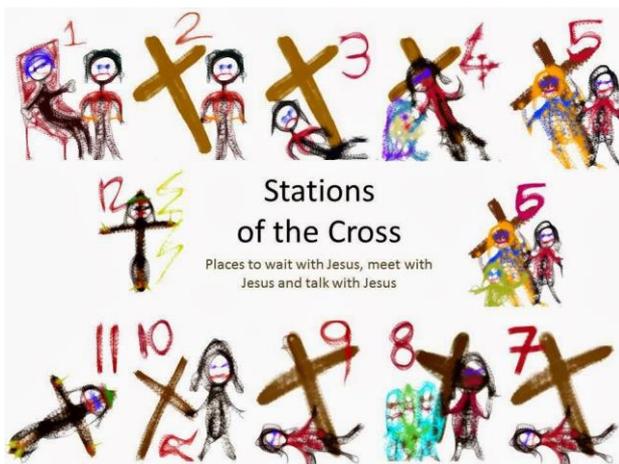


Stations of the Cross for young & old



First Station:

Jesus is sentenced to death

Early in the morning Jesus was brought before Pontius Pilate. Pilate was to pass judgement on Jesus. "Should I kill your king?" he asked the crowd. "Yes!" they shouted, "Crucify him!" So Pilate, wanting to make the crowd happy, allowed Jesus to be led away.

Let us reflect: Pilate knew that Jesus didn't deserve to be killed, but he was more interested in being popular than doing what was right and fair. Are we a bit like Pilate sometimes? Do we sometimes make wrong choices because we want to be liked?

Let us pray: **Jesus, help me to be brave enough to make good choices. Amen.**

Second Station:

Jesus carries his cross

The soldiers who led Jesus away made fun of him. They placed a crown of thorns on Jesus' head then gave him a heavy, wooden cross to carry through the streets.

Let us reflect: The soldiers wanted to make Jesus feel unloved. But it didn't work. Jesus knew his friends, his mother, Mary, and most of all God loved him beyond measure, and this love would never end.

Let us pray: **Jesus, we pray for those people who have no family or friends to show them how precious they are. May they know your love for them through our kindness. Amen.**

Third Station:

Jesus falls for the first time

Jesus struggled to carry the heavy cross and fell to the ground. The soldiers dragged him up and pushed him forward.

Let us reflect: Jesus was set the difficult task of carrying his cross through the busy streets. The soldiers' unkind behaviour made this even harder. He would need help to cope.

Let us pray: **Jesus, sometimes people can be cruel when others are finding things difficult. Help us always to encourage those who struggle and to offer support when we can. Amen.**

Fourth Station:

Jesus meets his mother, Mary

Jesus struggled on while his mother, Mary, followed close by. She was unable to help. As Mary watched Jesus suffering, she felt great pain and sorrow, too.

Let us reflect: Our families also go through painful events. Loved ones get sick, move away, or fight. Sometimes we also feel unable to help. But there is one thing we can always do. Like Mary, we can pray.

Let us pray: **Lord Jesus, I place my family into your loving care. Help us to care for each other, to say sorry and forgive. Amen.**

Fifth Station:

Simon helps Jesus to carry the cross

As the soldiers led Jesus through the crowds, they grabbed a man called Simon. They put the cross on Simon's shoulders and made him carry it with Jesus.

Let us reflect: Simon didn't want to help at first. Carrying the heavy cross looked like hard work. Sometimes we have to do things we find hard or would rather not do – helping someone we don't know, or being polite to someone who is unkind. Let us pray: **Jesus, help me to accept the tasks I have, and to see them as a way to love and serve you. Amen.**

Sixth Station:

Veronica wipes Jesus' face

A woman called Veronica was also in the crowd. She could see that Jesus' head was bleeding. Although afraid of what others might say to her,

she reached out to gently wipe the blood from Jesus's face.

Let us reflect: Veronica risked getting into trouble for trying to help. But her pity for Jesus overcame her fear. It can be difficult to stand out from the crowd, even if that is to do something good.

Let us pray: **Jesus, help me never to let fear of others stop me from being kind to everyone. Amen.**

Seventh Station:

Jesus falls for the second time

The soldiers ordered Jesus to move on. But he didn't get very far. Jesus was in great pain. He fell to the ground for a second time.

Let us reflect: Sadly there are people in the world who, through sickness or injury or violence, know what it is like to feel pain. Jesus understands their suffering.

Let us pray: **Jesus, we pray for all who are sick and in pain. Amen.**

Eighth Station:

Jesus meets the women of Jerusalem

In the crowd that followed Jesus, there were some women and children. They stayed close to Jesus as he struggled by, they felt his sadness and cried tears for him.

Let us reflect: A good friend isn't someone who only shares our happy times. A good friend is someone who shares our sad times too. Jesus had shown the women and children how to be a good friend.

Let us pray: **Jesus, help me to be a caring, loyal and gentle friend to others. Amen.**

Ninth Station:

Jesus falls for the third time

For the third time, Jesus fell to the ground. He was sad and tired. The soldiers and the crowd watch on anxiously, unsure if he will get back up.

Let us reflect: Sometimes we feel knocked down and low: when we're finding life rough and difficult, when people are unkind or when we are treated unjustly. It is hard to pick ourselves up and carry on.

Let us pray: **Jesus, help me to remember that when I feel like giving up, you are there to help**

me carry on. Amen.

Tenth Station:

Jesus is stripped of his clothes

After Jesus had picked himself up, the soldiers led him on to a hill called Calvary. It was here that Jesus would be crucified. When they finally arrived at Calvary, the soldiers pulled the clothes from Jesus' body.

Let us reflect: In front of the crowd, the soldiers humiliated Jesus by taking his clothes away. It is horrible to be treated like that. It makes people feel awful and breaks them.

Let us pray: **Jesus, you taught us that as we are all God's children and should be treated well. Help us always to remember this in what we do and say. Amen.**

Eleventh Station:

Jesus is nailed to the cross

The soldiers laid Jesus on the cross and nailed his hands and feet to the wood. While they did this, Jesus prayed, 'Father forgive them, for they do not know what they are doing.'

Let us reflect: Jesus teaches us forgiveness. It can be very hard to forgive. But like Jesus, we must try to understand why people make wrong choices and forgive them for the pain they cause.

Let us pray: **Jesus, help me to be a forgiving person, especially when I am hurt and upset. Amen.**

Twelfth Station:

Jesus dies on the cross

After six hours on the cross, at around three in the afternoon, Jesus cried out, 'Father, into your hands I place my spirit' and he breathed his last breath.

Let us reflect: We feel sad when someone dies, especially someone we know and love. The people around Jesus felt this sadness too. But their sadness would soon change to joy. Because in three days Jesus would rise again and his resurrection would bring new life for all.

Let us pray: **Jesus, we pray for people who are sad because someone they love has died. May they find comfort in knowing that their loved one is safe with you in heaven. Amen.**