and death and brought us into the kingdom of your Son; and we pray that, as by his death he has recalled us to life, so by his love he may raise us to eternal joys; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

ဟိန်ခိန်ပု၊ အုန်ခိန်ကု၊ တာ်ကစာ်တဂ၊ ဧ၊ နပု၊ ကု၊ ပု၊ ခိဖျိလ၊ နထုန်ဆုညါ၊ ဧ၊ နသွံင်လု၊ ဧ၊ နပု၊ ဧ၊ နပု၊ လီ၊
 မ၊ ပု၊ ဖျဲ၊ ပု၊ ဧ၊ မ၊ စ၊ ပု၊ တကု၊ တာ်လ၊ တာ်ယု၊ ယိန်ဟ်ကဲအပု၊ ပယု၊ န၊ လီ၊ ကစာ်ယု၊ ဧ၊

ပကဘါထုကဖန်

အိန်လ၊ မုခိန်ပဟ်ဧ၊ ပစံးဘျူးဘန်န၊ လ၊ နဆု၊ ပု၊ ဖျဲ၊ ဘန်ပဝဲလ၊ တာ်ဒဲးဘးဧ၊ တာ်သံအပု၊
 ဧ၊ နဆု၊ ခိပု၊ ဆုနဖိခါအဘိအမု၊ ပု၊ နုန်လီ၊
 ဧ၊ ပယုထိန်န၊ လ၊ အတာ်အဲန်ကစိန်ထိန်ပု၊ ဆုတာ်သးခုအထုအယိန်ခိဖျိလ၊ အတာ်သံအသးဧ၊
 ဟုန်လီ၊ ပု၊ တာ်မုနုန်လီ၊ မ်အကအိန်မုဧ၊ ပ၊ သကိးတာ်ဧ၊ န၊ လ၊ သးစိဆုံတမံ၊ ယိ၊ ယု၊ ထတဂ၊ ခဲအံ၊ ဧ၊ အစိ၊
 စိ၊ ယန်ယန်နုန်တကု၊ အ၊ မုန်

၆၀

မု၊ ယိန်န၊ ဧ၊ နိန်

A.M.119

တု၊ တာ်မဲင်ဆုးလ၊ ထုန်လီ၊

E.H. 116

Throned upon the awful Tree

၁. တု၊ တာ် မဲင် ဆုး လ၊ ထုန် လီ၊ ပု၊ လု၊ ဘ၊ ကွံင် တာ် ခဲး ကျါ၊
 ၂. တု၊ အ ဆ၊ က တီ၊ ဘန် ဒီး၊ လ၊ ပ ကိ၊ ယု၊ အ သိ ဖိ၊
 ၃. ပု၊ အိန် လ၊ အ ဃ၊ ဝး ဝး၊ ဒိ က နန် အ တာ် ကိး ထိန်၊
 ၄. တာ် ခဲး လု၊ ဘ၊ ယ သး ပု၊ လ၊ ဒဲး ဘး ဃိ က နိး ဝဲ၊

၁. ဒီး တာ် နး တာ် ဖိုန် အ ခါ၊ ထဲ တ ဂ၊ ဧ၊ သး ဘန် ဖိုန်၊
 ၂. သး ဟး ကိ ပု၊ သ၊ နန် ရဲန်၊ တာ် အ၊ ဆိန် သ နဲး ဘန် ဆန်၊
 ၃. အိန် ဒီး တာ် သုန် အုး သး အုး၊ မ၊ ဝဲ ဒိ တာ် ဘန် ယု၊ သး၊
 ၄. ပန် ဆုန် သး တြိ ဆ၊ ဒဲး ဘး၊ က နု၊ တာ် မ၊ န၊ အ ကိ၊

၁. တု၊ လ၊ အ သး ဘူး သုန် ဖး၊ တ သုန် ညါ ဝဲ နိ တ ဂ၊
 ၂. ယိး ထိန် တာ် ဒဲး ဘး ပ ကိ၊ တု၊ လ၊ အ သး ဟး ထိန် ကွံင်၊
 ၃. ကိး ထိန် တာ် ဆု ပာ် အ အိန်၊ ဘန် မ နု ညိ ကွံင် ယ၊ လဲန်၊
 ၄. ဒိ သိး က နန် န ကိး ထိန်၊ စာ် ဧ၊ ဒုး နဲန် ယ၊ တ ကု၊ အ၊ မုန်၊

Opening Devotions

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

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Officiant and People

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those as we forgive those
who trespass against us.
And lead us not into temptation
but deliver us from evil

V. We will glory in the cross of our Lord Jesus Christ:
R. In whom is our salvation, our life and resurrection.

Let us pray. *(Silence)*

Assist us mercifully with your help, O Lord God of our salvation, that we may enter with joy upon the contemplation of those mighty acts, whereby you have given us life and immortality; through Jesus Christ our Lord. *Amen.*

I have decided to follow Jesus
I have decided to follow Jesus,
I have decided to follow Jesus,
No turning back, no turning back.

The procession goes to the First Station.

ခရစ်တေ၊ ပယူးယိဉ်န၊ ဒီးပဆိဉ်ဂုၤနၤလီၤ၊
ခိဖျိလၢနထူဉ်ဆူညါစိဆုံအယိနပှၤက့ၤဟိခိဉ်အံၤလီၤ။

ဒီးတုၤမုၢ်ဟါလီၤဒီး၊ ပှၤအထူးအတီဟဲလၢအရံၤမၤ သဲ၊ အမံၤစီၤယိၤသး၊ လၢအမုၢ်စ့ၢ်ကီး ယုဉ်ရှူးအပျဲၢ်
အဘိဉ်လီၤ။ အဝဲဒဉ်န့ၢ်လဲၤဆူစီၤပံၤလး မၤလိာ်ဝဲ ဒ်သိး ပှၤကဟ့ၢ်ကလီၤအစိဉ်လီၤ။ ဒီးစီၤယိၤသးဟံး
န့ၢ်အစိဉ်၊ ဒီးလိဉ်လံၤဃဉ်အီၤလၢ ဖျိဝါကဆူဉ်လၢ အကဆိၣ်၊ ဒီးဟံးအီၤလၢအသ့ဉ်ခိဉ် ဒဉ်ဝဲအသီလၢ
အစိးကျိးန့ၢ်ဝဲလၢလၢပှၤလီၤ။ ဒီးတလ့ၢ်ဃီၤလၢဖး ဒိဉ်တဖျၢဉ်ဆူ သွၢ်ခိၣ်အခိဉ်ထိး၊ ဒီးက့ၤက့ၤဝဲလီၤ။

V နတဟ်လီၤတဲာ်ဘဉ်ယသး လၢပျုၤပူၤဘဉ်.
R နတဒုးထံဉ်ဘဉ်နပှၤစိဆုံလၢ တၢ်အုဉ်တၢ်ကျိဉ်ဘဉ်.

ပကဘါထုကဖဉ်

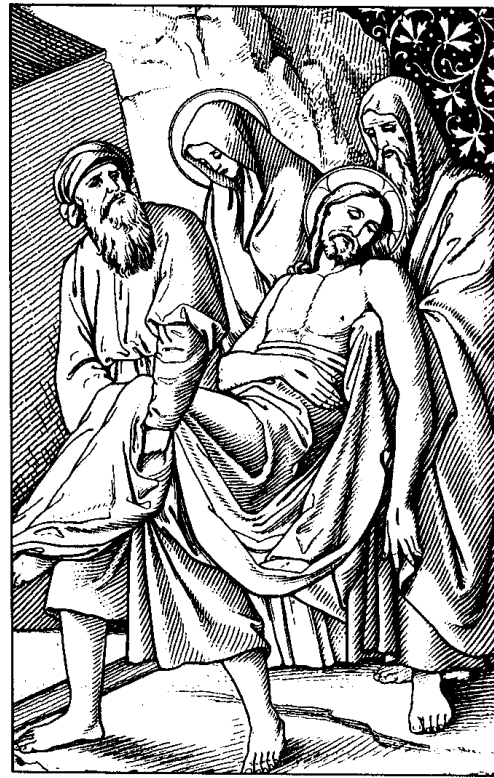
အိဟ်ယုၤစၢ၊ နဖိခွါလၢအဘဉ်ဆိဉ်ဂုၤတဂၤဘဉ်တၢ်ဟ်လီၤအီၤလၢလၢဘဉ်ဘဉ်ကရၢၢ်ပှၤ၊ ဒီးအိဉ်ဘျးဝဲလၢမုဉ်
အိဉ်ဘျးအနံၤန့ၢ်လီၤ။ အယိပျဲပဝဲလၢအဘဉ်တၢ်န့ၢ်လီၤဃုးတၢ်ဒီးအီၤလၢတၢ်ဒီးဘးပတံၢ်ထံအပူၤတဖဉ်
ကထံဉ်ဘဉ်ပတၢ်အိဉ်ဘျးလၢအဘိအမုဉ်လၢကပီၤပူၤလီၤထူလီၤယိာ်ဖဲအအိဉ်မူဒီးပတၢ်အစိးစိးယဉ်ယဉ်
န့ၢ်တက့ၢ်။ *အၤမ့ဉ်*

*ယုၤလၢအစိအဆုံ
စိဆုံဒီး သုတၢ်လၢာ်
စိဆုံအိဉ်လီၤထူလီၤယိာ်တဂၤစၢ။
သးကညီၤပှၤတက့ၢ်*

ဖဲပှၤဟ်လီၤအီၤလၢတၢ်သ့ဉ်ခိဉ်အခါန့ၢ်မ့ၢ်နအိဉ်ဖဲန့ၢ်စါ
ဖဲပှၤဟ်လီၤအီၤလၢတၢ်သ့ဉ်ခိဉ်အခါန့ၢ်မ့ၢ်နအိဉ်ဖဲန့ၢ်စါ
တဘျီဘျီန့ၢ်အမၤကနိးကစုာ်၊ ကနိးကစုး၊ ကနိးကစုးယၤလီၤ
ဖဲပှၤဟ်လီၤအီၤလၢတၢ်သ့ဉ်ခိဉ်အခါန့ၢ်မ့ၢ်နအိဉ်ဖဲန့ၢ်စါ

Fourteenth Station

Jesus is laid in the tomb



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

When it was evening, there came a rich man from Arimathea, named Joseph, who also was a disciple of Jesus. He went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be given to him. And Joseph took the body, and wrapped it in a clean linen shroud, and laid it in his own new tomb, which he had hewn in the rock; and he rolled a great stone to the door of the tomb.

