

## STATIONS OF THE CROSS FOR YOUNG PEOPLE

### **READER:**

On the way to his death,

Jesus showed us how to live and how to die.

We cannot rise with Christ unless we walk the path with him.

It is by dealing with our own problems in the right spirit that we come to  
know God's love and God's mercy.

As we enter into this Way of the Cross with Jesus, let us feel as he felt, hurt  
as he hurt, love as he loved.

### **Dear Jesus,**

As we walk the Way of the Cross with you,

help us to imagine what you felt and what you saw that day.

Help us to think about what it means to be your followers today.

# **STATIONS OF THE CROSS FOR YOUNG PEOPLE**

## **THE FIRST STATION**

**Jesus is condemned to death**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

### **READER:**

Jesus is unfairly accused and put on trial for teaching us to love our neighbors and care about others. Pontius Pilot convicts Jesus even though he knows it is wrong to do it only to please the crowd.

Sometimes we meet people and judge them because of the way they look or act.

Sometimes we forget to do the right thing and follow the crowd.

**Dear Jesus,**

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

Help me to stand up for what I believe in and always do the right thing.  
Keep me close to you.

Help me to call out to you, especially when I am sad and lonely.

# **STATIONS OF THE CROSS FOR YOUNG PEOPLE**

## **THE SECOND STATION**

### **Jesus carries his cross**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

Once the punishment is announced – crucifixion! – Jesus knows there is only one way for him to go.

He takes up his cross and starts on the road to Calvary. His innocent body is badly bruised from head to toe, and he is so alone now.

Yet he knows he is doing God's will, and so continues on his way.

#### **Dear Jesus,**

Sometimes, I feel sad. My feelings get hurt, and I can't seem to get over it.

Like your cross, my problems seem to crush me.

When I'm by myself, I wonder, "Am I the only one who feels this way?"

Help me remember most of all that God is always there for me.

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## **THE THIRD STATION**

### **Jesus falls the first time**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

The cross is heavy, and Jesus is weak from carrying it.

The soldiers keep pushing him along, so he cannot stop and rest.

Suddenly, he stumbles and falls.

Sometimes we say things that hurt other people's feelings.

Or maybe we refuse to be kind and helpful when that's what we should do.

**Dear Jesus,**

I know I make mistakes.

Help me to recognize myself in others.

Help me to be sensitive, and to always treat other people the way I want to  
be treated.

# **STATIONS OF THE CROSS FOR YOUNG PEOPLE**

## **THE FOURTH STATION**

### **Jesus meets his mother along the way**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

Along the road to Calvary, Mary catches a glimpse of her Son, Jesus.

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.

She shares our sorrow and pain as if it were her own. Our joy is her joy;  
our sadness is her sadness.

#### **Dear Jesus,**

Help me to love your Mother, Mary, who loved you so much.

Help me to open my heart and share my sadness with others.

Help me to know that my friends are there to stand with me when

I am sad and lonely. Help me to open my heart so I can always accept help.

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## **THE FIFTH STATION**

### **Simon of Cyrene helps Jesus to carry his cross**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

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, Simon knew he was supposed to help Jesus. He realized who Jesus was.

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

But then we know it's the right thing.

#### **Dear Jesus,**

Help me allow others in my life – my family, my teachers, my friends – to help me with my problems.

Help me to realize that I need help, and to trust people, just as you trusted Simon.

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## **THE SIXTH STATION**

### **Veronica wipes the face of Jesus**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

Jesus is weary from carrying the cross. Blood and sweat are running into his eyes making it difficult for him to see.

Out of the crowd comes Veronica, a woman filled with compassion.

She goes to Jesus and wipes his face with her veil. To thank her, Jesus leaves an image of his face on her veil.

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

#### **Dear Jesus,**

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

Help me to realize that whenever I help others,

I am helping myself to become a better person.

# **STATIONS OF THE CROSS FOR YOUNG PEOPLE**

## **THE SEVENTH STATION**

### **Jesus falls the second time**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

Driven hard by the soldiers, Jesus falls again.

The cross seems heavier now than ever, and the pain is agonizing.

Yet, there is no one who can take away Jesus' suffering, no one who can share his pain.

He is all alone.

There are times that we, too, feel alone and that no one understands us.

#### **Dear Jesus,**

In my own life, I have sometimes been in pain and felt afraid.

But with help from my family and from you, I have made it through so far.

