



Stations of the Cross

The Season of Lent



The reflections in these pages have been written and adapted by multiple parishes in the Archdiocese, and the images have been added to help us pray during these times that we cannot walk the Stations in Church buildings. The reflections are “Family oriented”, but it really doesn’t matter whether you are a child of 8 or 48, or a parent aged 35 or 75, the words will have meaning for you.

You may wonder how the stations came to be. Remember that Jesus lived on this earth and he walked the streets of Jerusalem as well as many nearby towns. After He died on the cross, many faithful people began to visit the places of His last journey to remember how much Jesus loved us.

They would walk the street and stop at certain places...to think and to pray...then continue walking. Over the years from what we find in the Gospels, 14 stations developed, remembering the events from Jesus’ arrest to his death and burial.

Today, since we cannot walk together through the Stations in Church, we’ll share a virtual journey as we visit each station and reflect on what happened to Jesus. Then one child or teen and one adult will read some thoughts to help us pray about what each station might mean in our own lives today. Our readers are families. Our reflections are issues families wrestle with, especially as we are spending so much time in “close quarters.” Today, our community joins together as one to pray the Stations of the Cross.

Let’s begin our prayer...

First Station...
Jesus is condemned to death

- ◆ Jesus is standing before angry people who are yelling and saying mean, hurtful things. They scream at him. Some of them tell lies about him, saying he did bad things. But Jesus stays quiet, even though he knows that he will be hurt. He knows that God is with him. He even asks God to forgive the people who are yelling.



1. The First Station– Jesus is condemned to death

Jesus is standing before angry people who are yelling and saying mean, hurtful things. They scream at him. Some of them tell lies about him, saying he did bad things. But Jesus stays quiet, even though he knows that he will be hurt. He knows that God is with him. He even asks God to forgive the people who are yelling.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

CHILD READER:

We love each other in our family, but sometimes we say things that are mean and hurtful. Sometimes we get angry and don't think about our hurtful words. Jesus, help us to say we're sorry. Help us to always be kind and care for one another.

ADULT READER:

Do we take the time to listen to our children's points of view? Do we make too many judgments out of tiredness or frustration? Do we want to impose our way as the only way? Lord, help us take time to listen to our children and to be a more fair and open-minded parent.

All: Lord Jesus Christ have mercy on us



Second Station... Jesus is carrying His Cross

- ◆ When the soldiers put a heavy cross on Jesus' shoulders, he doesn't fight with them or get angry. He knows that he has to carry this cross a long way, and that it will be very hard at times, but he also knows that God is with him.

2. The Second Station – Jesus is carrying His Cross

When the soldiers put a heavy cross on Jesus' shoulders, he doesn't fight with them or get angry. He knows that he has to carry this cross a long way, and that it will be very hard at times, but he also knows that God is with him.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: **Because by your holy cross you have redeemed the world.**

CHILD READER:

Sometimes it seems like the burdens we carry are huge and too much. There are pressures at school like grades and tests. There are pressures at home and sometimes my parents and I disagree. There are pressures with my friends, teammates, and coaches. Jesus, we know that you know how this feels. You carried the heavy burden of the cross. Help us to remember you are with us in all that we face each day. Give us strength to bear our burdens.

ADULT READER:

Jesus, your suffering is incomprehensible. The crowd is vengeful. The road is long. Your cross is heavy. There are times we feel helpless as parents. Times when our children are struggling or sad and we can't seem to help. Times when we aren't working together as a family. Lord, help us to be present for our children and support them and rededicate ourselves to loving them as we know we should.

All: Lord Jesus Christ have mercy on us

Third Station...
Jesus falls for the first time

- ◆ Jesus is so tired as he walks along the road with the heavy cross on his shoulders. The stones on the road hurt his feet. People yell and push him. The soldiers shout for him to move faster. Then, Jesus falls, and the soldiers yell at him even more.