V. You will not abandon me to the grave:
R. Nor let your holy One see corruption.

Let us pray. *(Silence)*

O God, your blessed Son was laid in a tomb in a garden, and rested on the Sabbath day: Grant that we who have been buried with him in the waters of baptism may find our perfect rest in his eternal and glorious kingdom; where he lives and reigns for ever and ever. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

Were you there when they laid him in the tomb?
Were you there when they laid him in the tomb?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they laid him in the tomb?

✠လၢပၢ်, ဒီးဖိခွါ, ဒီးသးစီဆုံအမံအပူၤန့ၣ်လီၤ. အၤမ့ၣ်

ကစၢ်ဧၤ သးကညီၤပှၤတက့ၢ်.
ခရံၣ်ဧၤ သးကညီၤပှၤတက့ၢ်.
ကစၢ်ဧၤ သးကညီၤပှၤတက့ၢ်.

အိၣ်လၢမူခိၣ်ပပၢ်ဧၤ,
မံနမံၤဘၣ်တၢ်ပၣ်စီဆုံအီၤတက့ၢ်.
နဘီနမုၢ်န့ၣ်မံအဟဲတက့ၢ်.
ဒ်လၢမူခိၣ်အသိးန့ၣ်မံတၢ်မၤအသးလၢဟီၣ်ခိၣ်ချၢအံၤဖဲဒ်နသးတက့ၢ်.
ကိၣ်လၢတနံၤအဂီၢ်တနံၤအဂီၢ်န့ၣ်,
ဟ့ၣ်လီၤလၢပှၤလၢမုၢ်မဆါတနံၤအံၤတက့ၢ်.
ပျၢ်လၢပကမၣ်ဒ်ပပျၢ်ကွံၣ်ပှၤတၢ်အကမၣ်အိၣ်ဒီးပှၤအသိးတက့ၢ်.
သုတပျဲ လဲၤန့ၣ်ပှၤဆူတၢ်လုပစီအပူၤတဂ့ၤ.
ထူးထီၣ်ကွံၣ်လၢပှၤလၢတၢ်အတၢ်သီအပူၤတက့ၢ်.
အဂ့ၢ်ဒ်အံၤဘီဧၤမုၢ်ဧၤ,
တၢ်စီတၢ်ကမိၤတၢ်လၢတၢ်ကပီၤန့ၣ် မ့ၢ်နတၢ်အစီၤစီၤအယၣ်ယၣ်လီၤ.

V ပကမၤလၢကပီၤကစၢ်ခရံၣ်အထုၣ်ဆူညါန့ၣ်လီၤ.
R လၢအမ့ၢ်ပပှၤအုၣ်က့ၤခိၣ်က့ၤတၢ်, ပတၢ်အိၣ်မူဒီးတၢ်ဂဲၤဆၢထၢၣ်သမူထီၣ်က့ၤကစၢ်န့ၣ်လီၤ.

ပကဘါထုကဖၣ်
လၢနတၢ်သးပညီၤအပူၤန့ၣ်မၤစၢၤဘၣ်ပှၤတက့ၢ်,ပပှၤအုၣ်က့ၤခိၣ်က့ၤတၢ်ကစၢ်ဧၤ, လၢတၢ်သးခုတလုၣ်ပှၤ
ပကန့ၣ်ဘၣ်လၢတၢ်ကွၢ်ဆိကမိၣ်တၢ်မၤဂ့ၤတဖၣ်အပူၤ, လၢနဟ့ၣ်လီၤပှၤတၢ်အိၣ်မူဒီး တၢ်လၢအသံ
တသ့ဘၣ်, လၢပကစၢ်ယၣ်ရူးခရံၣ်အမံအပူၤန့ၣ်လီၤ. အၤမ့ၣ်

ယဆၢတဲၤယသးလၢယကပိၣ်ခရံၣ်အခံလီၤ
ယဆၢတဲၤယသးလၢယကပိၣ်ခရံၣ်အခံလီၤ
ယဆၢတဲၤယသးလၢယကပိၣ်ခရံၣ်အခံလီၤ
တယၣ်ကဒါက့ၤလီၢ်ခံဘၣ်, တယၣ်ကဒါက့ၤလီၢ်ခံဘၣ်

First Station

Jesus is condemned to death



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

As soon as it was morning, the chief priests, with the elders and scribes, and the whole council, held a consultation; and they bound Jesus and led him away and delivered him to Pilate. And they all condemned him and said, "He deserves to die." When Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called the Pavement, but in the Hebrew, Gabbatha. Then he handed Jesus over to them to be crucified.

V. God did not spare his own Son:
R. But delivered him up for us all.

Let us pray. *(Silence)*
Almighty God, Holy God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

I have decided to follow Jesus,
I have decided to follow Jesus,
I have decided to follow Jesus.
No turning back, not turning back.

ခရစ်တေ၊ ပယူးယိဉ်နာ၊ ဇီးပဆိဉ်ဂုနာလီ၊
ခီဖျီလာနထူဉ်ဆူညါစီဆုံအယိနပုကုဟီခိဉ်အံလီ၊

ကယဲပုလောအလဲတြျာ်လာကျဲပုသုဉ်ဒေ၊ တမ့ဘဉ်တၢ်နီတမံဘဉ်လာသုစ့ကီးဧါ. ကွၢ်ဆိကမိဉ်၊
တၢ်ကိၢ်တၢ်ဂီၤဒဲတၢ်မၤယၤ၊ လၢယွၤမၤနးမၤဖျီဉ်ယၤဖဲအသးကဲထီဉ်အမုၢ်တနံၤ အပူၤအသိးန့ဉ်
မ့ၢ်အိဉ်တအိဉ်လဲဉ်န့ဉ်ကွၢ်တက့ၢ်. ယမံၤလၢကဲလၢမံၤထံ၊ ယသ့ဉ်ကိၢ်ယသးဂီၤ၊
ယသ့ဉ်လူလီၤအသးလၢဟီဉ်ခိဉ်အဖီခိဉ်၊ လၢယပုဂီၢ်မ့ၢ်အဖီမုဉ်ဘဉ်တၢ်မၤဟးဂီၤအီၤအယိ၊
လၢပုဆံးဒီးဖိသဉ်အိဉ်န့ဉ်ထံတဖၣ်လီၤဘျီလာကျဲပုအယိန့ဉ်လီၤ. ဒီးစးဆၢအီၤ၊ ကိးယၤလၢနီၢ်န့ၤဧမံတဂ့ၤ၊
ကိးယၤလၢနီၢ်မၤရၤတက့ၢ်. အဂ့ၢ်ဒဲအံၤ၊ တၢ်သ့တၢ်လၢကဲမၤ ယၤနးနးကလဲာ်လီၤ.

V အဲးထံလီၤဝဲလၢအဘိးဟ်လီၤလီၤ
R ပုမၤမုၢ်ထီဉ်ကုအီၤတအိဉ်ဘဉ်.

ပကဘါထုကဖဉ်

ပၢ်ကစၢ်ယုဉ်ရှုးခရစ်တေ၊ လၢနတၢ်သံအယိထူးကွၢ်တၢ်သံအတၢ်နာ်တၢ်ဖျီဉ်န့ဉ်တက့ၢ်. ဇီးကျဲလာနဆုၤပဝဲတ
ဖဉ်ပျဲပဝဲန့ဉ်န့ဉ်ပုတဖၣ်ကဟီၢ်နခံလၢတၢ်စူးတၢ်နာ်အပူၤ၊ ဖိသိးလၢနတၢ်သးကညီၤအပူၤပကမံဘဉ်မုဉ်မုဉ်ခုဉ်ခုဉ်
ဇီးပၢ်ထီဉ်ဖိသိးန့ၤအသိးန့ဉ်တက့ၢ်. အမ့ၢ်

ယွၤလၢအစီအဆုံ
စီဆုံဒီး သ့တၢ်လၢကဲ
စီဆုံအိဉ်လီၤထူလီၤယိဉ်တဂၤဧၤ
သးကညီၤပုတက့ၢ်

ပုတလဲၤဇီးယၤသနာ်က့ၤ၊ ယကဟီၢ်အခံးလီၤ၊
ပုတလဲၤဇီးယၤသနာ်က့ၤ၊ ယကဟီၢ်အခံးလီၤ၊
ပုတလဲၤဇီးယၤသနာ်က့ၤ၊ ယကဟီၢ်အခံးလီၤ၊
တယဉ်ကဒါကုလီၢ်ခံဘဉ်၊ တယဉ်ကဒါကုလီၢ်ခံဘဉ်

Thirteenth Station

The body of Jesus is placed
in the arms of his mother



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

All you who pass by, behold and see if there is any sorrow like my sorrow. My eyes are spent with weeping; my soul is in tumult; my heart is poured out in grief because of the downfall of my people. “Do not call me Naomi (which means Pleasant), call me Mara (which means Bitter); for the Almighty has dealt very bitterly with me.”

