

Stations of the Cross for Families

First Station: Jesus is condemned to death

Look at Jesus

Jesus is standing quietly in the court yard of the castle. Angry people are yelling and saying mean, hurtful things to him. They scream at him. Some of them tell lies about him, saying that he did bad things.

But Jesus stays quiet, even though he knows that he will be hurt. He knows that God is with him.

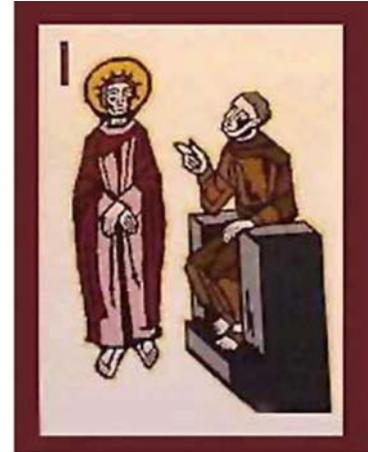
Look at Your Heart

Has anyone ever said mean or hurtful things about you, or has anyone ever told a lie about you? If someone did that to you, look at your heart and see how you felt. Maybe you were scared, or hurt, or maybe you felt very angry.

When you see how you felt, show your heart to Jesus. Imagine Jesus standing beside you to comfort you and give you courage. Then, when you are ready, you can ask Jesus to help you so that your heart can be more like his.

Pray

We stop for moment to ask God to give us courage when things are difficult and to help us trust in him.



Jesus stands before a judge, Pontius Pilate. The judge tells Jesus that he will die.

Second Station: Jesus goes out carrying his cross

Look at Jesus

When the soldiers put a big, heavy cross on Jesus' shoulders, Jesus doesn't fight with them or say angry words to them. He knows that he has to carry this cross a long way, and he knows that the way will be very hard for him at times. But Jesus knows that God is with him, and he asks God to help him to carry this cross, even though it is heavy.

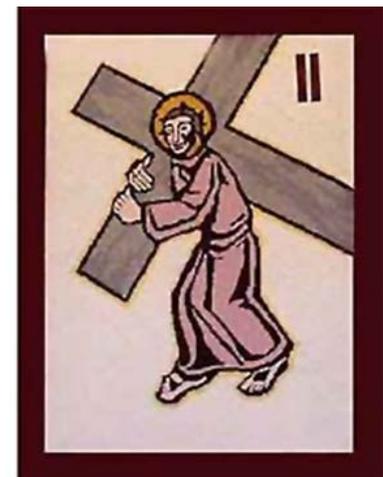
Look at Your Heart

Have you ever had something happen that was very hard for you? Sometimes children are very sick, or someone in their family is very sick. Sometimes adults or older children do not treat younger children nicely. Sometimes there are things we really want and we find that we can't have them.

Take some time to look at what your heart is like when other people seem to be against you. Show your heart to Jesus, because he understands. Maybe you'll see in your heart how Jesus wants us to act towards other people. When you are ready, you can ask Jesus to help you so that your heart can be more like his.

Pray

We pray for people who have to carry big responsibilities at this time in our country. Help them to be strong and to give good and wise leadership.



Soldiers put a heavy cross on Jesus' shoulders.

Third Station: Jesus Falls the First Time

Look at Jesus

Jesus is so tired as he walks along the road with the heavy cross on his shoulders. The cross keeps digging into his shoulder, and 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. How tired Jesus is! Jesus prays in his heart, "God, help me remember that you are here."

Look at Your Heart

Did you ever fall in the playground or at home? Falling really hurts, doesn't it? It's a shock. And of course, when you fall, you feel really silly.

Can you remember a time when you fell? Can you remember how you felt? Show your heart to Jesus. Imagine Jesus helping you to get up and start again. When you are ready, you can ask Jesus to help make your heart more like his.

Pray

We stop for a moment to pray for people who are sick and who need help to get back on their feet again.



Jesus falls the first time.

Fourth Station: Jesus Meets His Mother

Look at Jesus

As Jesus walks slowly with the cross on his shoulders, he sees his mother standing at the side of the road. How sad for them to see each other now. Mary feels so sad because she sees Jesus surrounded by soldiers. She sees how much he is suffering, and Jesus sees how sad she is. They don't have a chance to speak to one another.

Look at Your Heart

Have you ever been very sad, or do you know someone who has been very sad? Sometimes our hearts are sad because we cannot be with someone we love.

