

# Stations of the Cross



**Stations are places where people wait** while they are going from one place to another. A school-bus stop is like a station. People wait at train stations or bus stations or airports. Think of some stations where you have been.

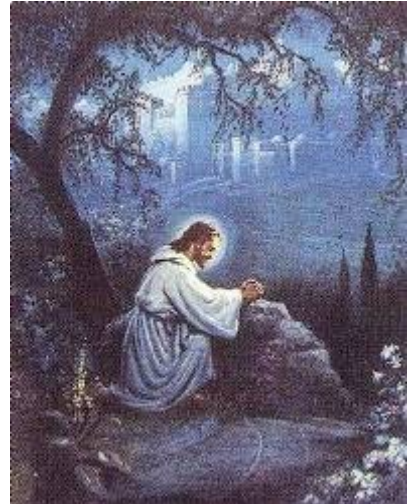
**Stations are also places where people take time to think about Jesus** as he went to die on a cross. They are “Stations of the Cross.” They show us how much Jesus loved us.

## Station I Jesus Prays in the Garden of Gethsemane

### Look at Jesus

Jesus chooses 3 of his best friends to go with him to a garden outside Jerusalem at night. Jesus wants to pray. He goes away on his own, leaving his 3 friends to keep watch. Jesus prays all night, and becomes very upset as he realises what he must do. This is going to be really hard.

During the night, Jesus returns to his friends 3 times, and every single time he finds them fast asleep. Jesus feels very alone, that not even his best friends could keep watch for him. But he is determined to do God's will, even if it is hard.



### Look at Your Heart

Have you ever felt let down by friends? Or have you felt all alone when faced with a really hard decision? Perhaps you knew the right thing to do but you found it hard to do it. How did you feel at those times?

When you see how you felt, show your heart to Jesus. See Jesus loving you when you show him what happens in your heart. Then, when you are ready, maybe you can ask Jesus to be with you at those times, giving you strength to do the right thing.



### Bible Passage

He came out and went, as was his custom, to the Mount of Olives; and the disciples followed him.

When he reached the place, he said to them, 'Pray that you may not come into the time of trial.' Then he withdrew from them about a stone's throw, knelt down, and prayed, 'Father, if you are willing, remove this cup from me; yet, not my will but yours be done.' Then an angel from heaven appeared to him and gave him strength. In his anguish, he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground. — Luke 22

### Prayer

Divine Protector, send your holy angels to watch over me.  
Strengthen me in times of darkness, and open my eyes that I may  
always be aware of your loving presence.

## Station II

### Jesus Betrayed and Arrested

#### Look at Jesus

One of Jesus' friends, called Judas, decides to betray Jesus. The high priests pay him money to lead them to Jesus so he can be arrested. Judas kisses Jesus on the cheek to show the soldiers who he is.

Jesus knew that Judas would betray him, but he didn't fight. He went along with it because he knew that he had to suffer in order for people to know God.



#### Look at Your Heart

Have you ever trusted someone and they betrayed you? Perhaps you stopped liking that person after they did that to you. Perhaps you kept trying to be friends. Or have you ever been falsely accused of doing something wrong? How did you react? Did you try to defend yourself or did you stay silent? Sometimes it's right to fight back but not always.

When you see how you react when things happen that are not fair, show your heart to Jesus. See Jesus loving you when you show him what happens in your heart. Then, when you are ready, you can ask Jesus to help you react more like he would.



#### Bible Passage

Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders. So when he came, he went up to him at once and said, 'Rabbi!' and kissed him. Then they laid hands on him and arrested him.

— Mark 14

#### Prayer

*God of Peace, help me to forgive those who hurt or betray me and strengthen me to be worthy of others' trust in me. Let your steadfast love and compassion flow through me that I may be your presence in this world.*

## Station III Jesus Denied by Peter



### Look at Jesus

Peter, one of Jesus' very best friends, thought that he would never be able to deny Jesus. He thought he would be loyal even if he had to die. But when Jesus was arrested, Peter ran away. He was scared. And when people asked him if he knew Jesus, he said he didn't.

Jesus had told Peter this would happen and that a cock would crow when he had denied him 3 times. But Jesus never gave up on Peter, and kept loving him and praying for him.

### Look at Your Heart

Have you ever been a bit scared to admit something to others? Following Jesus is seen by some people as a bit silly and pointless. It can take real courage to stand up for Jesus when people push us, especially if we don't understand what on Earth Jesus is doing!

When you see where your fears lie, show your heart to Jesus. See Jesus loving you when you show him what happens in your heart. Then, when you are ready, you can ask Jesus to give you courage.