V. Her tears run down her cheeks:
R. And she has none to comfort her.

Let us pray. *(Silence)*
Lord Jesus Christ, by your death you took away the sting of death: Grant to us your servants so to follow in faith where you have led the way, that we may at length fall asleep peacefully in you and wake up in your likeness; for your tender mercies' sake.
Amen.

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

Though none go with me, I still will follow,
though none go with me, I still will follow,
though none go with me, I still will follow,
no turning back, no turning back.

ခရိုင်စာ၊ ပယူးယိုင်နာ၊ ဒီးပဆိန်ဂုးနာလီ၊
ဒီဖျိလာနထူာ်ဆူညါစီဆုံအယိနပုးကုးဟီခိန်အံလီ၊

ဒီးမုာ်ဆုန်ထိန်တကီာ်ခါ၊ပုးလုာ်တၢ်အခိန်တဖန် ကျွန်လိာ်အသးဒီး ပုးသျှန်ကုးသးပုးဒီးပုးကွဲးလံာ်
ဒီးပုးသးပုးအတၢ်အိန်ဖျိန်ခဲလက်၊ ဒီးစာဃာ်ယုန် ရှူး၊ ဒီးလံာ်ဆုာ်အီ၊ ဒီးဟ့ၣ်လီၤကွိုင်အီၤလၢစီပံၤ လးလီၤ။
ဒီးအဝဲသ့ၣ်ကိးပသူထိန်ဝဲ ဒိန်န့ၢ်အန့ၣ်တက့ၢ်၊ ပုးထီၣ်ကွိုင်အီၤလၢထူာ်စုညါ အလီၤတက့ၢ်။ စီပံၤလး
န့ၢ်ဟူအဝဲသ့ၣ်အတၢ်ကတိၤန့ၣ်ဒီး၊ ဆုာ်ထိန်ယုန်ရှူးဆူခိ၊ ဒီးဆုန်နီၤဝဲလၢကွီၢ်အလီၢ်ပစိာ်၊
အိန်လၢအလီၢ်ကိးဝဲအမံၤလၢလၢာ်ဘျၣ်ဘျၣ်၊ မ့မ့ၢ်ပုးစ့ၤတြီၤ ဖိအကျိန်န့ၣ်
ကိးဝဲအမံၤလၢကၤဘၤသါလီၤ။ မၤသးဒိန်ဒီးအဝဲသ့ၣ်ဟံးန့ၢ်ယုန်ရှူးလီၤ။

V ယွၤအတသးလီၤဘၣ်အဖိခွါဒၣ်ဝဲဘၣ်၊
R ဒီးဟ့ၣ်လီၤကွိုင်အီၤလၢပဝဲဒၣ်ခဲလက်အဂီၢ်န့ၣ်လီၤ။

ပကဘါထုကဖန်
တၢ်ဒိန်စီဆုံပာ်ကစၢ်၊ ယွၤအဖိခွါလၢထူာ်တၢ်နးတၢ်ဖျိန်တချူးလၢအကုးထီၣ်ဆူမူခိန်၊ ဒီးဘၣ်တၢ်မၤသံအီၤတချူး
လၢအနုၤလီၤတၢ်လၢတၢ်ကပီၤပူၤတဂၤစၢၤဒ်သိးပကဟးလၢထူာ်ဆူညါအကျဲအပူၤကသုအဂီၢ်၊
ဒီးဒ်သိးကထံၣ်ထဲလၢတၢ်သးသမူကျဲဒီးတၢ်ယူတၢ်ဖျိန်အကျဲကသုအဂီၢ် သးကညီၤဟ့ၣ်လီၤဘၣ်ပုးတက့ၢ်၊
လၢပကစၢ်ယုန်ရှူးခရိုင်အမံၤအပူၤန့ၣ်လီၤ။ အၤမ့ၣ်

ယွၤလၢအစီအဆုံ	ယဆၢတဲၤယသးလၢယကပိာ်ခရိုင်အခံလီၤ
စီဆုံဒီး သုတၢ်လၢာ်	ယဆၢတဲၤယသးလၢယကပိာ်ခရိုင်အခံလီၤ
စီဆုံအိန်လီၤထူလီၤယိာ်တဂၤစၢၤ	ယဆၢတဲၤယသးလၢယကပိာ်ခရိုင်အခံလီၤ
သးကညီၤပုးတက့ၢ်	တယၣ်ကဒါကုးလီၢ်ခံဘၣ်၊ တယၣ်ကဒါကုးလီၢ်ခံဘၣ်

Second Station

Jesus takes up his Cross



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

Jesus went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew, Golgotha. Although he was a Son, he learned obedience through what he suffered. Like a lamb he was led to the slaughter; and like a sheep that before its shearers is mute, so he opened not his mouth. Worthy is the Lamb who was slain, to receive power and riches and wisdom and strength and honor and glory and blessing.

V. The Lord has laid on him the iniquity of us all:
R. For the transgression of my people was he stricken.

Let us pray. *(Silence)*
Almighty God, whose beloved Son willingly endured the agony and shame of the cross for our redemption: Give us courage to take up our cross and follow him; who lives and reigns for ever and ever. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

I have decided to follow Jesus,
I have decided to follow Jesus,
I have decided to follow Jesus.
No turning back, not turning back.

ခရစ်တေ၊ ပယူးယိဉ်န၊ ဇီးပဆိဉ်ဂုနလီ၊
ခိဖျိလနထူဉ်ဆူညါစီဆုံအယိနပုကုဟီခိဉ်အံလီ။

မၤသးဒ်န့ဒီး၊ ယုဉ်ရှူးထံဉ်အမိဒီးအပျဲအဘိဉ်လၢအအဲဉ်ဝဲတဂၤန့ဆၢထၢဉ်၊ ဒီးစံးဘဉ်အမိ၊ ပိဉ်မုဉ်ဇၢ၊ ကွၢ်ကွၢ်၊ နဖိ ခွဲလီ။ တုနုတစုစံးဘဉ်အပျဲအဘိဉ်၊ ကွၢ်ကွၢ်၊ နမိလီ။ မၤသးဒ်န့ဒီး၊ တုယုဉ်ရှူးဒီးန့တၢဆံဉ်အထံဒီး၊ စံးဝဲဒဉ်၊ တၢလၢထီဉ်ပဲထီဉ်လံ။ ဒီးဖျးလီအခိဉ်၊ ဒီးဟ့ဉ်လီကွၢ်အသးလီ။ ဒီးစံးဘဉ်အီလၢတၢကွဲးအသးဒ်န့ဒီးလၢခရ်ဘဉ်ဒီးတၢ၊ဒီးလၢသၢန့တန့န့၊ ဘဉ်ဂဲဆၢထၢဉ်ကု ဝဲလီ။

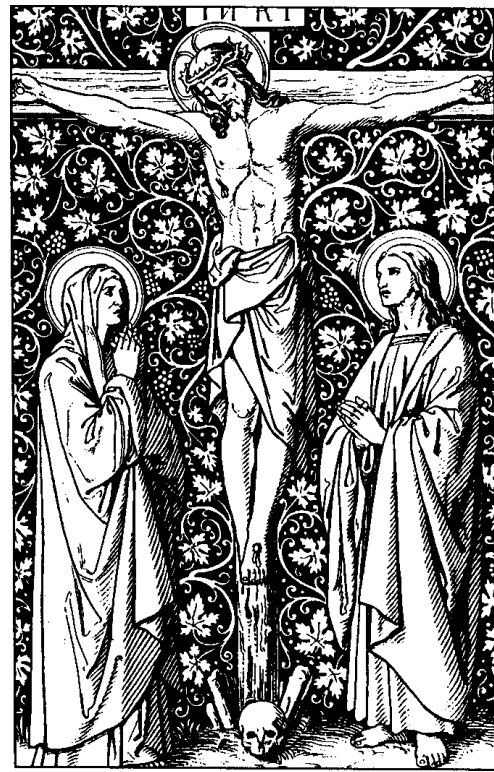
V ဆိဉ်လီအသးဒီးစူဝဲတုအဒီးသံအသးလီ။
R တုအဒီးသံအသးလၢထူဉ်စူညါ အလံလီ။

ပကဘါထုကဖဉ်
အိဉ်ကစၢ၊ နဟ့ဉ်လီနဖိခွါအိဉ်ထဲတဂၤလၢကသံလၢထူဉ်ဆူညါလီလၢကအုဉ်ကုခိဉ်ကုပုဂီၢ်၊ ဇီးလၢ တၢဂဲဆၢထၢဉ်သမူထီဉ်ကုအိဉ်ဒီးအလၢကပီပုကမၤပုဖျးပုလၢပဖုဒ်အစိကမီအစုပုတက့ၢ်၊ ပျဲပုဒ်သိးပကသံလၢတၢဒဲးအဂီၢ်တန့ဘဉ်တန့ဒီးအိဉ်မူသကိးဒီးအီလီထူလီယိဉ်လၢအတၢဂဲဆၢ ထၢဉ်သမူထီဉ်ကုအတၢသးဖုံပု၊ အိဉ်မူဒီးပတၢခဲအံအစိးစိးယဉ်ယဉ်န့တက့ၢ်။ အမုဉ်

ယုလၢအစီအဆုံ	ဖဲပုပုထီအီလၢသ့ဉ်ဖျၢဉ်လီအခါန့ဉ်မ့န့အိဉ်ဖဲန့ဉ်ဇါ
စီဆုံဒီး သုတၢလၢဂီ	ဖဲပုပုထီအီလၢသ့ဉ်ဖျၢဉ်လီအခါန့ဉ်မ့န့အိဉ်ဖဲန့ဉ်ဇါ
စီဆုံအိဉ်လီထူလီယိဉ်တဂၤဇၢ	တဘျီဘျီန့အမၤကနိးကစုဉ်၊ ကနိးကစုး၊ ကနိးကစုးယၤလီ
သးကညီပုတက့ၢ်	ဖဲပုပုထီအီလၢသ့ဉ်ဖျၢဉ်လီအခါန့ဉ်မ့န့အိဉ်ဖဲန့ဉ်ဇါ

Twelfth Station

Jesus dies on the Cross



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, “Woman, behold your son!” Then he said to the disciple, “Behold your mother!” And when Jesus had received the vinegar, he said, “It is finished!” And then, crying with a loud voice, he said, “Father, into your hands I commend my spirit.” And he bowed his head, and handed over his spirit.