3. The Third Station – Jesus falls for the first time

Jesus is so tired as he walks along the road with the heavy cross on his shoulders. The stones on the road hurt his feet. People yell and push him. The soldiers shout for him to move faster. Then, Jesus falls, and the soldiers yell at him even more.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

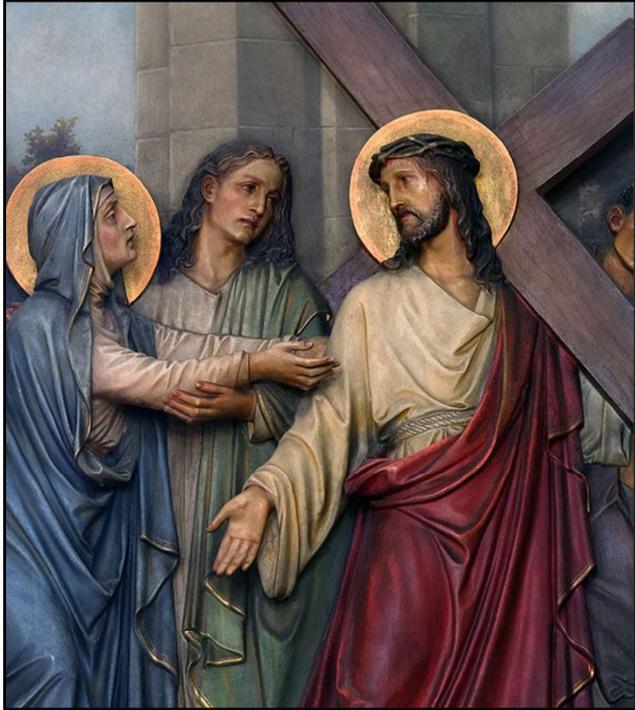
CHILD READER:

Jesus, sometimes we fail and that's a lot like falling. Failing hurts and makes us feel unworthy. It feels like we're letting somebody down: ourselves, our parents, our teachers, our friends, our coaches. But by seeing YOU fall, we know it's okay to make mistakes and fail sometimes. When that happens, give us the strength we need to get back up and try again.

ADULT READER:

To see you fall reminds us of our own collapses under the weight of life's responsibilities: family, marriage, career, friendships or in moments of personal decision. Most of the time, we balance it all pretty well, but sometimes, it feels overwhelming and we wonder how we'll make it through. Lord, we saw you fall... but we also saw you rise and go on. Help us to do the same.

All: Lord Jesus Christ have mercy on us



Fourth Station...
Jesus meets his blessed Mother, Mary

- ◇ As Jesus walks slowly along, he meets his mother. Mary is sad because she sees how much her son is suffering and Jesus sees the sadness his mother feels. They look at each other with love.

4. The Fourth Station – Jesus meets his blessed Mother, Mary

As Jesus walks slowly along, he meets his mother. Mary is sad because she sees how much her son is suffering and Jesus sees the sadness his mother feels. They look at each other with love.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

CHILD READER:

We sometimes make our moms and dads sad by things we say or do. We know our parents love us more than anything, and they do so much for our families. We love them and need their guidance and support to help us become the people we are meant to be. Jesus, you were a loving son. Help us to be loving children, too.

ADULT READER:

What did Mary feel as she watched her precious son slowly drag his body along the stony road? What do parents feel as they watch their children go out on their own, wanting to ease their way, wondering if they had done all that they could to prepare their children for life. We know that feeling. We wish we could spare our children from all harm, Lord. Help us to do all we can to protect them... and to learn to entrust them to you.

All: Lord Jesus Christ have mercy on us

Fifth Station...
Simon helps Jesus carry His cross

- ◆ Jesus is so tired that the soldiers know he cannot carry the heavy cross by himself. So, they look around and see someone who looks strong enough to help. That person was Simon.



5. The Fifth Station – Simon helps Jesus to carry His cross

Jesus is so tired that the soldiers know he cannot carry the heavy cross by himself. So, they look around and see someone who looks strong enough to help. That person was Simon.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