When sadness and pain come to me, I will try to remember what you went through, and I will call on you. With your help, I know I can get through anything.



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## **THE EIGHTH STATION**

### **Jesus meets the women of Jerusalem**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

Despite his own suffering, Jesus takes time to comfort the women who are watching him from the crowd.

Jesus stops and says to them,

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

Sometimes we get so wrapped up in our own problems, that we forget to think about others and their troubles.

#### **Dear Jesus,**

You love me no matter what I do.

Teach me to deal with the issues in my life as you would.

Help me to realize that sadness and problems might come, but that they will pass.

Jesus, please help me to share your love with everyone I meet.

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### **THE NINTH STATION**

**Jesus falls the third time**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

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

His falling reminds us that, even when we fail, we have to keep going. We can't let our struggles make us discouraged.

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

When we fall, we must keep trying, just as Jesus did.

**Dear Jesus,**

When I am really down, I ask myself, "Will I ever get through this?"

Then I know that if I trust in you and my family, I will remember that you got up again and again.

# **STATIONS OF THE CROSS FOR YOUNG PEOPLE**

## **THE TENTH STATION**

**Jesus is stripped of his garments**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

### **READER:**

Jesus reaches the top of Mount Calvary. There, the soldiers pull off his clothes roughly. They are caked with blood, and the pain is terrible.

Jesus teaches us that life is much more than the things we own. We should always value people more than things.

The things that seem important to us today – our clothes, our toys, our electronics – are all temporary. They are so often thrown out and replaced with something else. Let's always remember what really matters.

**Dear Jesus,**

Everything we have is a gift from you.

Everything we do, we should try to do for you, in the way you would do it.

Please help us to remember that with you in our lives, we have everything we really need.

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### **THE ELEVENTH STATION**

#### **Jesus is nailed to the cross**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

The soldiers roughly shove Jesus down on the cross.

Then they drive nails into his hands and into his feet. After that, they lift the cross into place.

The pain is terrible, but Jesus knows he is fulfilling the will of God in order to save us from sin and death.

Sometimes we must give up what we have, or do what we do not want to do in order to accomplish our purpose.

**Dear Jesus,**

Help me to forgive people who hurt me – my family or friends – the same way you forgave those who nailed you to the cross.

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### THE TWELFTH STATION

#### Jesus dies on the cross

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

Jesus knows everything he set out to do has been completed.

He cries out, **“It is finished!”**

Then Jesus bows his head and gives his spirit up to God.

It seems so unnecessary for Jesus to die this way.

He was not a criminal. He had done nothing wrong.

Yet sometimes sad and difficult things happen to people who are good, the people whom we love.

#### **Dear Jesus,**

You died so that all of us who believe in you can one day live in Heaven forever.

Thank you, Jesus.

Thank you for giving your life for our sake.

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### **THE THIRTEENTH STATION**

**Jesus is taken down from the cross**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

The suffering is now over and the lifeless body of Jesus rests peacefully in the arms of his mother.

Mary's heart nearly breaks with sorrow.

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

**Dear Jesus,**

I think I can understand how Mary felt.

I have sometimes felt sad too.

When I am very sad, help me remember to pray.

When my friends are lonely or depressed, help me to be a good friend.

This will be my way of sharing your love and peace with everyone I know.

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### **THE FOURTEENTH STATION**

**Jesus is placed in the tomb**

**We adore you, O Christ, and we praise you,  
because by your holy cross you have redeemed the world.**

#### **READER:**

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

The people gather around to mourn his death and to remember him.

When Jesus came back to life, all the people rejoiced. Jesus showed us  
the way to eternal life.

His Resurrection proved his never-ending love for us.

Jesus gives us his Holy Spirit.

#### **Dear Jesus,**

Help me remember how you lived and what you taught us.

Help me to know that, when you came back to life, you opened the gates of  
Heaven for me, for my family, my friends, and for all who believe in  
you.

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### CLOSING PRAYER

#### READER #1:

Jesus died, but he will always be with us.

In three days, he rose from the dead all bright and glorious.

That's why we believe in the Father, and the Son, and the Holy Spirit.

Even though we cannot see God with our eyes, we feel God's presence.

And we know that those who have died in this world, are still alive in the next.

#### READER #2:

We have walked the Way of the Cross with Jesus.

During the last days of Lent and especially during Holy Week,

Let us stay close to Jesus.

Let us be with him in his suffering and death, so that we can celebrate his resurrection at Easter time.