

Stations of the Cross:

In parts for:

Leader (moving from station to station),

Reader (from Ambo),

People (from their pews)

Opening Prayer (at foot of the Altar/Sanctuary):

**Leader:**

God of power and mercy,

in love you sent your Son

that we might be cleansed of sin

and live with you forever.

Bless us as we gather to reflect

on his suffering and death

that we may learn from his example

the way we should go.

We ask this through that same Christ, our Lord.

*All:* Amen.

## First Station:

**Leader:** The first station – Jesus is Condemned to Death.

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

*All:* Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. They don't seem to remember that as they prepare to put you to death.

**All:** (together) *Our Father, Hail Mary.*

**Reader:**

As a child, sometimes I feel alone. Sometimes I feel that others don't stand up for me and defend me when I am afraid. Sometimes I don't feel like I am treated fairly, especially if I am scolded or corrected.

As an adult, sometimes I feel abandoned and afraid as well. Sometimes I too, feel like I am treated unfairly or blamed for things unfairly. I have a hard time when people criticize me at home or at work.

## Second Station:

**Leader:** The Second station – Jesus Carries His Cross

**Leader:** (all genuflect if convenient) We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, as you accepted your cross, you knew you would carry it to your death on Calvary. You knew it wouldn't be easy, but you accepted it and carried it just the same.

**All:** (together) *Our Father, Hail Mary.*

**Reader:**

As a child, sometimes I don't like the problems that come my way. Sometimes I try to get others to take care of them or solve them for me. Sometimes I become upset and crabby when I'm asked to do even the smallest thing to help others.

As an adult I sometimes feel like I'm not appreciated. Sometimes I feel as if I accept more responsibility than I need to. I can feel sorry for myself, even though the crosses others carry are much larger than my own. In my self-pity, I don't reach out to help.

## Third Station:

**Leader:** The Third station – Jesus Falls the First Time

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, the cross you have been carrying is very heavy. You are becoming weak and almost ready to faint, and you fall down. Nobody seems to want to help you. The soldiers are interested in getting home, so they yell at you and try to get you up and moving again.

**All:** *(together)* Our Father, Hail Mary.

**Reader:**

As a child, sometimes I start to do something, but then get tired of it. I hurry to get finished and sometimes don't do my work well. Sometimes I don't pay attention to what I should be doing. When things get hard for me, sometimes I give up.

As an adult, I sometimes put things off. I give up too easily, and sometimes don't do my work as well as I know I can.

## Fourth Station:

**Leader:** The Fourth station – Jesus Meets His Mother

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, you feel so alone with all those people yelling and screaming at you. You don't like the words they are saying about you, and you look for a friendly face in the crowd. You see your

mother. She can't make the hurting stop, but it helps to see that she is on your side, that she is suffering with you. She does understand and care.

**All:** (together) *Our Father, Hail Mary.*

**Reader:**

As a child, sometimes I feel like too many things are going on. Sometimes other kids pick on me and call me names. I need to look around me for a friendly face, and for the help I need. I need to share my troubles with those who truly care about me.

As an adult I sometimes feel overwhelmed by many things. Life is so competitive, and I worry so much about my future and those who have some control over it. I need to remember that being an adult does not mean having to solve every problem all by myself. I need to look around me for a friendly face, for the help I need.

## Fifth Station:

**Leader:** The Fifth station – Simon helps Jesus to Carry His Cross

**Leader:** (all genuflect if convenient)

We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, the soldiers are becoming impatient. This is taking longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden, he is helping you carry your cross.

**All:** (together) *Our Father, Hail Mary.*

**Reader:**

As a child, sometimes I see people who need my help. Sometimes I pretend not to hear when my parents call me. I disappear when I know others could use my help.

As an adult, sometimes I try to do as little as I can and still get by. Others might need my help, but I ignore their needs. Even when I'm asked to help, I sometimes claim to be too busy.

## Sixth Station:

**Leader:** The Sixth station – Veronica wipes the Face of Jesus

*Leader: (all genuflect if convenient)*

We adore you, O Christ, and we bless you.

*All:* Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, suddenly a woman comes out of the crowd. Her name is Veronica. You can see how she cares for you as she takes a cloth and begins to wipe the blood and sweat from your face. She can't do much, but she offers what little help she can.

*All: (together) Our Father, Hail Mary.*

**Reader:**

As a child, sometimes I know someone could use a little help and understanding. They may be picked on or teased by others, or just sad or lonely. Sometimes I feel bad that others don't step in to help, but I don't help either.

As an adult, I notice the needs around me. Sometimes my own family members crave my attention, and I don't even seem to notice. Sometimes a co-worker, friend, or family member could use help or understanding, but I don't reach out to help lest I be criticized, or that they demand more of me than I'd like to give.

## Seventh Station:

**Leader:** The Seventh station – Jesus Falls the Second time

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

This is the second time you have fallen on the road. As the cross grows heavier and heavier it becomes more difficult to get up. But you continue to struggle and try until you're up and walking again. You don't give up.

**All:** *(together)* Our Father, Hail Mary.

**Reader:**

As a child, sometimes things get me down. Others seem to find things easier to do or to learn. Each time I fail, I find it harder to keep trying.

As an adult, sometimes I think I should know more than I do. I become impatient with myself and find it hard to believe in myself when I fail. It is easy to despair over small things, and sometimes I do.

Help me when things seem difficult for me. Even when it's hard, help me get up and keep trying as you did. Help me do my best without comparing myself with others.

## Eighth Station:

**Leader:** The Eighth station – Jesus Meets the women of Jerusalem

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, as you carry your cross you see a group of women along the road. As you pass by you see they are sad. You stop to spend a moment with them, to offer them some encouragement. Although you have been abandoned by your friends and are in pain, you stop and try to help them.