V. Christ for us became obedient unto death:

R. Even death on a cross.

Let us pray. *(Silence)*

O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; who lives and reigns now and for ever. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

Were you there when they crucified my Lord?
Were you there when they crucified my Lord?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they crucified my Lord?

ခရစ်တ၊ ပယူးယိဉ်န၊ ဇီးပဆိဉ်ဂု၊န၊လီ၊
ခီဖျိလ၊နထူဉ်ဆူညါစီဆုံအယိနပု၊ကု၊ဟီခိဉ်အံ၊လီ၊

ဒီးအဝဲဒဉ်ဟးထီဉ်ယိးအထူဉ်စူညါ ဆူအလီ၊ကိးဝဲအမံ၊လ၊တ၊ခိဉ်ယံ၊ လ၊ဇု၊တြ၊အကုဉ်နုဉ်၊ ကိးဝဲလ၊
ကီ၊လ၊ကီ၊သ၊လီ၊ မုဖိခွါနုဉ်သကုဒီး၊မ၊လိစူဉ်တ၊အကလု၊လ၊အဒီးတ၊
နးတ၊ဖျိဉ်အယိလီ၊ တအဲးထီဉ်ဘဉ်အထးခိဉ်ဘဉ်၊ဒ်သိဖိလ၊ပု၊မ၊သံအီ၊အသိး၊
ဒ်သိလ၊အအိဉ်ဘျိဉ်ကလု၊လ၊ပု၊တံ၊အဆူဉ်အမံ၊ညါအသိးနုဉ်၊ တအဲးထီဉ်ဘဉ်အ ထးခိဉ်ဘဉ်၊
သိဖိလ၊အဒီးသံအသးနုဉ်၊ ဂုဒီးနုဉ်တ၊စိတ၊ကမီ၊ဒီးတ၊ထူးတ၊တီ၊ဒီးတ၊ကုဉ်ဘဉ်ကုဉ်သု၊
ဒီးတ၊အဂံ၊အဘါ၊ဒီးတ၊ယူးတ၊ယိဉ်၊ ဒီးတ၊လ၊ကပီ၊ဒီးတ၊စံးထီဉ်ပတြ၊အီ၊လီ၊

V ယူ၊ဟံ၊ပတ၊အ၊တ၊သီခဲလု၊လ၊အလီ၊လီ၊

R လ၊အဘဉ်ဆိဉ်အ၊လ၊အဝဲသုဉ်အလီ၊နုဉ်တဂ၊လီ၊

ပကဘါထုကဖဉ်

ကစ၊လ၊အလ၊ပု၊ဒီးတ၊စိတ၊ပမီ၊ယူ၊လ၊အထူဉ်ဆါအသးဒီးဒီးတ၊ခဲးဆုးလ၊ထူဉ်ဆူညါအလီ၊လ၊ပတ၊ဖ
ဘးအဂီ၊တဂ၊ဇ၊ ဟုဉ်လီ၊ပု၊တ၊သးနုဉ်သိးပကစိးထီဉ်ထူဉ်ဆူညါဒီးပိဉ်ခရံဉ်ခံတကု၊
လ၊ခရံဉ်အမံ၊အိဉ်မူဒီးပ၊တ၊လီ၊စိ၊လီ၊ထီတဂ၊၊ ကစ၊ဇ၊၊ အ၊မုဉ်

ယူ၊လ၊အစီအဆုံ
စီဆုံဒီး သုတ၊လ၊ဂံ
စီဆုံအိဉ်လီ၊ထူလီ၊ယိဉ်တဂ၊ဇ၊၊
သးကညီ၊ပု၊တကု၊

ယဆ၊တ၊ယသးလ၊ယကပိဉ်ခရံဉ်အခံလီ၊
ယဆ၊တ၊ယသးလ၊ယကပိဉ်ခရံဉ်အခံလီ၊
ယဆ၊တ၊ယသးလ၊ယကပိဉ်ခရံဉ်အခံလီ၊
တယဉ်ကဒါကု၊လီ၊ခံဘဉ်၊ တယဉ်ကဒါကု၊လီ၊ခံဘဉ်

Third Station

Jesus falls the first time



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

Christ Jesus, though he was in the form of God, did not count equality with God a thing to be grasped; but emptied himself, taking the form of a servant, and was born in human likeness. And being found in human form he humbled himself and became obedient unto death, even death on a cross. Therefore God has highly exalted him, and bestowed on him the name which is above every name. Come, let us bow down, and bend the knee, and kneel before the Lord our Maker, for he is the Lord our God.

V. Surely he has borne our griefs:
R. And carried our sorrows.

Let us pray. *(Silence)*

O God, you know us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright: Grant us such strength and protection as may support us in all dangers, and carry us through all temptations; through Jesus Christ our Lord. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

I have decided to follow Jesus,
I have decided to follow Jesus,
I have decided to follow Jesus.
No turning back, not turning back.

ခရစ်ရှင်၊ ပယူးယိဉ်န၊ ဇီးပဆိဉ်ဂုၤနၤလီၤ၊
ဝီဖျိလၢနထူဉ်ဆူညါစီဆုံအယိနပှၤက့ၤဟီခိဉ်အံၤလီၤ။

ဒီးလဲၤဝဲတုၤလၢအလိၢ်ကိးဝဲလၢကရၢနံၤ၊ ဒီးပှၤပျၢထီအီၤဖဲန့ဉ်၊ ဒီးပှၤမၤအၢတၢ်ခံၤ၊ တၢ်လၢစုထွဲ၊
ဒီးတၢ်လၢစုထွဲလၢထူဉ်စုညါ အလိၢ်လီၤ။ အဂ့ၢ်ဒ်အံၤ၊ ယစံးဘဉ်သုလၢတၢ်ကွဲးအသးအံၤ၊ တၢ်ဂံၢ်အီၤလၢ
ပှၤမၤကမၢ်တၢ်ဖိအကျါ၊ ဘဉ်လၢထီဉ်ပျဲထီဉ်ဒီးလၢယပူၤလီၤ။ အဂ့ၢ်ဒ်အံၤ၊ တၢ်လၢအဘဉ်ဃးဒီးယၤအံၤ၊
အိဉ်ဝဲဒီးအကတၢ်လီၤ။

V အဝဲသ့ဉ်ဆဲးဖျိယစုဒီးယခိဉ်လီၤ။
R အဝဲသ့ဉ်န့ဉ်ကွၢ်တမိၢ်၊ ကွၢ်ယၤ ကအိကအိဉ်လီၤ။

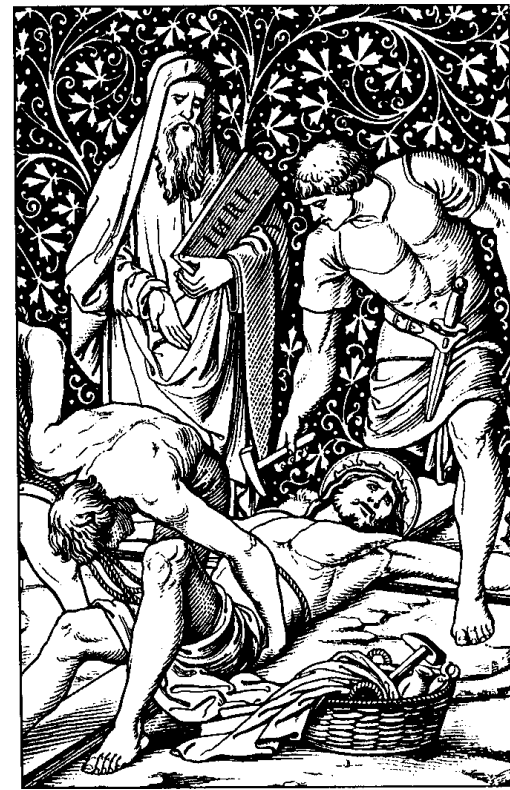
ပကဘါထုကဖဉ်

ကစၢ်ယုဉ်ရှူးခရစ်ရှင်၊ နယူးယီးနတၢ်အိဉ်ဒ်သိးနယူးထီဉ်နစုလၢသ့ဉ်ဖျါဉ်ထူဉ်ဆူညါလိၤဒ်သိးပှၤကိးဂၤကဟဲ
ဘူးဒီးနၤလၢနစုလၢအအိဉ်ဒီးတၢ်ပှၤဖျဲပှၤ၊ အယိမ်နသးစီဆုံကအိဉ်ဝဲတရံၤပှၤ၊ ဒ်သိးပကယူးထီဉ်ပတၢ်အိဉ်
အစုလၢနအိဉ်၊ ဒီးဒုးသ့ဉ်ညါပှၤဂၤလၢနတၢ်အိဉ်ဒီးတၢ်သ့ဉ်ညါဂီၢ်၊ ပဟ်ဒိဉ်နမံၤလီၤကစၢ်။ *အမ့ဉ်*

ယွၤလၢအစီအဆုံ	ဖဲပှၤပျၢထီယကစၢ်ယွၤအခါန့ဉ်မ့ၢ်နအိဉ်ဖဲန့ဉ်ခါ
စီဆုံဒီး သ့တၢ်လၢၢ်	ဖဲပှၤပျၢထီယကစၢ်ယွၤအခါန့ဉ်မ့ၢ်နအိဉ်ဖဲန့ဉ်ခါ
စီဆုံအိဉ်လီၤထူလီၤယိဉ်တၢ်ဂၤ။	တဘျီဘျီန့ဉ်အမၤကနိးကစုဉ်၊ ကနိးကစုး၊ ကနိးကစုးယၤလီၤ
သးကညီပှၤတက့ၢ်	ဖဲပှၤပျၢထီယကစၢ်ယွၤအခါန့ဉ်မ့ၢ်နအိဉ်ဖဲန့ဉ်ခါ

Eleventh Station

Jesus is nailed to the Cross



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

When they came to the place which is called The Skull, there they crucified him; and with him they crucified two criminals, one on the right, the other on the left, and Jesus between them. And the scripture was fulfilled which says, “He was numbered with the transgressors.”