### Bible Passage

Then they seized him and led him away, bringing him into the high priest's house. But Peter was following at a distance. When they had kindled a fire in the middle of the courtyard and sat down together, Peter sat among them. Then a servant-girl, seeing him in the firelight, stared at him and said, 'This man also was with him.' But he denied it, saying, 'Woman, I do not know him.' A little later someone else, on seeing him, said, 'You also are one of them.' But Peter said, 'Man, I am not!' Then about an hour later yet another kept insisting, 'Surely this man also was with him; for he is a Galilean.' But Peter said, 'Man, I do not know what you are talking about!' At that moment, while he was still speaking, the cock crowed. The Lord turned and looked at Peter. Then Peter remembered the word of the Lord, how he had said to him, 'Before the cock crows today, you will deny me three times.' And he went out and wept bitterly. — Luke 22

### Prayer

*Divine Friend, Fountain of Strength, give me courage to speak the truth and to stand for justice. When I fall short, help me to accept your unfailing forgiveness and give me strength to continue, with you as my unfailing support.*



## Station IV Jesus Judged by Pontius Pilate

### Look at Jesus

Jesus is standing before angry people who 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. He even asks God to help him forgive the people who are yelling and telling lies about 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. See Jesus loving you when you show him what happens in your heart. Then, when you are ready, you can ask Jesus to help him make your heart more like his. Maybe you want to ask Jesus to help you to remember that God is always with you.



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



### Bible Passage

Then he asked, 'Why, what evil has he done?'  
But they shouted all the more, 'Let him be crucified!' So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, 'I am innocent of this man's blood; see to it yourselves.' So he released Barabbas for them, and after flogging Jesus, he handed him over to be crucified.

— Luke 23

### Prayer

*Gracious God, be with me in all adversity. Give me strength to endure false judgments and accusations. May I always put my faith in your ultimate truth and my hope in your enduring grace.*

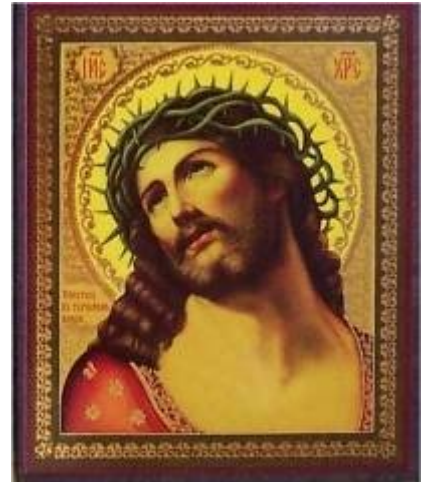
## Station V

### Jesus Mocked and Crowned with Thorns

#### Look at Jesus

When Jesus had been handed over to the soldiers, they beat him and put a crown of thorns on his head. The soldiers thought it was silly that this man could be a king. They just laughed at him.

Jesus knew that he had to go through this, and so he just kept quiet and didn't fight back. Even though it hurt him a lot, he stayed strong.



#### Look at Your Heart

Have you ever been misunderstood? You know just why you are doing something, but others don't understand. They think you are being silly, or naughty, and they might even laugh at you. How does it make you feel when that happens and what do you do?

When you see how you feel at these times, show your heart to Jesus. See Jesus loving you when you show him what happens in your heart. Then, when you are ready, you can ask Jesus to help people understand you better. You can also ask to have strength like him to be strong when people treat you badly.



#### Bible Passage

Then Pilate took Jesus and had him flogged. And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe. They kept coming up to him, saying, 'Hail, King of the Jews!' and striking him on the face. —

John 19

#### Prayer

*Merciful God, be with me in times of humiliation and despair. Give me hope, and let me know that I am always worthy in your sight. Clothe me in your love.*

## Station VI Jesus Takes up 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.



Soldiers put a heavy cross on Jesus' shoulders.

### 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 we just can't have things the way we want them.

Take some time to look at what your heart is like when this happens. Then, when you see what your heart is like, show your heart to Jesus. See Jesus loving you when you show him what happens in your heart. When you are ready, you can ask Jesus to help make your heart more like his.



### Bible Passage

. . . and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. — John 19

### Prayer

*Almighty God, help me to accept and understand the pain and hardships of this life. Give me strength to meet my challenges and bear my burdens. Grant me grace to grow in holiness, and the will to take up my cross and follow you.*

## Station VII Jesus Helped by Simon of Cyrene

### Look at Jesus

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 Jesus carry this cross. This person's name is Simon.

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

### Look at Your Heart

Sometimes helping someone can be difficult, for so many different reasons. Maybe you haven't finished something that you like to do, when someone asks you for help. Or maybe you just don't feel like helping that person.

Can you think of a time when you were asked to help someone and did not want to help? Show Jesus what it was like when that happened, and picture Jesus loving you as you show him your heart. Maybe you can even hear Jesus whisper, "Thank you for helping." When you are ready, you can ask Jesus to help you to have a helping heart.



A man, Simon,  
helps Jesus carry his cross.

### Bible Passage

Then they led him out to crucify him. They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus.

— Mark 15

### Prayer

*Divine Helper, may I be the hand of Christ, reaching out to help those in need. Make me an instrument of your peace and a messenger of your loving kindness.*



## Station VIII

### 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.



Jesus meets women who are crying.