If you can remember a time when you were very sad, let Jesus see what your heart looked like when you felt that way. Imagine Jesus loving you in his heart. When you are ready, you can ask Jesus to help comfort other people when they are sad.

Pray

We pray for our grandparents (and we keep in touch with them by phone) even if we can't go to see them. We miss being able to be with our friends. This is a good time to pray for all the people we miss.



Jesus meets his Mother.

Fifth Station: Simon of Cyrene Helps Jesus Carry his Cross

Look at Jesus

Jesus is so tired that the soldiers know he is not able to carry the heavy cross by himself. So they look around for someone who looks strong enough to help. They see a man called Simon from Cyrene.

Jesus just looks at Simon and quietly whispers, "Thank you" to Simon. Then they continue on the long dusty road, carrying the cross together.

Look at Your Heart

Let's admit it. We don't always want to help when we are asked. In our hearts we might say "NO" I'm doing something else I like doing. Or we might say "YES" – but then we don't actually do it.

Let's admit it. We don't always want to help when we are asked. Sometimes it's easier to say "NO" than "YES". Imagine a time when you said "YES" and you helped. Imagine Jesus looking at you and whispering "thank you", because when we are kind to other people, we are kind to Jesus. When you are ready, you can ask Jesus to give you the heart of a helper.

Pray

This is a good time to pray for all the great people who are working so hard to help us stay safe, and to have the things we need, even if we can't go out.



A man, Simon,
helps Jesus carry his cross.

Sixth Station: Veronica Wipes the Face of Jesus

Look at Jesus

Jesus is hot, tired, and sweating. His hair is all tangled, and he is covered in dust from the long walk.

Suddenly, a woman named Veronica pushes her way out of the crowd and stands in front of Jesus. She knows she can't stop what is happening to Jesus, but she feels in her heart that she just has to do something. She takes a clean cloth and gently wipes Jesus' face. Jesus is so thankful that he leaves a picture of his face on her cloth.

Look at Your Heart

Did you ever see someone who was having a hard time. Maybe you said to yourself, "there's nothing I can do about it". Then, like Veronica, maybe you realised that even something small, like a smile or a kind word can really touch someone's heart. Have you ever done some little thing that helped someone feel better? As you think of the times you helped, show Jesus your heart. Imagine Jesus looking at your heart. He loves you and he stays in your heart, just like the picture on Veronica's cloth. What a wonderful heart you have!

Pray

We pray for the nurses and doctors who are looking after people who are sick with the virus. Like Veronica, they are standing out from the crowd.



A woman, Veronica,
wipes Jesus' face.

Seventh Station: Jesus Falls the Second Time

Look at Jesus

How very tired, weak, and sad Jesus is now. Even though he keeps trying to walk with the heavy cross, he just can't keep going.

The noise from the crowd and from the soldiers makes him feel even worse. Then Jesus falls, because he just can't take another step.

Look at Your Heart

Jesus asks us to walk with him in our lives, He wants us to be his followers. Sometimes we think it's too hard. Sometimes we follow the crowd instead and we don't live like Jesus. Sometimes we know that we have let other people down, and we have let Jesus down. At times like that, maybe we feel sorry for ourselves and we don't even want to try again.

But now, show Jesus your heart. Let him see that you are sorry. Imagine him looking at you and see that he still loves you. Ask him to help you to get up and try again.

Pray:

Oh my God, I thank you for loving me. I am sorry for all my sins, for not loving others and for not loving you. Help me to live like Jesus and not sin again.



Jesus falls a second time.

Eighth Station: Jesus Meets the Women of Jerusalem

Look at Jesus

After Jesus gets up, he continues on the road carrying his heavy cross. He passes some women who are crying because they are so sad to see Jesus suffer.

But instead of thinking only of himself and how bad he feels, Jesus tells the women not to keep crying because of him. He tells them, instead, to take care of others, and especially to take care of their children.

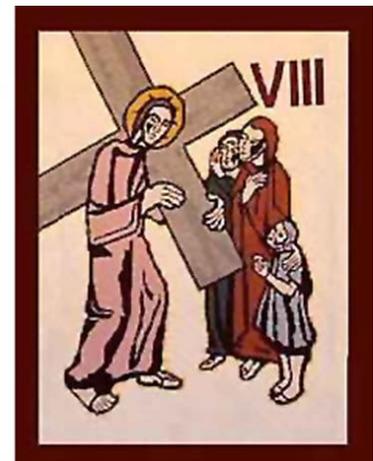
Look at Your Heart

Sometimes it is easy to just think about ourselves and about our own problems. When we are sad, we sometimes forget completely about other people. How does your heart look when you do that, when you think only about yourself?

