

## Stations of the Cross For Young Followers of Jesus

Virtue Link: Faith, Hope, Love, Justice, Temperance, Fortitude

Catholic Character Themes: Community, Compassion, Discipleship, Reverence, Solidarity, Stewardship

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### INTRODUCTION:

Welcome to our Stations of the Cross prayer service. Today we will walk with Jesus on his way to the cross. We want to remember how much Jesus loved us. He gave up his life so we could be free from sin and live together in his love, now and forever in heaven.

We begin our prayer in the name of the Father, and of the Son, and of the Holy Spirit.  
Amen

### Opening Prayer:

God our Father, you sent us Jesus because you love us. Jesus showed us how to live as your children, to love each other as he loved us. We ask you to help us pray as we remember how he gave up his life for us on the cross. We make this prayer to you through Christ our Lord. Amen

### Station One: Jesus is Condemned to Death

We remember how a man named Pontius Pilate said that Jesus had to die. Some people hated Jesus because he always did what his Father in heaven wanted. These people did not want to listen to Jesus' message of love; they wanted Jesus to die.

Let us only say good things about people.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** (Tune: *Humbly We Adore Thee*)

Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

### Station Two: Jesus Takes Up His Cross

We remember how Jesus carried a heavy cross. He knew that he was going to die on that cross. It was very hard for him, but he did it for love of everybody.

Let us try hard to show other people our love, and do the good things we are called to do as God's children.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing

Of your cross most holy, Lord, Redeemer, King.

### **Station Three: Jesus Falls the First Time**

The cross Jesus carried was very heavy. Jesus was hurting from being whipped and crowned with thorns. He was hurting because people hated him. He was very, very tired, and he fell down. Jesus never gave up though. The love in his heart was stronger than his hurt and pain, and he got back up with his cross.

Let us open our hearts to people who are hurting by showing them our friendship and love.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

### **Station Four: Jesus Meets His Mother**

We remember how Mother Mary came to Jesus while he was carrying the cross. Mary's love helped Jesus keep going.

Let us help each other keep going by being a good friend and showing that we care.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

### **Station Five: Simon Helps Jesus Carry His Cross**

We remember how Jesus needed someone to help him carry his cross. The Roman soldiers told Simon to help Jesus carry his cross.

Let us remember that when we help someone, we are like Simon, who helped Jesus.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

**Station Six: Veronica Wipes the Face of Jesus**

We remember how Jesus' face was dirty and covered in blood. Veronica wiped away the dirt and blood and showed everyone how beautiful Jesus still was.

Let us see the face of Jesus in everyone, and always treat each other with kindness.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

**Station Seven: Jesus Falls the Second Time**

We remember how Jesus fell again under the weight of his cross. When it is hard to do what is right, we remember that Jesus never gave up.

Let us be good friends to one another, especially when someone around us is having a hard time.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

**Station Eight: Jesus Meets the Women of Jerusalem**

We remember how Jesus met some women who were crying. They saw Jesus suffering and they were very sad. Jesus told them not to cry for him. He told them to be sorry for the wrong things their people were doing.

Let us ask God for a changed heart, so that we can always love God and each other.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

**Station Nine: Jesus Falls a Third Time**

We remember how Jesus fell again. He was so weak and tired, he could hardly stand. Jesus understands how hard our life can be sometimes. He is always there to help us.

Let us be understanding with each other. We can be the helping hand of Jesus to others when they are sad, or hurting and down.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

### **Station Ten: Jesus is Stripped of His Clothes**

We remember how the Roman soldiers took away Jesus' clothes. He was dirty and bleeding; everyone could see him. He was treated like a nobody. The soldiers did not show him love or respect.

Let us stay with our friends and classmates when they feel alone or embarrassed. When we love and respect them, we love and respect Jesus.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

### **Station Eleven: Jesus is Nailed to the Cross**

We remember how the soldiers put nails into Jesus hands and feet and hung him on the cross. Everyone could see him. He was suffering terribly. Some people were making fun of him; other people were very sad and crying. Some people were scared and ran away. Jesus said: "Father, forgive them; they don't know what they are doing."

Let us stand up for persons when others make fun of them. Let us ask God to be kind to all his children, even when they hurt us.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

**Station Twelve: Jesus Dies on the Cross**

Let us all kneel as we remember how Jesus hung for three long hours on the cross, and then died.

(Pause 20 seconds)

Jesus suffered so much, but he never gave up. He went all the way to the cross. He let himself be raised up to take away our sins. Jesus showed us the greatest love of all by giving his life for us.

Let us think of the good things we can do for others before we think of ourselves. This is what it means to be a follower of Jesus.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

**Station Thirteen: Jesus is Taken Down From the Cross**

We remember how Jesus' friends took his body down from the cross. They gave him to his mother and she held him. This was a very sad moment. Jesus' friends stayed close to her.

Let us be like the followers of Jesus, let us stay close to our friends, classmates and family when they are hurting inside.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

**Station Fourteen: Jesus is Buried**

Jesus' friends and his mother washed him off and wrapped him in a clean sheet. They put him in the tomb and rolled a stone across the doorway. They had to say goodbye to Jesus. This was very hard, but they trusted God would make things better. God is always with us.

Let us never lose hope, no matter how bad things get. God is with us.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.

**OPTIONAL:****Station Fifteen: Jesus is Raised From the Dead**

We remember how the sadness of Jesus' mother and Jesus' friends turned to joy. Some women went to the tomb on the third day. The stone was rolled away from the doorway. An angel told them Jesus was alive and risen from the dead. Jesus' friend Mary Magdalen met him in the garden outside the tomb. Jesus was alive! God the Father sent the Holy Spirit to raise him from the dead!

Let us be people of hope; let us trust God, even when life is hard. He will always be there for us.

**Prayer:** Jesus, we praise you, we thank you, we love you.

**All:** You gave up your life to save us.

**Song Verse:** Jesus, we adore you; with our hearts we sing  
Of your cross most holy, Lord, Redeemer, King.