V. They pierce my hands and my feet:
R. They stare and gloat over me.

Let us pray. *(Silence)*

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

Were you there when they nailed him to the tree?
Were you there when they nailed him to the tree?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they nailed him to the tree?

ခရစ်စတ၊ ပယူးယိန်နာ၊ ဒီးပဆိန်ဂုာနာလီ၊
ဒီဖျိလာနထူာ်ဆူညါစီဆုံအယိန်ပုာ်ကုာ်ဟီခိန်အံလီ။

ယုာ်ရှူးခရစ်၊ အဝဲဒန်နာ်အိန်ဒီးယွာ်အကုာ်အဂီဒီးဟ်အသးထဲသိးဒီးယွာ်ဒီး၊ တဆိကမိန်လာအကုာ်နုာ်
ပုာ်ကုာ်အတုာ်ဘုာ်. ဘုာ်ဆန်ဒီးညိကွာ်အလာအကပီ၊ ဒီးလိန်ထိန်အသးလာပုာ်ကညီ၊ ဒီးဒီးနုာ်ကုာ်အကုာ်အဂီလီ။
ဒီးဘုာ်တုာ်ထိန်နုာ်အီလာအကုာ်အဂီဒ်ပုာ်ကညီအသိးသတးဒီး၊ ဆိန်လီအသး
ဒီးစူာ်ဝဲတုာ်အဒီးသံအသး၊ အခိန်တလိာ်၊ တုာ်အဒီးသံအသးလာထူာ်စူညါ အလီလီ။
မာသးဒ်နုာ်ဒီးယွာ်ဟ်ထိန်ထီအီ၊ ဒီးဟုာ် အမံဒိန်နုာ်ကယဲာ်တုာ်အမံခဲလက်လီ။ ဟဲ၊ ဘုာ်ထိန်ဘါ
ထိန်သကိး၊ ဒီးတီလီသကိးတကုာ်. ချဲးလီသကိးပခိန်လာယွာ်လာအတုာ်လီပုာ်အမဲာ်ညါတကုာ်.
အဂုာ်ဒ်အံ၊ အဝဲဒန်မုာ်ပကစာ်လီ။

V မုာ်မးယွာ်စိာ်ဝဲပတုာ်ဆူးတုာ်ဆါ၊ ဒီးဝံပတုာ်သျှာ်အုးသးအုးလီ။
R ဒီးဝံပတုာ်သျှာ်အုးသးအုးလီ။

ပကဘါထုကဖန်
ကစာ်စာ၊ နသုာ်ညါလာပအိန်လာတုာ်လီဘုာ်ယိန်အါမံအပူာ်လီ၊ တကးဒ်ဘုာ်ပအိန်ဒီးတုာ်ဂံာ်စာ်ဘါစာ်အါမံ
တုာ်ဒေလဲပဆာထာ်လီလီဒေလဲတသုဘုာ်၊ အယိဟုာ်လီပုာ်တုာ်ဂံာ်တုာ်ဘါဒီးဆုာ်ပုာ်ဖျဲးပုာ်ဒ်သိး
ကမာစာပုာ်လာတုာ်လီဘုာ်ယိန်အါမံအပူာ်၊ ဒီးပကလဲခိဖျိဘုာ်တုာ်လုပစီဂုာ်ကသုအဂီ၊
ပယုထိန်တုာ်အံလာပကစာ်ယုာ်ရှူးခရစ်အမံအပူာ်နုာ်လီ။ အမုာ်

ယွာ်လာအစီအဆုံ	ယဆာတဲယသးလာယကပိာ်ခရစ်အခံလီ
စီဆုံဒီး သုတုာ်လာ်	ယဆာတဲယသးလာယကပိာ်ခရစ်အခံလီ
စီဆုံအိန်လီထူာ်လီယိာ်တဂါစာ	ယဆာတဲယသးလာယကပိာ်ခရစ်အခံလီ
သးကညီပုာ်တကုာ်	တယုာ်ကဒါကုာ်လီခံဘုာ်၊ တယုာ်ကဒါကုာ်လီခံဘုာ်

Fourth Station

Jesus meets his afflicted mother



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

To what can I liken you, to what can I compare you, O daughter of Jerusalem? What likeness can I use to comfort you, O virgin daughter of Zion? For vast as the sea is your ruin. Blessed are those who mourn, for they shall be comforted. The Lord will be your everlasting light, and your days of mourning shall be ended. (Isaiah 60:20d)

V. A sword will pierce your own soul also:
R. And fill your heart with bitter pain.

Let us pray. *(Silence)*
O God, who willed that in the passion of your Son a sword of grief should pierce the soul of the Blessed Virgin Mary his mother: Mercifully grant that your Church, having shared with her in his passion, may be made worthy to share in the joys of his resurrection; who lives and reigns for ever and ever. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

I have decided to follow Jesus,
I have decided to follow Jesus,
I have decided to follow Jesus.
No turning back, not turning back.

ခရစ်တ၊ ပယူးယိဉ်န၊ ဇီးပဆိဉ်ဂုန၊လီ၊
ခီဖျီလာနထူဉ်ဆူညါစီဆုံအယိနပုကုဟီခိဉ်အံလီ၊

ဒီးတုအလဲတုလုတၢ်အလိၢ်, ကိးဝဲလၢကီလၢ ကီသါ, ဒ်ပစံးတၢ်အသိး, ခိဉ်သဉ်ဃံအလိၢ်ဒီး,-
အဝဲသ့ဟ့ၣ်လီယုဉ်ဂ္ဂုးလၢတၢ်ဆိဉ်ထံလၢ အယါ ဃုာ် ဒီးတၢ်ခဉ်န့ၣ်, ဒီးတုအလုာ်ကွၢ်ဝဲဒီး, အီဝဲန့ၣ်
အသးတအိဉ်ဘဉ်. ဒီးပုပုထီအီလၢထူဉ်စူညါ အ လီ, ဒီးဖးဝဲဒီးနီဖးအကူးအသိး, ဒ်သိးဝံအကလုာ်က
လၢထီဉ်ပဲထီဉ်ဝဲလီ. စံးဝဲဒဉ်, နီဖးယကူယသိးလၢ အဂီၢ်ဒဉ်ဝဲ, ဒီးဖးဝဲလၢယဆ့အဂီၢ်လီ.
ဒ်သိးတၢ်ကွဲးအသးကလၢထီဉ်ပဲထီဉ်လၢအစံးဝဲဒဉ်,အဝဲသ့တဖဉ်နီဖးယကူယသိးလၢအကျါ,ဒီးဖးဝဲလၢယဆ့
အဂီၢ်လီ.

V ဒီးပုဟ့ၣ်လီယုလၢတၢ်ခဉ်လၢယတၢ်အိဉ်အဂီၢ်,
R ဒီးတုတၢ်သုယသးလံထံဒီး, ဒုးအီယလၢတၢ်ဆိဉ်အထံလီ.

ပကဘါထုကမဉ်
ပၢ်ကစၢ်ယုၤ, ယုၤအဖိခါလၢအဟ့ၣ်လီတၢ်အမိၢ်ပုၤလၢအဘဉ်တၢ်ဖျီအီဒီးအမဲးသဉ်ဘဉ်တၢ်ထူဉ်ပဲအီတဂၤဇၢ,
မိနကဟ့ၣ်လီဘဉ်ပုၤတၢ်ဘျူးတၢ်ဖိဉ်ဒ်သိးပကကတူၢ်တၢ်နးတၢ်ဖျီလၢတၢ်သးခုအပုၤလၢခါဆူညါအဂီၢ်,
ဒီးပကအိဉ်ဒီးတၢ်နၢ်လၢကစၢ်အလၢကပီၤကအိဉ်ဖျီထီဉ်က့ၤကသ့အဂီၢ်, ပယုထီဉ်တၢ်အံလၢပကစၢ်ယုဉ်ဂ္ဂုး
ခရ်အမံၤအပုၤန့ၣ်လီ. အမ့ၣ်

ယုၤလၢအစီအဆုံ
စီဆုံဒီး သ့တၢ်လၢာ်
စီဆုံအိဉ်လီထူလီယိဉ်တဂၤဇၢ.
သးကညီပုၤတက့ၢ်
ပုၤတလဲၤဒီးယၤသနၢ်က့, ယကပိာ်အခံးလီ,
ပုၤတလဲၤဒီးယၤသနၢ်က့, ယကပိာ်အခံးလီ,
ပုၤတလဲၤဒီးယၤသနၢ်က့, ယကပိာ်အခံးလီ,
တယဉ်ကဒါက့ၤလီၢ်ခံဘဉ်, တယဉ်ကဒါက့ၤလီၢ်ခံဘဉ်

Tenth Station

Jesus is stripped of his garments



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

When they came to a place called Golgotha (which means the place of a skull), they offered him wine to drink, mingled with gall; but when he tasted it, he would not drink it. And they divided his garments among them by casting lots. This was to fulfill the scripture which says, “They divided my garments among them; they cast lots for my clothing.”