**All:** *(together)* Our Father, Hail Mary.

**Reader:**

As a child, sometimes I think a lot about myself. I think about what I want and would like people to spend their lives pleasing me.

As an adult, sometimes I act like a child. I become so absorbed in myself and what I'd like that I forget about the needs of others. I take them for granted, and often ignore their needs.

Help me think more about others. Help me remember that others have problems, too. Help me respond to them even when I'm busy or preoccupied with my own problems.

## Nineth Station:

**Leader:** The Ninth station – Jesus falls a third time

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, your journey has been long. You fall again, beneath your cross. You know your journey is coming to an end. You struggle and struggle. You get up and keep going.

**All:** *(together)* Our Father, Hail Mary.

**Reader:**

As a child, sometimes I fail time and time again. I find it hard to get along with my sisters and brothers, sometimes I'm not honest, sometimes I'm lazy. I'm tempted to stop trying. It's just too hard sometimes.

As an adult, I often feel I should have conquered my weaknesses by now. I become discouraged when I'm confronted by the same problems over and over again. Sometimes I get weary. When I have health problems, I can become discouraged and depressed.

Help me think of the cross you carried. Help me continue to hope that I can make the changes in my life I need to. You didn't give up. I can have the strength to get up again as well.

## Tenth Station:

**Leader:** The Tenth station – Jesus is Stripped of His Clothing

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

The soldiers notice you have something of value. They remove your cloak and throw dice for it. Your wounds are torn open once again. Some of the people in the crowd make fun of you. They tease you and challenge you to perform a miracle for them to see. They're not aware that you'll perform the greatest miracle of all!

**All:** *(together)* Our Father, Hail Mary.

**Reader:**

As a child, sometimes I'm tempted to repeat stories I know are unclean and disrespectful. I sometimes try to act grown up by using crude and bad words.

As an adult, sometimes I repeat stories that are disrespectful of others. I can entertain thoughts that are not clean. Sometimes I give the young people around me a bad example to follow.

Help me to keep myself pure and clean. Help me say things that build up the people around me. Help me overcome worldly desires that I may become more like Jesus. Help me set a good example for others to follow.

## Eleventh Station:

**Leader:** The Eleventh station – Jesus is Nailed to the Cross

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

You are stretched out on the cross you have carried so far. The soldiers take big nails and drive them into your hands and feet. You feel abandoned by the people you loved so much. You have done nothing but good, yet they drive nails through your hands and feet.

**All:** (together) *Our Father, Hail Mary.*

**Reader:**

As a child, sometimes I hurt others. Sometimes I join with friends and decide not to like another. We gang up against another and cause them hurt and pain. Sometimes I say or do hurtful things to my brothers and sisters. I can wonder what they'd think about themselves if they believed everything I told them about themselves.

As an adult, sometimes I discriminate against others. Even without thinking, I judge others because of their color, intelligence, income level or name. I forget that I am to live as a brother or sister to all people. Sometimes I use harsh words when I speak to my children and family members. I can find it easy to look for something that isn't very important and make it very important.

Help me look again at the people around me. Help me see the hurt and pain I have caused in others. Be with me to help me make amends for the harm I have done.

## Twelfth Station:

**Leader:** The Twelfth station – Jesus dies on the Cross

**Leader:** (all genuflect if convenient) We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

As Jesus hung on the cross, he forgave the soldiers who had crucified him, and prayed for his mother and friends. Jesus wanted all of us to be able to live forever with God, so he gave all he had for us.

**All:** (together) *Our Father, Hail Mary.*

**Reader:**

Jesus, let me take a few moments now to consider your love for me. Help me thank you for your willingness to go to your death for me. Help me express my love for you!

## Thirteenth Station:

**Leader:** The Thirteenth station – The Body of Jesus is taken down from the Cross

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, how brutally you were put to death. How gently you are taken from the cross. Your suffering and pain are ended, and you are put in the lap of your mother. The dirt and blood are wiped away. You are treated with love.

**All:** *(together)* Our Father, Hail Mary.

**Reader:**

As a child, sometimes I treat others better when they're sad or in pain. When somebody dies, I become very gentle and kind. I notice the good and kind things people say about those who have died.

As an adult, I seem to be kinder when someone dies. If only I could learn to see the good things about them while they were alive. If only I would tell those around me how much I love them, while I still have the opportunity to do so.

Help me look for the good in those around me, especially those I love the most. Help me live this day as if it were the last. Help me become a more gentle and loving person through my greater appreciation for those around me.

## Fourteenth Station:

**Leader:** The Fourteenth station – Jesus is laid in the tomb

**Leader:** *(all genuflect if convenient)* We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Leader:**

Jesus, your body is prepared for burial. Joseph gave you his own tomb. He laid your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people.

**All:** *(together)* Our Father, Hail Mary.

**Reader:**

As a child, sometimes I try to keep everything for myself. I find it hard to share my things with my brothers or sisters and with my friends.

As an adult, I can be selfish too. I can accumulate things and keep them for myself. I try to make sure I have what I want before I share what I have with anybody else.

Help me think of Joseph of Arimathea, who risked his own life as he accepted Jesus' body for burial. Help me think of how Joseph loved Jesus so much that he gave him his own tomb.

Conclusion/Closing Prayer (from Foot of the Altar/Sanctuary)

**Leader:**

Lord Jesus Christ,  
your passion and death is the sacrifice that unites earth and heaven  
and reconciles all people to you.

May we who have faithfully reflected on these mysteries  
follow in your steps and so come to share your glory in heaven  
where you live and reign with the Father and the Holy Spirit  
one God, for ever and ever.

**All:** Amen.