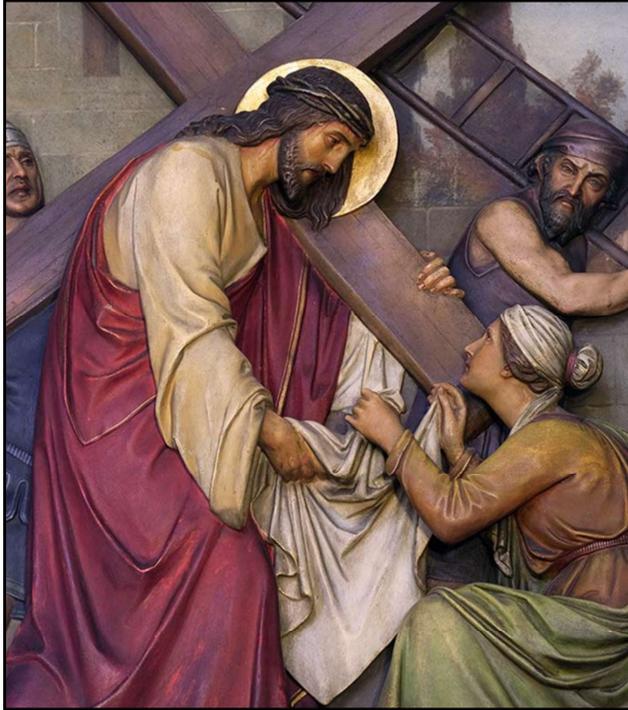
CHILD READER:

In our families, there are lots of times when we need to help each other...and that isn't always something we want to do. Sometimes we're busy doing something we like to do and we don't want to be bothered. Simon didn't have a choice, Jesus. They made him help you. We don't want to be like that. Fill our hearts with more kindness and generosity so that we will offer to help when someone needs us.

ADULT READER:

We're probably more like Simon than we'd like to admit, often needing to be pushed into service. How many people do we meet each day that don't have someone to offer them a warm smile, a friendly word, or a listening ear? Lord, help us live our faith by offering loving, unselfish service to others...and let us begin with our families at home.

All: Lord Jesus Christ have mercy on us



Sixth Station... Veronica wipes the face of Jesus

- ◆ Jesus is hot, tired, and sweating. His hair is all tangled and he is covered in dust. Suddenly, a woman pushes her way out of the crowd and stands in front of Jesus. She takes a clean cloth and gently wipes Jesus' face.

6. The Sixth Station – Veronica wipes the face of Jesus

Jesus is hot, tired, and sweating. His hair is all tangled and he is covered in dust. Suddenly, a woman pushes her way out of the crowd and stands in front of Jesus. She takes a clean cloth and gently wipes Jesus' face.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

CHILD READER:

Jesus, so often it's easy to pass by someone in need. Either we just don't want to get involved or we think a small act of kindness won't make any difference. Help us to understand that when we help the new student at school find her classroom or give encouragement to a teammate, or help our siblings with homework, we are showing your love in the world.

ADULT READER:

What Veronica did took courage. It's hard to step out of the norm, to be open about what we believe, to always act with justice and compassion in the face of prejudice. We need to be reminded of your words: "Love the Lord, your God, with all your heart, with all your soul, and with all your mind...and love your neighbor as yourself." Help us, Lord, to live by our beliefs as you have taught us.

All: Lord Jesus Christ have mercy on us

Seventh Station...
Jesus falls the second time

- ◆ Jesus is suffering and weak. Even though he keeps trying to walk, he just can't keep going. The noise from the crowd and the taunting from the soldiers make him feel even worse. Jesus can barely take another step. He falls... again.



7. The Seventh Station – Jesus Falls the second time

Jesus is suffering and weak. Even though he keeps trying to walk, he just can't keep going. The noise from the crowd and the taunting from the soldiers make him feel even worse. Jesus can barely take another step. He falls... again.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

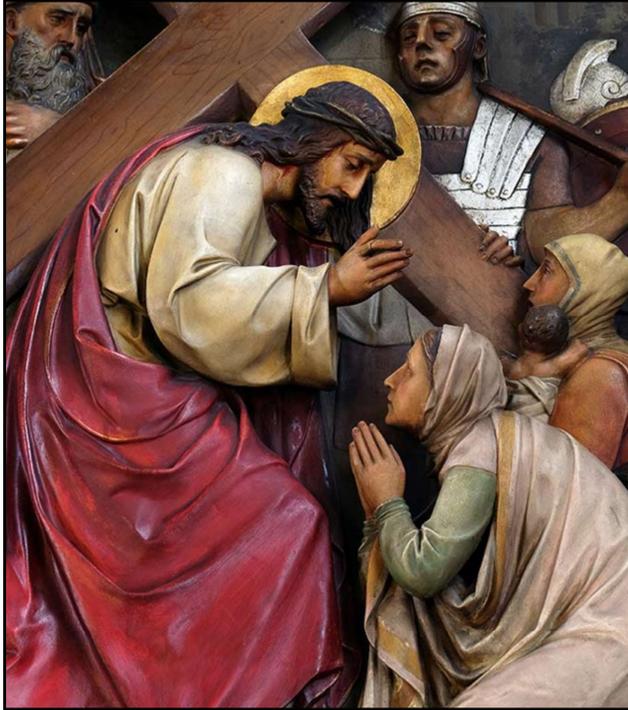
CHILD READER:

Jesus, even though we're still children, there are things that are hard in life. Sometimes we don't understand our schoolwork, no matter how hard we study. Other kids can be mean at times, excluding us from the group or calling us names. Our parents sometimes aren't really listening to us. All these things hurt...just like falling down must have hurt you. Help us to forgive people who hurt us, Jesus, like you always do.

ADULT READER:

My faith is important to me, Lord, and my family is most precious in my life. Yet, in trying to live faithfully and lovingly, I fall again and again. I begin over with a fresh resolve...only to stumble and fall. I need strength and confidence. And when I get discouraged, I need to remember you, gathering your strength and rising once more.

All: Lord Jesus Christ have mercy on us



Eighth Station... Jesus consoles the Holy Women

- ◇ As Jesus continues on the road, he passes some women who are crying because Jesus' is suffering. But instead of thinking of himself and how he feels, Jesus tells the women not to cry because of him, but, instead, to take care of others, especially the children.

8. The Eighth Station – Jesus consoles the Holy Women

As Jesus continues on the road, he passes some women who are crying because Jesus' is suffering. But instead of thinking of himself and how he feels, Jesus tells the women not to cry because of him, but, instead, to take care of others, especially the children.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

CHILD READER:

Jesus, sometimes we have a hard time showing compassion to others or caring about anyone other than our families, a few close friends and ourselves. It's easier not to get involved, easier not to put ourselves in an uncomfortable situation. Sometimes we just don't pay attention to the poor, the homeless and the sick. But, we know that's not right. Help us, Lord, to learn to care more about others.

ADULT READER:

What a gift children are! What promise their young lives hold. But we worry about protecting them from the world's adult-sized tragedies. We're concerned about their future. We're concerned about the future of all children around the world, especially those living every day with the horror of war or endless hunger. May we live up to all that parenting asks of us. May we shower the children in our lives with tenderness, guidance, laughter, understanding, patience, and the safe embrace of our love.

All: Lord Jesus Christ have mercy on us

Ninth Station...
Jesus Falls the third time

- ◆ Jesus is so tired now that he can hardly breathe. Every single step gets harder and harder to take. He has no energy left and he falls down on the stony ground for the third time.



9. The Ninth Station – Jesus Falls the third time

Jesus is so tired now that he can hardly breathe. Every single step gets harder and harder to take. He has no energy left and he falls down on the stony ground for the third time.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

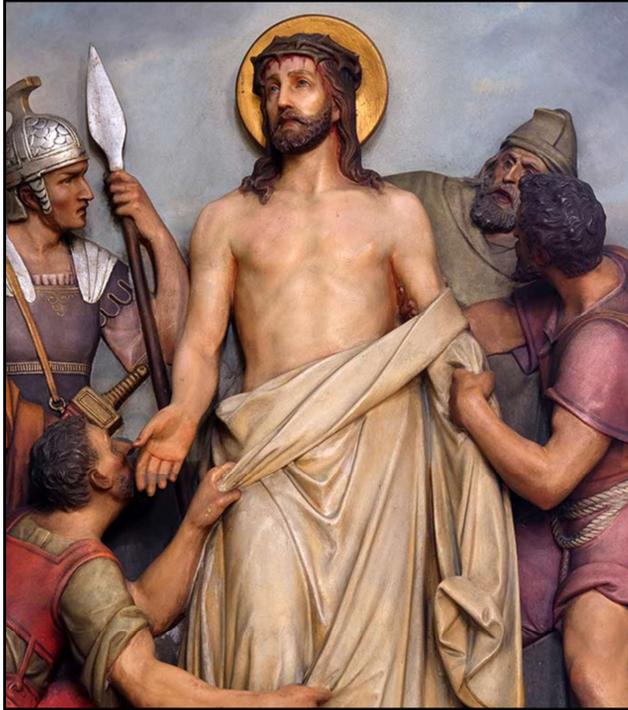
CHILD READER:

When a friend makes a mistake, we sometimes laugh. Sometimes we make fun of the person who tries something, but doesn't succeed. We know it hurts because none of us want to be the one being laughed at! Help us, Jesus, to show kindness when someone fails and to be understanding when someone messes up. Help us to be the one who cheers our friends and families on!

