

Stations of the Cross

By Lorene Hanley Duquin

for Families

Remembering the suffering, death and resurrection of Jesus is an important part of our Catholic faith. Here is a simplified version of the Way of the Cross that allows family members of all ages to relate their own experiences to what happened to Jesus on Good Friday.

Opening Prayer: *Jesus, open our eyes so we can see how God helped you through your pain and suffering. Allow us to see the many ways God helps us through difficulties in our own lives. Amen.*

Jesus is condemned to death. People said bad things about Jesus that were not true. They wanted him to die. Has anyone ever said bad things about you?

Jesus, help us to forgive people who are not kind to us. Help us to be kind to everyone. Amen.



1



2

Jesus accepts his cross. Jesus carried a wooden cross through the streets. What are some problems that make you feel like you are carrying a heavy cross?

Jesus, help us to deal with difficulties in our lives. Give us the strength to carry our crosses. Amen.



3

Jesus falls the first time. Jesus fell, but got back up. Think of times when you fell. How were you able to get up?

Jesus, give us the courage to stand up whenever we fall. Help us to keep going no matter what happens. Amen.



4

Jesus meets his mother. Mary loved Jesus very much. How do your parents show their love when you are going through a difficult time?

Jesus, thank you for everyone in our family. Strengthen our love for one another. Amen.



5

Simon of Cyrene helps Jesus. The soldiers told a man named Simon to help Jesus carry the cross. When did a stranger do something nice for you?

Jesus, help me to recognize that you work through other people to help us. Amen.

Jesus falls the second time. Jesus fell again, but managed to get up again. Think of a time when you were so tired that you fell. What did you do?

Jesus, help me to see that accidents happen, especially when I am tired. Help me to get back up every time I fall. Amen.



6

Veronica wipes Jesus' face. Veronica wanted to make Jesus feel better. Think about a time when someone wiped your face. How did it make you feel?

Jesus, thank you for the people who notice when something is wrong and do something nice for me. Amen.



7

Jesus encounters the women of Jerusalem. Some women started to cry when they saw Jesus suffering. Jesus comforted them. Who comforts you when you are sick or sad?

Jesus, thank you for the people who care about me. Allow me to be a comfort to anyone who is in pain. Amen.



8

Jesus falls the third time. Jesus falls one more time, but he refuses to give up. Think of a time when you fell and didn't want to get up. Why did you stand up again?

Jesus, there are times when I don't want to keep trying after something bad happens. Give me the strength to keep going. Amen.



9

Jesus is stripped of his clothes. Jesus stood silently when the soldiers took his clothes. Jesus knew God was with him. How have you relied on God for help?

Jesus, give me strength whenever I feel helpless. Let me know that you are with me even though I cannot see you. Amen.

Jesus is nailed to the cross. The soldiers hurt Jesus, but he forgave them. When have you forgiven someone who hurt you?

Jesus, take away any anger I feel toward people who have hurt me. Help me to forgive. Amen.



10



11

Jesus is taken down from the cross. The body of Jesus was laid in the arms of his mother, but his soul went to heaven. Think about someone you know who died.

Jesus, it is sad when someone dies. Help me to remember that in heaven people no longer feel pain or suffering. Amen.



12



13

Jesus is placed in the tomb. People thought the life of Jesus was over, but three days later, on Easter morning, God brought Jesus back to life. Think of a time when something bad happened to you, but then something good followed.

Jesus, I believe that you rose from the dead. I believe that you are with me always. I believe that you will give me the strength to get through whatever difficulties I face and that something good will happen as a result. Amen.