

Stations of the Cross – Welcome

Thank you for joining us today to pray the Stations of the Cross, also known as the Way of the Cross.

Jesus' walk to Calvary is similar to the journey in our own lives. On the way to his death, Jesus showed us how to live and how to die.

It is by carrying our own crosses that we come to know God/s mercy and love. So as we enter this journey with our Lord, let us feel as He felt, hurt as He hurt and love as He loved.

You will notice that Jesus is portrayed by many different people, tall, short, male, female – this is a perfect representation – we all need to be and can be Jesus in the lives of others. We can show our love for our neighbor, as Jesus did, through kindness, compassion and love.

We will sit while the station is read and then we will stand and turn and face the back of church while reciting the Our Father and the Hail Mary. And repeat this for each Station.

The Stations of the Cross...

(Mary please make sure for each station you say the station number and the station title at the top of the page)

First Station – Jesus is Condemned

Jesus is unfairly accused and put on trial for loving and caring about others.

Pilate convicts Jesus against his better judgment, to please the crowd.

Sometimes we meet people and judge them because of the way they look or act. Sometimes we forget our own morals and values and follow the crowd.

Dear Jesus,

Help me to be fair and help me
not to judge others.

Help me also to stand up for what I believe in
and do the right thing

so that I can be loving and caring like You.

Please stand and turn around

Our Father...

Had Mary...

Second Station – Jesus Takes up His Cross

Jesus takes on the great burden of carrying the cross.

Though He is not guilty of any crime, He accepts the heavy cross and carries it to show how much He loves us.

We must accept what happens in our life.

When our own cross seems too heavy,

we must stop and think of Jesus

and how much He suffered for us.

Dear Jesus,

When I have problems,

I am, in a way, carrying Your cross with You.

Even though I bear only a piece of Your cross,

You are there to help carry all of mine.

Please stand and turn around

Our Father... Hail Mary...

Third Station – Jesus Falls the First Time

The cross is heavy and Jesus is weak.

The soldiers are pushing Him along.

When all of a sudden, He stumbles and falls.

Sometimes we say mean things that hurt others.

It is like falling . . .

every time we do not listen to our parents,

fail to do our homework or cheat on a test.

Dear Jesus,

I make mistakes.

Help me to realize that when I hurt others

or do not help when I can

I am hurting myself and hurting You.

Please stand and turn around

Our Father...

Hail Mary...

Fourth Station – Jesus Meets His Mother, Mary

Along the road, Mary catches a glimpse of her Son
and for a brief moment, their eyes meet.

Imagine the pain she must feel,

knowing that she cannot do anything to help Him.

A mother is loving and forgiving,

one who shares our sorrow and pain as if it were her own.

Our joy is her joy,

our sadness, her sadness.



Dear Jesus,

Help me to love Your Mother, Mary,

whom You loved so much.

Teach me to always show how much I love

my parents, grandparents and guardians.

Please stand and turn around

Our Father . . . Hail Mary . . .

Fifth Station – Simon Helps to Carry Jesus' Cross

Simon is just an ordinary person who is selected out of the crowd to help Jesus carry His cross.

Simon did not want to get involved.

But, by the time they reached the top of the hill, he was glad he helped Jesus.

Sometimes we argue about having to help or do things we do not want to do.

Dear Jesus,

Let me always be ready and willing to help others.

I can then be like Simon and help You to carry Your cross.

please stand and turn around

Our Father...

Hail Mary...

Sixth Station – Veronica Wipes the Face of Jesus

Jesus is hot and sweaty and the blood is running
into His eyes making it difficult to see.

Out of the crowd comes Veronica,
a woman who makes her way to Jesus to wipe His face.

In thanks, He left a picture of His face on her veil.

Like Veronica, we should offer our help willingly
without always having to be asked.

Dear Jesus,

Teach me to be brave
and stand up for what is right.

Help me to realize
that whatever I do for others,

I do for You.