V. They gave me gall to eat:

R. And when I was thirsty they gave me vinegar to drink.

Let us pray. *(Silence)*

Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ our Lord. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

Though none go with me, I still will follow,
though none go with me, I still will follow,
though none go with me, I still will follow,
no turning back, no turning back.

ခရစ်စတ၊ ပယူးယိန်နာ၊ ဇီးပဆိန်ဂု၊ နာလီ၊
ခီဖျိုလၢနထွာ်ဆူညါစီဆုံအယိန်ပု၊ က့ဟီခိန်အံလီ၊

ယရူရှလုာ်အဖိမုာ်ဇာ၊ ယကဟံးတၢ်အုာ်အသးလၢနဂီၢ်မ့ၢ်မနုၤတမံၤလဲာ်. ယကဒိလီၤနဒီးမနုၤတမံၤလဲာ်.
ဒ်သိးယကမၤမုာ်ထီၣ်က့ၤနဒီး, ယကထီၣ်သတြီၤနဒီးမနုၤတမံၤလဲာ်, စံယိာ်အဖိမုာ်လိာ်ဘိတဂၤဇာ. အဂ့ၢ်ဒ်အံၤ,
နတၢ်ဘၢၣ်ဖျိုန့ၣ်မ့ၢ်အဒိၣ်ဒ်ပိာ်လဲာ်အသိးန့ၣ်လီၤ. မ့ၢ်မတၢ်မၤဘျါက့ၤနၤသ့တဂၤလဲာ်.
ပုၤလၢအသ့ၣ်ကၢ်သးလီၤတဖၣ်န့ၣ် ဘၢၣ်ဆိၣ်ဂ့ၤဝဲ လီၤ. အဂ့ၢ်ဒ်အံၤ, အဝဲသ့ၣ်တဖၣ်န့ၣ်ကဘၢၣ်တၢ်မၤမုာ်
ထီၣ်က့ၤအံၤလီၤ. နမ့ၢ်တလီၤန့ၣ်လၢဘၢၣ်, နလၢတဘၢၣ်လၢဘၢၣ်. အဂ့ၢ်ဒ်အံၤ, ယွၤကကဲထီၣ်တၢ်ကပီၤအထူၤအယိာ်
လၢနဂီၢ်ဒီးနဟီၣ်တၢ်ယၤတၢ်အမ့ၢ်နံၤတဖၣ်န့ၣ်ကလၢလီၤ.

V နးတဘျီကဆဲးဖျိုန့ၣ်သးဒ်နဲစ့ၢ်ကီးလီၤ.
R နသးပွဲၤဒီးတၢ်ဆါန့ၣ်လီၤ.

ပကဘါထုကဖၣ်

အိကစၢ်ဇာ, လၢနဖိခွါအတၢ်အဲၣ်အယိ, အတၢ်ဒီးတၢ်နးတၢ်ဖျိာ်အနးလၢအလဲၤတူၢ်ဖျိဝဲအမိာ်လၢအဘၢၣ်ဆိၣ်ဂ့ၤ
နီၣ်မၤရံတဂၤဇာသးကညီၤဟ့ၣ်လီၤဘၢၣ်ပုၤနတၢ်လုာ်ဟံၣ်လၢကကဲတၢ်ဟ့ၣ်နီၤတၢ်သးဖုံလၢအကြား
ဝဲဘၢၣ်ဝဲလၢအတၢ်ဂဲၤဆၢထၢၣ်သမူထီၣ်က့ၤဂီၢ်အပူၤ,
ဟ့ၣ်စ့ၢ်ကီးအတၢ်အဲၣ်ဆူအမိ, အိၣ်မူဒီးပတၢ်လီၤထူလီၤယိာ်န့ၣ်တက့ၢ်. အမ့ၢ်

ယွၤလၢအစီအဆုံ	ယဆၢတဲၤယသးလၢယကပိာ်ခရံၣ်အံၤလီၤ
စီဆုံဒီး သ့တၢ်လၢၢ်	ယဆၢတဲၤယသးလၢယကပိာ်ခရံၣ်အံၤလီၤ
စီဆုံအိၣ်လီၤထူလီၤယိာ်တဂၤဇာ.	ယဆၢတဲၤယသးလၢယကပိာ်ခရံၣ်အံၤလီၤ
သးကညီၤပုၤတက့ၢ်	တယၣ်ကဒါက့ၤလီၤခံဘၣ်, တယၣ်ကဒါက့ၤလီၤခံဘၣ်

Fifth Station

The Cross is laid on Simon of Cyrene



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

As they led Jesus away, they came upon a man of Cyrene, Simon by name, who was coming in from the country, and laid on him the cross to carry it behind Jesus. “If anyone would come after me, let him deny himself and take up his cross and follow me. (Luke Take my yoke upon you, and learn from me; for my yoke is easy, and my burden is light.”

V. Whoever does not bear his own cross and come after me:
R. Cannot be my disciple.

Let us pray. *(Silence)*
Heavenly Father, whose blessed Son came not to be served but to serve: Bless all who, following in his steps, give themselves to the service of others; that with wisdom, patience, and courage, they may minister in his Name to the suffering, the friendless, and the needy; for the love of him who laid down his life for us, your Son our Savior Jesus Christ. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

The world behind me, the cross before me,
the world behind me, the cross before me,
the world behind me, the cross before me--
no turning back, no turning back.

ခရစ်တေ၊ ပယူးယိဉ်နာ၊ ဇီးပဆိဉ်ဂုာနာလီ၊
ခီဖျီလာနထူဉ်ဆူညါစီဆုအယိနပုကုဟီခိဉ်အံလီ၊

ယဲဒဉ်အံ၊ယမ့ပုကညီတဂါလအထံဉ်တနးတဂါ ဖျီဉ်လာအသးကဲထီဉ်အနီဉ်တီအယိလီ၊ ဆုယာ၊ဒီး ဒုလဲယာဆူတဂါခံအပူ၊ဖဲတဂါကပီတအိဉ်ဘဉ်၊ မ့မးယထီဉ်အစုထီဒါယာသ့တနံကျါလီ၊မလက်ကွံယ ဖံးယညဉ်၊ဒီးမကင်ကွံယယံယကွဲလီ၊မထီဉ်တဂါထီဒါယာ၊ဒီးဒုအိဉ်ဝဲတရံးယာလတဂါခဉ်ဒီးတဂါလီဘုးလီ၊ တီလီ၊ဟ်လီယာလတဂါအလီခံးတဖဉ်အပူ ဒ်ပုသံဝဲလာပျါအသိးန့ဉ်လီ၊ တုယကိးထီဉ်ဒီးယုကညးတဂါဒီး၊ဟ်တဒါအသးဒီးယတဂါထုကဖဉ်လီ၊ ဒုအိဉ်ဆုယမဲဒီးလါဖိ၊ လုဉ်ဘာယာ လာဖဉ်ဆါလီ၊ သုဉ်နီဉ်ထီဉ်ကုယတဂါနးတဂါဖျီဉ်၊ ဒီးတဂါအာလအဘဉ်ယ၊ သဘူးအပစံဉ်တုးဒီးတသဉ်ခဉ်န့ဉ်တက့၊

V ဘဉ်တဂါမအာမသီအီ၊ဘဉ်ဆဉ်ဒီးဆိဉ်လီအသး၊ဒီးတအဲထီဉ်ဘဉ်အထးခိဉ်ဘဉ်၊
R ဒ်သိဖိလာပုမိမသံအီအသိး၊ ဒ်သိလာအအိဉ်ဘိဉ်ကလ်လာပုတံအဆူဉ်အမဲညါအသိးန့ဉ်၊ တအဲထီဉ်ဘဉ်အ ထးခိဉ်ဘဉ်၊

ပကဘါထုကဖဉ်
အိကစါအဖိခါလါအဲဉ်ဘဉ်ပုဒီးဒုအိဉ်ထီဉ်တဂါမဲးဆုးတဂါသံအကုအဂါလါပတဂါအိဉ်မူအဂီပုတဂါ၊
ဟုဉ်လီဘဉ်ပုလါကစါခရ်အထူဉ်ဆူညါအလါကပီ၊ ဒ်သိးပကတုတဂါမဲးဆုးလါတဂါသးခုအပူ၊ လါပကစါ
ယုဉ်ရူးခရ်အပူန့ဉ်တက့၊ အမုဉ်

ယုလါအစီအဆု	ဟီဉ်ခိဉ်အိဉ်လာယလီခံ၊ ဇီးထူဉ်ဆူညါအိဉ်လာယမဲးညါလီ၊
စီဆုဒီး သုတဂါလါ	ဟီဉ်ခိဉ်အိဉ်လာယလီခံ၊ ဇီးထူဉ်ဆူညါအိဉ်လာယမဲးညါလီ၊
စီဆုအိဉ်လီထူလီယိဉ်တဂါ၊	ဟီဉ်ခိဉ်အိဉ်လာယလီခံ၊ ဇီးထူဉ်ဆူညါအိဉ်လာယမဲးညါလီ၊
သးကညီပုတက့	တယဉ်ကဒါကုလီခံဘဉ်၊ တယဉ်ကဒါကုလီခံဘဉ်

Ninth Station

Jesus falls a third time



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

I am the man who has seen affliction under the rod of his wrath; he has driven and brought me into darkness without any light. He has besieged me and enveloped me with bitterness and tribulation; he has made me dwell in darkness like the dead of long ago. I call and cry for help, he shuts out my prayer. He has made my teeth grind on gravel, and made me cower in ashes. “Remember, O Lord, my affliction and bitterness, the wormwood and the gall!”