ADULT READER:

Lord, how do you keep going? Some days all it takes is a leaky roof, a sick child, a demanding boss, or an argument with a spouse to make us scream and want to give up. In that moment, we're not thinking of all of the people who have no roof or fresh water; no health care for their families; no job; and no supportive partner. We plead with you, Lord: Help us to keep our problems in perspective and to cherish all that we have. Inspire us to reach out to others.

All: Lord Jesus Christ have mercy on us



Tenth Station...
Jesus is stripped of His clothing

- ◇ Jesus reaches the hill outside of the city and he knows that this is where he will die. As he stands before the soldiers, they pull off his long robe and strip away his clothes. It looks like he stands there, alone... but he knows God is with him.

10. The Tenth Station – Jesus is stripped of his clothes

Jesus reaches the hill outside of the city and he knows that this is where he will die. As he stands before the soldiers, they pull off his long robe and strip away his clothes. It looks like he stands there, alone... but he knows God is with him.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

CHILD READER: Jesus, sometimes it's hard to share or to give away something that we really want to keep. Sometimes we're embarrassed in front of other people like you must have been. Sometimes, we even wonder if our friends really like us! But we know you love us no matter what. You are always with us as a best friend.

ADULT READER:

Lord, we live in a world where we are measured by what other people see...where we live, what car we drive, what clothes we wear, how much we earn, even what college our kids get into all seem so important. Yet, someday, these external measures will be stripped away to reveal our deepest, truest selves. What will be revealed about us? About the way we lived our faith? The way we loved our families? The choices we made every day?

All: Lord Jesus Christ have mercy on us

Eleventh Station...
Jesus is nailed to the Cross

- ◆ It hurts Jesus to be nailed to the cross. He hurts all over; he is exhausted and thirsty. But he looks at the people who have hurt him and instead of being angry, Jesus asks God to forgive them.



11. The Eleventh Station – Jesus is nailed to the Cross

It hurts Jesus to be nailed to the cross. He hurts all over; he is exhausted and thirsty. But he looks at the people who have hurt him and instead of being angry, Jesus asks God to forgive them.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

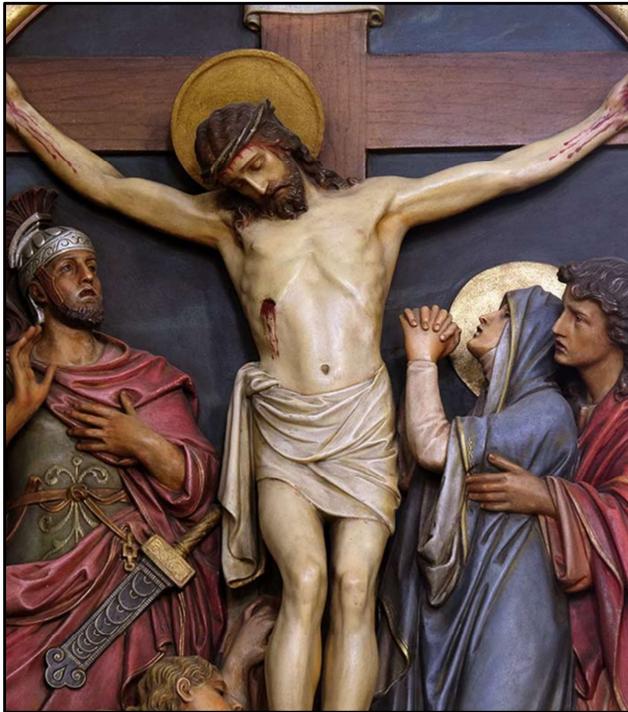
CHILD READER:

Jesus, sometimes we may take people for granted. Think about our mom and dad. They willingly, and without thinking, sacrifice for us every day, just as you did on the cross...out of love. Over and over again, our parents forgive our mistakes and encourage us with love...just as you do. Jesus, bless all mothers and fathers everywhere.

ADULT READER:

Lord, the story goes that someone asked, “How much does Jesus love me?” And that you spread your arms wide on the cross and said, “This much.” As parents, we are called to this kind of unconditional love. We love our children, even when they don’t do what we expect them to do. We forgive their mistakes, always, ...out of love. Help us to do this better, Lord. Help us to love unconditionally.