Please stand and turn around

Our Father...

Hail Mary...

Seventh Station – Jesus Falls the Second Time

Jesus falls again.

The cross seems heavier now

and the pain is stronger.

Yet no one there could take away His suffering.

He was all alone.

There are times that, like Jesus, we feel alone.

Dear Jesus,

Give me Your strength to withstand
the suffering that comes from peer pressure
as a result of trying to do the right things.

Help me to remember
that I am never alone,
for You are always with me.

Please stand and turn around

Our Father ...

Hail Mary ...

Eighth Station – Jesus Speaks to the Women & Children

Despite His own suffering,

Jesus takes time to comfort the women and children in the crowd.

He stops and says to them,

“Don’t cry for Me, but for yourselves and your children.”

Sometimes we are so wrapped up in our own problems that we forget about others.

Dear Jesus,

You love me no matter what I do.

May Your suffering make me strong?

Help me share Your love

with everyone I meet.

Please stand and turn around

Our Father . . . Hail Mary . . .

Ninth Station – Jesus Falls a Third Time

Jesus falls for the last time under the weight of the cross only to get up again.

His falling is the only station that is repeated.

Jesus sets an example for all of us by trying again and again.

When we fail,

we must keep trying just as Jesus did.

Dear Jesus,

When I am really down,

help me remember that You got up again and again.

Rather than find blame,

help me move on.

please stand and turn around

Our Father...

Hail Mary...

Tenth Station – Jesus is Stripped of His Garments

Jesus stands on top of the hill

and is stripped of His clothes.

He teaches us that we should value people more than things.

Material things that are of value to us today,
are often thrown away tomorrow.

Dear Jesus,

Everything I have is a gift from You.

Everything I do, I try to do in Your name.

Please help me remember

that without You in my life,

I have nothing.

Please stand and turn around

Our Father ...

Hail Mary ...

Eleventh Station – Jesus is Crucified

The soldiers roughly place Jesus down on the cross,
and nails are driven into His hands and feet.

Sometimes we must give up what we have
or do what we do not want to do.



Dear Jesus,

Help me forgive people who hurt me

just as You forgave those

who nailed You to the cross.

please stand and turn around

Our Father Hail Mary . . .

Twelfth Station – Jesus Dies on the Cross

PLEASE KNEEL!

Jesus knows that now everything has been completed.

He yells out, “It is finished!” (John 19:30)

then bows His head and gives up His spirit.

It was so unnecessary for Jesus to die this way.

He was not a criminal. He had done no wrong.

So often, that seems the way.

Look at the thousands of people that are killed each day through war and acts of violence.

Jesus said, “Amen, I say to you, what you did not do for one of these least ones, you did not do for me.” (Matthew 25:45)

Dear Jesus,

You died so that I can live.

Thank you Jesus, thank you.

Please stand and turn around

Our Father . . .

Hail Mary . . .

Thirteenth Station – Jesus is Taken Down from the Cross

The suffering is over
and the body of Jesus now rests peacefully
in the arms of His Mother.

Mary's heart nearly breaks with sorrow.

Jesus has shown us the way to love
and has given us the gift of peace.



Dear Jesus,

In looking at Your body

I find hope.

Help me to embrace and accept my crosses.

Help me keep my arms open and never let them close.

This is my way of sharing Your love and peace with everyone.

Please stand and turn around

... remember ... **two times**

Our Father ...

Hail Mary ...

Fourteenth Station – Jesus is Laid in the Tomb

Jesus' body is placed in a tomb where it remains for three days.

The people gather around to mourn His death and remember His life.

When Jesus came back to life,
all people got a new beginning.

His Resurrection shows His never-ending love for us.

Jesus gives us His Holy Spirit.



Dear Jesus,

Help me remember how You lived

so that I may be like You

and make this world a better place.

Please stand and turn around

... remembering ... saying two times

Our Father...

Hail Mary ...