Show your heart to Jesus. Let him see your worries. Now imagine Jesus pointing to other people who are in a much worse situation. Who are they – can you see? When you are ready, maybe you can ask Jesus to help you have a heart like his, a heart that sees the needs of other people and really cares about them? That's the kind of heart Jesus has.

Pray

We stop for a moment to pray for people who have no job, or no home, or no fresh water to wash their hands. We ask God to help us, when we grow up, to do something about that.



Jesus meets women who are crying.

Ninth Station: Jesus Falls the Third Time

Look at Jesus

Jesus is so tired now that he can hardly take another step. It is hard for him to breathe. He has been walking a long time along the dusty road, and he has no energy left. He just can't go on anymore.

Then He falls down in the street for the third time. He is so very tired. Jesus asks God to help him. And then, with a struggle, he gets up again, even though it is hard for him to do.

Look at Your Heart

When we have really tried to do our best, and have not been able to succeed, it is easy to feel like Jesus did. Sometimes other people just make fun of us when we fail.

Can you remember a time when you tried your best and it just didn't work out. Look at how your heart felt, and show your heart to Jesus. He knows that you tried. When you are ready, ask God to help you not to give up trying.

Pray

Scientists are working hard to get a vaccine for the Corona Virus. We know that they might not get it right the first time or even the second time. We pray for them that they have the courage to keep trying.



Jesus is nailed to the cross.

Tenth Station:

Look at Jesus

Finally Jesus reaches the hill of Calvary. He knows that he will die here. But before he dies, the soldiers will try to make him look small. They pull off his long robe, and almost all his clothes are taken from him.

Jesus stands in front of the crowd with only a small piece of cloth to cover him. Jesus asks God to be with him. He knows that God's love is the only cover he needs.

Look at Your Heart

Do you find it hard to share things or even to give away something that you like? Do you sometimes like to keep everything for yourself? Do you sometimes fight over your things?

If you remember a time when you refused to share, or fought with someone about your things, remember how your heart felt. Imagine what it would be like if everything you own was taken away. Then, show your heart to Jesus. You can ask Jesus to help you to have a heart that is like his heart.

Pray:

We stop for a moment to pray for people who have lost everything they ever had. We pray that they will know how much Jesus understands and how much God loves them



Jesus' clothes are taken away.

Eleventh Station:

Look at Jesus

It really hurts Jesus as the soldiers nail him to the cross. He hurts all over; he is tired and thirsty; he knows that he is going to die. But he looks at the people who have hurt him and, instead of saying bad things to those people, Jesus asks God to forgive them.

He looks at his mother and tells her to take care of others. Even when he is dying, Jesus is thinking of other people.

Look at Your Heart

Can you think of a time when someone hurt you with unkind words or actions? Was it hard for you to forgive that person?

Jesus knows that forgiving is hard to do. Maybe there is somebody that you need to forgive right now. Show your heart to Jesus and ask him to help you to find a way.

Pray:

We stop for a minute to pray for people who suffer from violence, and we remember especially people in some parts of the world who suffer simply because they believe in Jesus. Help them to know that he is close to them.



Jesus is nailed to the cross.

Twelfth Station:

Look at Jesus

Now Jesus life on earth is over. He has done all the things that God His Father asked him to do. Jesus has given his life for all of us.

Finally, after the long walk, after falling three times, after having the men beat him, after being nailed to the cross and suffering on the cross, Jesus bows his head and gives his heart up to God His Father.

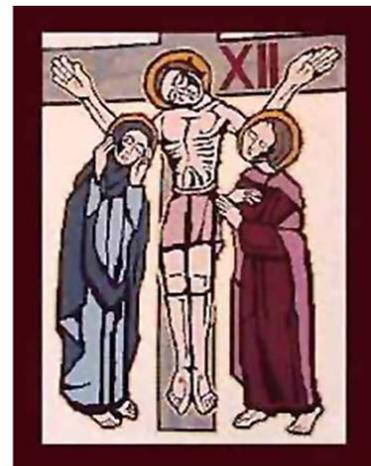
Look at Your Heart

Did you ever bake a cake? Sometimes when you take it out of the oven, it doesn't look great. You know that everything is in there. It should taste ok, but you would like if it looked a bit different.