All: Lord Jesus Christ have mercy on us



Twelfth Station... Jesus dies on the Cross

- ◆ Finally, after the long walk, after falling three times, after being nailed to the cross, Jesus prays out loud to his Father, then bows his head and dies.

...Brief pause...

- ◆ Now this part of his life is over. There is nothing left for Jesus to give or do. He has loved us to the very end.

12. The Twelfth Station - Jesus expires on the cross

Finally, after the long walk, after falling three times, after being nailed to the cross, Jesus prays out loud to his Father, then bows his head and dies. (Brief pause.) Now this part of his life is over. There is nothing left for Jesus to give or do. He has loved us to the very end.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

CHILD READER:

Jesus, you made many decisions in your life. This is the final one, to give your life for us. Because we are young, we face many decisions ahead - Big life decisions that will shape our whole lives, like choosing a career or who to marry, and little decisions like how to behave with our friends, and the words that we use. Please help us to make good decisions, both the big and the small.

ADULT READER:

We need to trust you, Lord. So much of life is a mystery. Sometimes, along the way, it is dark. We can't see where we are, or where we've been or where we're going. There are times we feel lost. We wish for a bright light and a road map with directions to keep us on the right path. The darkness, the unknown, can be frightening. Help us trust in you, Lord, so that we may say every day, "Father, into your hands I entrust my spirit."

All: Lord Jesus Christ have mercy on us

**Thirteenth Station...
Jesus is taken from the Cross**

- ◆ Now Jesus' body is taken down from the cross. No more pain or suffering for Jesus. Mary, Jesus' mother, holds him tenderly in her arms. Everyone is sad.



13. The Thirteenth Station – Jesus is taken from the Cross

Now Jesus' body is taken down from the cross. No more pain or suffering for Jesus. Mary, Jesus' mother, holds him tenderly in her arms. Everyone is sad.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

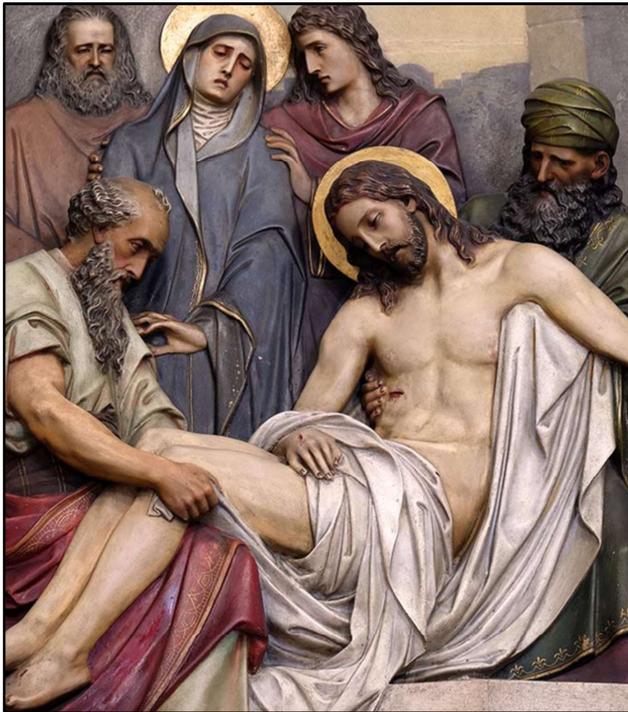
CHILD READER:

Jesus, some people we love have died and it made us sad. We miss them and think about them a lot. But you promised that we would see them again someday and that all of us will be with you forever. We believe you.

ADULT READER:

Lord, give us the courage of Joseph of Arimathea. [air-uh-muh-they'-a] He went to Pilate and asked for your body. He didn't let fear, or the real threat of personal danger keep him from acknowledging his love for you. We want to live like Joseph. We want to live for you...courageously, faithfully.

All: Lord Jesus Christ have mercy on us



Fourteenth Station... Jesus is placed in the tomb

- ◆ The friends of Jesus wash his body and wrap it in a clean sheet. Then they gently put him in the tomb. When they are finished, they push a very large stone over the entrance and everyone goes home.