V. He was led like a lamb to the slaughter:

R. And like a sheep that before its shearers is mute, so he opened not his mouth.

Let us pray. *(Silence)*

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ.

Amen.

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

The world behind me, the cross before me,
the world behind me, the cross before me,
the world behind me, the cross before me--
no turning back, no turning back.

ခရစ်ရှင်၊ ပယုးယိဉ်နာ၊ ဒီးပဆိဉ်ဂုၤနာလီၤ၊
ခီဖျိလၢနထူဉ်ဆူညါစီဆုံအယိနပှၤက့ၤဟီခိဉ်အံၤလီၤ။

ဒီးဆုၤအီၤအဖၢမုၢ်ဒီး၊ ဟံးဃာ်ပုၤကူၤရၢန့ဖိ၊ စီၤရံမိဉ်၊ဟဲလၢပုၤလၢကျါတဂၤ၊ ဒီးဟံထူဉ်ဆူညါလၢအလီၤ၊ ဒ်
သိးအကယိးဝဲ၊ ဒီးဟံယုဉ်ရူးအခံလီၤ။ ဒီးစံးဘဉ်ပုၤခဲလၢကံ၊ ပုၤမုၢ်မိဉ်ဟံးအသးလၢ ယခံတဂၤဂၢန့ဉ်၊
မံအညိကွံာ်အသးဒဉ်ဝဲ၊ ဒီးယိးထီဉ်အထူဉ် ဆူညါကိးမုၢ်နံၤမုၢ်နာ၊ ဒီးဟံးယခံတက့ၢ်။
ဟံးထီဉ်ယနီဉ်ယိးဘိလၢသုလီၤ၊ ဒီးမၤလိ တၢ်လၢယၤတက့ၢ်။ဟံးထီဉ်ယနီဉ်ယိးဘိလၢသုလီၤ၊
ဒီးမၤလိ တၢ်လၢယၤတက့ၢ်။ အဂ့ၢ်ဒ်အံၤ၊ ယနီဉ်ယိးဘိမုၢ်အညိ၊ ဒီးယတၢ်ဝံတၢ်ယိးမုၢ်အဖုံလီၤ။

V ပုၤလၢအတယိးဘဉ်အထူဉ်ဆူညါ၊ ဒီးတဟံဘဉ်ယခံဘဉ်န့ဉ်၊

R ကဲထီဉ်ယပျဲၢ်ယဘိဉ်တသ့ဘဉ်။

ပကဘါထုကဖဉ်

အိဉ်လၢမူခိဉ်ပၢပစၢ်ယုၤ၊ ယုၤအဖိခွါလၢအဘဉ်တၢ်ဆိဉ်ဂုၤတဂၤဟဲလီၤဒီးဒီးသုလီၤအသးတဂၤ၊
ဆိဉ်ဂုၤဘဉ်ပုၤသ့ဉ်တဖဉ်လၢဟီၢ်နခိဉ်လီၢ်တဖဉ်၊ ပုၤဟ့ဉ်လီၤသးမၤတၢ်လၢပုၤအဂၢအဂီၢ်တဖဉ်၊ ဒ်သိးအဝဲသ့ဉ်
ကအိဉ်ဒီးတၢ်ကူဉ်ဘဉ်ကူဉ်သ့၊ တၢ်သးစူး၊ ဒီးတၢ်သးဇူ၊ လၢအဝဲသ့ဉ်ကမၤတၢ်လၢနမံၤလၢတၢ်ကီတၢ်ခဲပုၤ၊
ပုၤလၢတံၤသကိးတအိဉ်၊ ဒီးပုၤလၢအလီၢ်ဘဉ်တၢ်၊ လၢတၢ်အဲဉ်ပုၤအယိအဝဲဟ့ဉ်လီၤအသးသမူလၢပဂီၢ်၊
လၢနဖိခွါယုဉ်ရူးခရံၢ်အပူၤန့ဉ်လီၤ။ အၤမ့ဉ်

ယုၤလၢအစီအဆုံ
စီဆုံဒီး သုတၢ်လၢၢ်
စီဆုံအိဉ်လီၤထူလီၤယိဉ်တဂၤ၊
သးကညိပုၤတက့ၢ်

ဟီဉ်ခိဉ်အိဉ်လၢယလီၢ်ခံ၊ ဒီးထူဉ်ဆူညါအိဉ်လၢယမဲးညါလီၤ၊
ဟီဉ်ခိဉ်အိဉ်လၢယလီၢ်ခံ၊ ဒီးထူဉ်ဆူညါအိဉ်လၢယမဲးညါလီၤ၊
ဟီဉ်ခိဉ်အိဉ်လၢယလီၢ်ခံ၊ ဒီးထူဉ်ဆူညါအိဉ်လၢယမဲးညါလီၤ၊
တယဉ်ကဒါက့ၤလီၢ်ခံဘဉ်၊ တယဉ်ကဒါက့ၤလီၢ်ခံဘဉ်

Sixth Station

A woman wipes the face of Jesus



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

We have seen him without beauty or majesty, with no looks to attract our eyes. He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces, he was despised, and we esteemed him not. His appearance was so marred, beyond human semblance, and his form beyond that of the children of men. But he was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed.

V. Restore us, O Lord God of hosts:
R. Show the light of your countenance, and we shall be saved.

Let us pray. *(Silence)*
O God, who before the passion of your only-begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

The world behind me, the cross before me,
the world behind me, the cross before me,
the world behind me, the cross before me--
no turning back, no turning back.

ခရိုင်ဧ၊ ပယူးယိန်န၊ ဒီးပဆိန်ဂုးနလီ၊
ဒီဖျိလၢနထူၣ်ဆူညါစီဆုံအယိန်ပုၤက့ၤဟီၣ်ခိၣ်အံၤလီၤ။

ဒီးပုၤဂီၢ်မုၢ်ဖးဒိၣ်, ဒီးဟိၣ်မုၢ်တဖၣ်ဟိၣ်ထီၣ်အခံ, ဒီးဒဲလီၤအသးနါပုၢ်, ဒီးဟီၣ်တၢ်ယၤတၢ်လၢအယိန်လီၤ။
ဒီးယုၣ်ရှူးယုၣ်ယီၤအသးဆူအခိၣ်ဒီးစံးဝဲဒၣ်, ပုၤယရူၤရှုလ့ၣ်ဖိမုၢ်သ့ၣ်ဧၤ,ဟီၣ်လၢယဃိတဂ့ၤ,
ဟီၣ်လၢသုဃိဒၣ်သ့ဝဲ, ဒီးလၢသု ဖိအယိတက့ၢ်။

V ယွၤတၢ်သးမုၢ်အကစၢ်ဧၤ, ဒုးဟဲက့ၤပုၤတက့ၢ်။
R ဒုးကပီၤထီၣ်နမံၣ်တက့ၢ်။ ဒီးပကတုၤလၢတၢ်အုၣ်က့ၤခိၣ်က့ၤပုၤလီၤ။

ပကဘါထုကဖၣ်

အိကစၢ်ဧၤ, မိနကသိၣ်လိဘၣ်နတၢ်အိၣ်ဖိၣ်ဖိသ့ၣ်တဖၣ်ဒ်သိးအဝဲသ့ၣ်ကသ့ၣ်နီၣ်ပီၢ်ယၢ်လီၤက့ၤအတၢ်ဒီးဘး
ဒီးဟံတၢ်ကွၢ်တၢ်ဒီးဘးသ့ၣ်တဖၣ်, လၢနတၢ်လၢကပီၤပုၤ, ဒ်သိးလၢပတၢ်သ့ၣ်က့ၣ်သးကါမုၢ်နံၤခံကတၢ်ပူၤသုတလဲၤယီၤဆူပစၢ
ပသ့ၣ်တဂ့ၤအဂီၢ်, လၢပကစၢ်ယုၣ်ရှူးခရိုင်အပူၤန့ၣ်တက့ၢ်။ *အံၤမ့ၣ်*

ယွၤလၢအစီအဆုံ
စီဆုံဒီး သုတၢ်လၢဂီၢ်
စီဆုံအိၣ်လီၤထူလီၤယိၣ်တဂီၤဧၤ။
သးကညီၤပုၤတက့ၢ်

ဟီၣ်ခိၣ်အိၣ်လၢယလီၢ်ခံ, ဒီးထူၣ်ဆူညါအိၣ်လၢယမဲးညါလီၤ,
ဟီၣ်ခိၣ်အိၣ်လၢယလီၢ်ခံ, ဒီးထူၣ်ဆူညါအိၣ်လၢယမဲးညါလီၤ,
ဟီၣ်ခိၣ်အိၣ်လၢယလီၢ်ခံ, ဒီးထူၣ်ဆူညါအိၣ်လၢယမဲးညါလီၤ,
တယၣ်ကဒါက့ၤလီၢ်ခံဘၣ်, တယၣ်ကဒါက့ၤလီၢ်ခံဘၣ်

Eighth Station

Jesus meets the women of Jerusalem



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

There followed after Jesus a great multitude of the people, and among them were women who bewailed and lamented him. But Jesus turning to them said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children.” (Luke 23:27-28)

V. Those who sowed with tears: (Ps126:5a)
R. Will reap with songs of joy. (Ps 126:5b)

Let us pray. *(Silence)*
Teach your Church, O Lord, to mourn the sins of which it is guilty, and to repent and forsake them; that, by your pardoning grace, the results of our iniquities may not be visited upon our children and our children’s children; through Jesus Christ our Lord. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

The world behind me, the cross before me,
the world behind me, the cross before me,
the world behind me, the cross before me--
no turning back, no turning back.