#### Look at Your Heart

Sometimes it is easy to just think about ourselves -- about what is not going the way we want it, or about problems that we have. It is very hard, then, to think about other people. How does your heart look when you do that, when you think only about yourself?

Show your heart to Jesus, and picture Jesus loving you with your heart that way. When you are ready, can you ask Jesus to help you have a heart like his, a heart that thinks about other people and remembers other people? That's the kind of heart Jesus has.



#### Bible Passage

A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, "Blessed are the barren, and the wombs that never bore, and the breasts that never nursed." Then they will begin to say to the mountains, "Fall on us"; and to the hills, "Cover us." For if they do this when the wood is green, what will happen when it is dry?' — Mark 15

#### Prayer

*Divine Comforter, do not let me turn away from pain and sorrow. Help me to be a witness to your love and a comfort to others who suffer.*

## Station IX

### Jesus Nailed to the Cross

#### Look at Jesus

How much Jesus hurts 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. That's why Jesus will help to change your heart when you ask him to help you to forgive someone. See how your heart looks after you ask Jesus to do this.



Jesus is nailed to the cross.



#### Bible Passage

Then they brought Jesus to the place called Golgotha (which means the place of a skull). And they offered him wine mixed with myrrh; but he did not take it. And they crucified him, and divided his clothes among them, casting lots to decide what each should take. It was nine o'clock in the morning when they crucified him. The inscription of the charge against him read, 'The King of the Jews.' — Mark 15

#### Prayer

*Eternal God, give me strength to endure pain and injustice. Comfort me when I am overwhelmed and do not turn your face from my distress.*

## Station X Jesus Dies on the Cross

### Look at Jesus

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 dies.

Now this part of his life is over. There is nothing left for Jesus to give or to do. Jesus has given his life for all of us.

### Look at Your Heart

Did you ever feel that you wanted to make something better, or that if you only tried harder, something would change that you want to change? Or maybe you felt that you did not try hard enough at something, and something bad happened.

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.



Jesus dies on the cross.



### Bible Passage

From noon on, darkness came over the whole land until three in the afternoon. And about three o'clock Jesus cried with a loud voice, 'Eli, Eli, lema sabachthani?' that is, 'My God, my God, why have you forsaken me?' . . . Then Jesus cried again with a loud voice and breathed his last. At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook, and the rocks were split. — Matthew 27

### Prayer

*Jesus, at your death, the veil was torn, and heaven and earth became one. Fill my heart with your love and guide me, that I may help to break down the walls that divide us. May your spirit flow through me as a healing force in this troubled world.*

## Station XI Jesus' Body Is Entombed

### Look at Jesus

Jesus' friends wash his body and wrap it in a clean sheet. They touch his body 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.

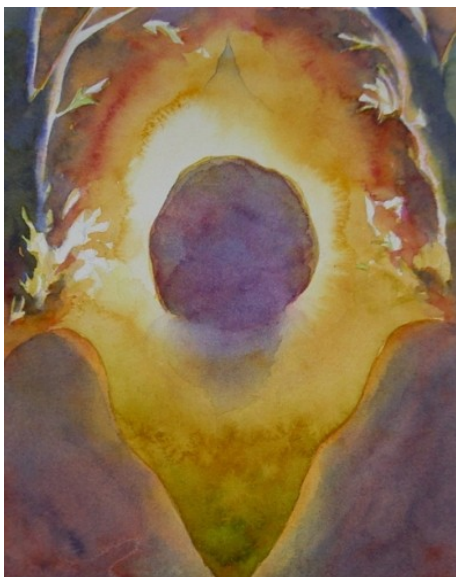
### Look at Your Heart

Can you remember a time when you were very sad to say "Good-bye" to someone? 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 saying "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.



Jesus is buried.



### Bible Passage

So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away. Mary Magdalene and the other Mary were there, sitting opposite the tomb. — Matthew 27

### Prayer

*Eternal Light, even in the darkest of times you are present, for you are the light beyond darkness. May your light shine in my heart, and may I be faithful to the knowledge that darkness shall never prevail.*



# Station XII

## The Resurrection

### Look at Jesus

What a wonderful surprise for his friends when they see that he is alive. His body is like a new kind of body -- full of light! And he is no longer tired, sad, or suffering. He has no more pain.

Yes, he is alive in a new and special way. Jesus will live forever, now, in this new and special way.

### Look at Your Heart

Have you ever taken time to thank God for your life, for some of the good things you have been able to do, for some of the people in your life, or for some of the good things that people have done for you? When you get up in the morning, do you say "Thanks" to God for your life and for the wonderful things you can see, hear, feel, taste, or smell?

How does your heart look when your heart is full of thanks? Take time to show your thankful heart to Jesus, and let Jesus let his love touch you.



Jesus is raised from death. Jesus is alive!

### Bible Passage

After the Sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him the guards shook and became like dead men. But the angel said to the women, 'Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. — Matthew 28



### Prayer

Love's ultimate victory over death shines forth in all of creation!  
Eternal and Glorious God, give me eyes to see the eternal springtime of your love, a voice to sing your praise, and a heart that leaps for joy.