14. The Fourteenth Station – Jesus is placed in the tomb

The friends of Jesus wash his body and wrap it in a clean sheet. Then they gently put him in the tomb. When they are finished, they push a very large stone over the entrance and everyone goes home.

Narrator: We adore you, O Christ, and we praise you.

PRAYER RESPONSE by ALL: Because by your holy cross you have redeemed the world.

CHILD READER

When we love someone, saying good-bye can be very hard, even if it's just for a little while. Help us remember, Jesus, that you promised it would only be "a little while" before we see you again. And that someday, we will be with all the people we love who have died, and that we will be together with you forever.

ADULT READER

After all the noise, after the harsh sound of shouts and taunts, after the heartbreaking sound of constant weeping and cries of pain,... *there is silence.* [pause...]

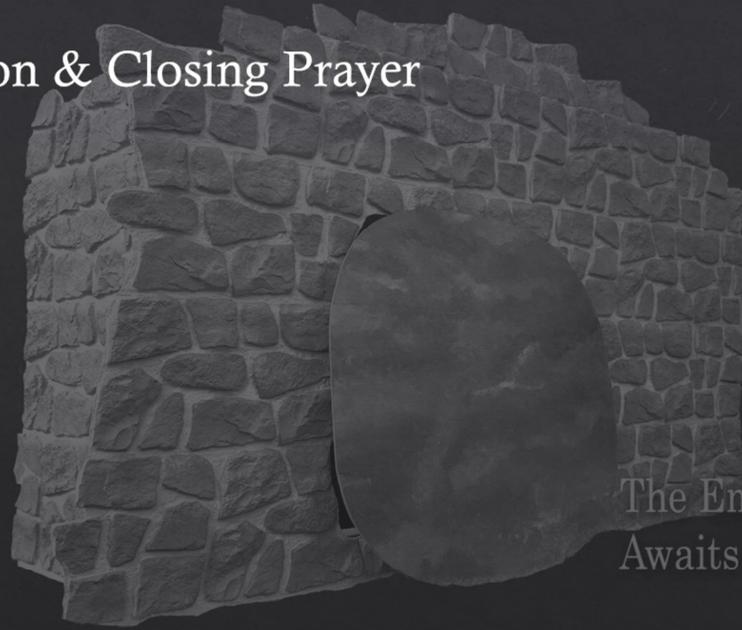
You lay in the tomb and everyone has gone home...but, no one knew: *Life is not ended, merely changed.* Love changes us. Change us, Lord. Transform our hearts. Help us see what is most important in life. Help us to give our life away in love...to our families, and to all who are part of our journey.

All: Lord Jesus Christ have mercy on us

OPTIONAL Music Video for Reflection (3.5 minutes)

https://www.youtube.com/watch?v=acOZB3u5_Gk

Meditation & Closing Prayer



The Empty Tomb
Awaits Him...

You may think that this is the end...that it is all over...all done, but it's not. You may think like the disciples, that Jesus is gone and that we are left behind... but we are not. Why not? Because of Easter and Jesus' Resurrection! Jesus *was* crucified but *we know* Jesus is alive! This is why we celebrate His Resurrection on Easter.

.....**PAUSE**.....

Death is not the end of the Jesus story...Life always has the last word...

What a wonderful surprise for Jesus' friends on Easter morning when they see that he is alive! His body is like new! And he is no longer tired, sad or suffering. Jesus is alive in a new and special way. Let's be very still, very quiet for just a moment and think about our prayers tonight...and think about what we want Jesus to help us with this Lent...and about Jesus' love for each of us, and about life that lasts forever.

Pray that we are transformed this Lent; transformed into a people of love, compassion, and mercy. As we look to His Resurrection, we reflect on all the ways that Jesus asks us to follow the example of his life, and the promise of the Resurrection for all.

Peace

Faith

Hope

Humility

Charity

Love

Redemption

Prayer

Compassion

Communion

Family

Spirit

We pray now, with the words that Jesus gave us. "Our Father..."

Special Thank You

- ◆ The Catechists and Staff of St. Patrick SRE and School, and our parish Youth Group
- ◆ Mrs. Mary Vitulli, St. Patrick School Principal
- ◆ Val Walker, Director of Faith Formation, St. Patrick Church
- ◆ School and Parish Families who lead the prayers, helping us to find the meaning for ourselves in these Stations



Imagery Credit: Franciscan Friars of the Atonement