ခရစ်တေ၊ ပယူးယိန်နာ၊ ဒီးပဆိန်ဂူနာလီ၊
ခိဖျိလာနထူဉ်ဆူညါစီဆုံအယိနပုကောဟီခိန်အံလီ။

အဂုဒ်အံ၊ တအိန်ဘဉ်ဒီးအကုအဂီဘဉ်၊ ဒီးတအိန်ဘဉ်ဒီးအယံအလာဘဉ်၊ဒီးတုပထံဉ်အီဒီး၊
အယံအလာဘဉ်ပမဲန့တအိန်ဘဉ်။ ပုကညီမတရီတပါ၊ ဒီးလဲသဒဉ်အီလီ။
မုဝဲလာပုတၢ်သ့ဉ်အုးသးအုး၊ ဒီးသ့ဉ်ညါတၢ်နးတၢ်ဖျိန်ဒ်ပုတၢ်မၤမၤဘၢအမံၤလၢအီအသိး၊
ပုမၤအီတ ရီတပါ၊ဒီးပတၢ်ဘဉ်အလီၢ်ဘဉ်။ အမံၤအကုအဂီ ဟးဂီတုအတမ့ၢ်လၢဘဉ်
ပုကညီအသိး၊ ဒီးအကုအဂီတုအတမ့ၢ်လၢဘဉ်ပုကညီဖိအသိးဘဉ်န့လီ။ ဒီးဘဉ်တၢ်ဆဲးဖျိအီလၢ
ပတၢ်ကမၢ်အယိ၊ဒီးဘဉ်တၢ်မၤသဘးအီလၢ ပတၢ်ဒဲးဘးအယိလီ။
တၢ်သိဉ်ဃိဉ်ဘဉ်ဃးဒီးပတၢ်ဃူတၢ်ဖိးန့
အိန်ဝဲလၢအလီ၊ ဒီးပဘျါကုလၢအဘဉ်တီၢ်အယိန့လီ။

V ယွတၢ်သးမုၢ်အကစၢ်၊ ဒုးဟဲကုပုတက့ၢ်။
R ဒုးကပီထီဉ်နမံၤတက့ၢ်။ ဒီးပကတုလၢတၢ်အုဉ်ကုခိဉ်ကုပုလီ။
ပကဘါထုကဖဉ်

အိကစၢ်၊ တချူးလၢနဖိခွါထဲတဂၤလိဉ်ဖျါထီဉ်အတၢ်လၢကပီလၢကစၢ်စီဆုံအဒီခိဉ်တဂၤ၊ မံနဟ့ဉ်လီ၊
ပုတၢ်ဂံၢ်တၢ်ဘါဒ်သိးပကစီထီဉ်ပထုဉ်ဆူညါဒီးခိတလဲကုပသးဒ်သိးတၢ်လၢကပီဆူတၢ်လၢကပီပု၊
လၢတၢ်စူတၢ်နာ်ပုပကထံဉ်ဘဉ်နမဲးသဉ်အတၢ်ကပီဂီၢ်၊ လၢကစၢ်ယုဉ်ရှူးခရံၣ်အမံၤပုန့တက့ၢ်။ အမ့ဉ်

ယွလၢအစီအဆုံ	ဟီဉ်ခိဉ်အိဉ်လၢယလီၢ်ခံ၊ ဒီးထုဉ်ဆူညါအိဉ်လၢယမဲးညါလီ၊
စီဆုံဒီး သုတၢ်လၢၢ်	ဟီဉ်ခိဉ်အိဉ်လၢယလီၢ်ခံ၊ ဒီးထုဉ်ဆူညါအိဉ်လၢယမဲးညါလီ၊
စီဆုံအိဉ်လီထူလီယိဉ်တဂၤ၊	ဟီဉ်ခိဉ်အိဉ်လၢယလီၢ်ခံ၊ ဒီးထုဉ်ဆူညါအိဉ်လၢယမဲးညါလီ၊
သးကညီပုတက့ၢ်	တယဉ်ကဒါကုလီၢ်ခံဘဉ်၊ တယဉ်ကဒါကုလီၢ်ခံဘဉ်

Seventh Station

Jesus falls a second time



We adore you, O Christ, and we bless you:
Because by your holy cross you have redeemed the world.

Surely he has borne our griefs and carried our sorrows. (Is 53:4a) All we like sheep have gone astray; we have turned every one to his own way; and the Lord has laid on him the iniquity of us all (Is 53:6). He was oppressed, and he was afflicted, yet he opened not his mouth. (Is 53:7a) For the transgression of my people was he stricken. (Is 53:8d)

V. But as for me, I am a worm and no man: (Ps 22:6a)
R. Scorned by all and despised by the people. (Ps 22:6b)

Let us pray. *(Silence)*
Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; who lives and reigns for ever and ever. *Amen.*

*Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy upon us.*

The world behind me, the cross before me,
the world behind me, the cross before me,
the world behind me, the cross before me--
no turning back, no turning back.

ခရစ်စတ၊ ပယူးယိန်နာ၊ ဒီးပဆိန်ဂု၊ နာလီ၊
ခီဖျိလ၊ နထုန်ဆူညါစီဆုံအယိန်ပု၊ ကု၊ ဟီခိန်အံ၊ လီ၊

မ့မးစိဝဲပတၢ်ဆူးတၢ်ဆါ၊ ဒီးဝဲပတၢ်သျှန်အုးသးအုးလီ၊ ပဝဲဒၣ်အံ၊ ဒ်သိအသိးန့ၣ်
ပဟးဖျိးကျဲခဲလက်လံ. ပလဲကပကပတဂၢလၢအကျဲဒၣ်ဝဲ , တဂၢလၢအကျဲဒၣ်ဝဲစ့ၣ်စ့ၣ်လီ၊
ဒီးယွၤဟံပတၢ်အတၢ်သီခဲလက်လၢအလီလီ၊
ဘၣ်တၢ်မၤအာမၤသီအီ၊ ဘၣ်ဆၣ်ဒီးဆိန်လီ၊ အသး၊ ဒီးတအဲးထီၣ်ဘၣ်အထးခိန်ဘၣ်.
မ့မတၢ်ကဆိကမိန်လၢအဒီးတၢ်ဒိန်တံၢ်ကွံၢ်အီလၢ ကီၢ်မူလၢယပုဂီၢ်မ့မအတၢ်ကမၣ်အယိ,
လၢအဘၣ်ဆိန်အလၢအဝဲသ့ၣ်အလီၢ်န့ၣ်တဂၢလဲၣ်.

V မ့မ့ဖဲယဲဒၣ်အံ၊ ယမ့မ့လၢတၢ်တဘီ၊ ဒီးတမ့မ့ဘၣ်ပု၊ ကညီဘၣ်၊
R ပု၊ ကညီဒၣ်ဒွဲၣ်တၢ်အလီၢ်၊ ဒီးဘၣ်တၢ် တရီတပါလၢပုဂီၢ်မ့မ့လီ၊

ပကဘါထုကဖၣ်

တၢ်ဒိန်ကစၢ်စၢ၊ လၢနတၢ်အိန်ဘၣ်ပဝဲပု၊ ဟီခိန်ခိန်ဖိတဖၣ်အအယိ၊
နဆုလီၤနဖိခွါပု၊ အုၣ်ကု၊ ခိန်ကု၊ တၢ်ပကစၢ်ယုၣ်ရှုးခရ်ဒ်သိးကအိန်မုၢ်ပဝဲဒီးတုၢ်တၢ်သံလၢထုန်ဆူညါလီ၊
ဟ့ၣ်လီၤပု၊ တၢ်အဒိလၢအတၢ်ဆိန်လီၤသးဒီးသးကညီၤဟ့ၣ်လီၤဘၣ်ပု၊ တၢ်ခွဲးယၢ်ဒ်သိးပကဟးလၢအတၢ်တုၢ်ဘၣ်အကျဲပု၊
ဒီးနီၤလီၤသကိးကစၢ်ခရ်အတၢ်ဂၢၤဆၢထၢၣ်သမူထီၣ်ကု၊ စ့ၢ်ကိး၊ အိန်မုၢ်ဒီးပတၢ်အစီၤစီၤယၢ်ယၢ်န့ၣ်တက့ၢ်. အမ့မ့

ယွၤလၢအစီအဆုံ	ဟီၣ်ခိန်အိန်လၢယလီၢ်ခံ, ဒီးထုန်ဆူညါအိန်လၢယမဲးညါလီၤ,
စီဆုံဒီး သုတၢ်လၢၢ်	ဟီၣ်ခိန်အိန်လၢယလီၢ်ခံ, ဒီးထုန်ဆူညါအိန်လၢယမဲးညါလီၤ,
စီဆုံအိန်လီၤထူလီၤယိၣ်တဂၢစၢ.	ဟီၣ်ခိန်အိန်လၢယလီၢ်ခံ, ဒီးထုန်ဆူညါအိန်လၢယမဲးညါလီၤ,
သးကညီၤပုတက့ၢ်	တယၣ်ကဒါကုလီၢ်ခံဘၣ်, တယၣ်ကဒါကုလီၢ်ခံဘၣ်