That happens in our lives to. Things don't always look the way we wanted them to look, but we know that, like Jesus, we have done our best. It's time to hand over to someone else. It's time to hand over to God. If you can think of a time like that, then show Jesus your heart, and let him love you. When you are ready, you can ask Jesus to help your heart be more like his heart.

Pray

We pray for people who have died, in our own family, among our own neighbours and especially these days because of the virus. May them be at peace with Jesus



Jesus dies on the cross.

Thirteenth Station

Look at Jesus

Now the dead body of Jesus is taken down from the cross. No more pain or suffering. All of that is over now. Mary, Jesus' mother, holds him tenderly in her arms. How sad she is.

And how sad Jesus' friends are. Big strong men cry as they hold his body.

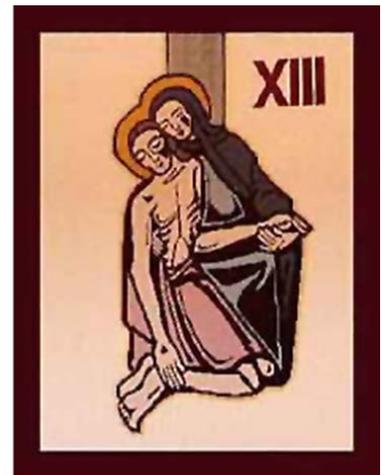
Look at Your Heart

Is there someone you love who has died? When you remember that person, how does your heart feel?

You can show your heart to Jesus, and show Jesus what you miss about the person who died. Jesus knows what your heart looks like, and he loves you. He can help to heal your heart.

Pray

We stop for a minute to say thank you to God for the gift of life, and for all the good things we remember about people we know who have died.



Jesus is taken down from the cross.

Fourteenth Station: Jesus is Placed in the Tomb

Look at Jesus

Jesus' friends wash his body and wrap it in a clean sheet. They work very gently, and then they put his body into a tomb. When they are finished, they push a very large stone over the entrance, so that no one can go inside.

Now there is darkness in the tomb where Jesus' body lies, and all of his friends go home because they are very sad and tired.

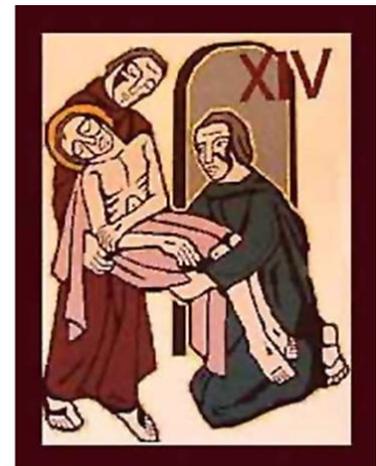
Look at Your Heart

Can you remember a time when you had to say Good-bye leave somebody behind – maybe at the airport – and you were very sad? Maybe you were leaving the person for only a short time, or maybe it was for a long time. Maybe you said "Good-bye" to someone you loved when that person died.

Take a few moments to think about one of those times you were sad to say "Good-bye," and show Jesus how your heart felt then. Try to picture Jesus loving you, and being with you with your sad heart. Let Jesus love you a lot; Jesus knows how sad your heart is.

Pray

We pray for people who are sad today, because someone they love has died. We ask Jesus to heal their broken hearts.



Jesus is buried.

15th Station: The Resurrection of Jesus

Looking for Jesus

In our Churches there are only Fourteen Stations of the Cross, but we know that Jesus is alive because he rose from the dead, and he is in our Church to welcome us. He is present especially in the Eucharist (the Blessed Sacrament). We know that, when our life on earth is over, he wants us to be happy with him forever in Heaven

Look at Your Heart

It is sometimes very hard when we have to wait for something we really want. It is hard to be patient. Hope is a virtue that helps us to trust that God will keep his promise. It is good to have Hope.

It does feel strange when we can't go to the Church to pray or to receive Jesus in Holy Communion. Many boys and girls have to wait for their First Communion until the virus is gone. But Jesus is not going away. He will wait for us. The Holy Spirit will wait for the boys and girls who are due to be Confirmed. Like the friends of Jesus in the Gospel we look forward with hope.

Pray

We ask God to give us hope and to help us to trust in his promise of eternal life.



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Images of 14 Stations by: *Sr. Mary Clement Pagliari and Duk Soon Fwang*