

Stations of the Cross Reflections

*by St Mary the Virgin
Youth Parish Council*



Station 1: Jesus is condemned to death.

Reflection:

Alone and scared Jesus stands before Pilate.

Guilty of nothing but willing to sacrifice himself for the people he loved.

Jesus accepts his sentence to die.

Think:

Have you ever felt lonely, sad or betrayed?

Think of a time when you have stood up for something you have believed in when others might have laughed in your face. How does that make you feel?

Prayer:

Dear Lord,

Let us be brave enough to stand up for what we believe in. In times when we may feel lonely and betrayed, give us the strength to be brave like Jesus.

Amen.

Station 2: Jesus takes up his cross.

Reflection:

Jesus is commanded to carry a heavy, wooded cross.

He knows he has a long, painful journey ahead.

He knows that at the end, he will face his death.

Think:

Think of a time when you have felt like Jesus - on a journey you did not want to be on. How did it make you feel?

Prayer:

Dear Lord,

We pray that our journey following Jesus' example will encourage us to be strong and brave. Father, help us in Lent to be respectful, helpful, understanding and kind.

Amen

Station 3: Jesus falls for the first time.

Reflection:

Jesus walks on, carrying his cross.

He is very tired.

Pushed and shoved by the soldiers.

The cross is becoming too heavy to bare.

Jesus falls to the ground for the first time.

Think:

Think of a time when you carrying a burden that had become too heavy to bare. How did you feel?

Prayer:

Dear Lord,

We pray that we can be strong like Jesus. We pray that we can face difficulties on the path of life with strength and dignity.

Amen.

Station 4: Jesus meets his mother.

Reflection:

Mary is desperate to stop the soldiers.

Jesus notices Mary, his mother weeping by his side.

Mary hugs him – she gives him strength.

She knows he is condemned to die.

Think:

Think of times that your mother has helped you. Think about the mother figure you have in your life and thank God for her love and compassion.



Prayer:

Response: Glory to Mary for listening to God's plan.

Mary, you had faith in God. We today, try as hard as you. (R)

Mary, you watched in pain as your son was crucified. (R)

Mary, you had strength and love to be a mother to Jesus. (R)

(Together say the Hail Mary)

(Suggestion to play 'Mary did you know?' during thinking time.)

Station 5: Jesus is helped to carry his cross by Simon of Cyrene.

Reflection:

Jesus is feeling tired and weak.

Jesus has help, help to carry his heavy, wooden cross.

A man name Simon is forced by the soldiers to carry Jesus' cross.



Think:

At first, Simon did not want to help Jesus. He was frightened but did his best and was glad that he did. Think of a time when you have helped someone or they have helped you. How does it make them feel? How do you feel?

Prayer:

Dear Lord,

Give us the strength and love to help others in their time of need. Help us to always be kind and caring.

Amen.

Station 6: Veronica wipes the face of Jesus.

Reflection:

Veronica walks up to Jesus with a cloth.

She wants to comfort him.

She wipes his face.

She gets pushed back by the soldiers.

Think:

Think of a time when you have been brave. Have you ever helped someone in need? How did that make you feel?

Prayer:

Dear God,

Help us to be brave and help the people in need. We pray that all of our family and friends know they can rely on us to be there when they need us.

Amen

Station 7: Jesus falls for the second time.

Reflection:

Jesus is exhausted but still continues.

He falls for the second time

He cannot get up.

He is kicked by the guards.

Weak and tired - he gets up.

Think:

Think of a time when you found it difficult, if not impossible to continue. How did that make you feel? Think about the strength and determination Jesus had in this difficult time. How can we show that strength to others?

Prayer:

Dear Lord,

Thank you for giving us strength in times of great need. We pray that we can always do our best even when we find it difficult to continue.

Amen.

Station 8: Jesus meets the women of Jerusalem.

Reflection:

On the way to his death, Jesus passes some women.

They are upset beyond words.

He stops and talks to them.

Think:

Even at a time when he was suffering, Jesus stopped to make sure others around him were ok. Have you ever showed this strength for a friend in need? Have you ever put someone else's needs before your own?

Prayer:

Dear Lord,

Help us to remind ourselves of how lucky we are. At times, we can become selfish and greedy – thinking only of ourselves. Give us the strength to appreciate our lives and our loved ones around us.

Amen.

Station 9: Jesus falls for the third time.

Reflection:

Jesus had already fallen twice before.

He knew that he must continue and find strength from somewhere.

He is weak and drained.

He falls for a third time.

Again, he gets back up.

Think:

When you feel like you can't keep trying, when things feel too difficult, who could you turn to? How can we be there for others when they are finding things too difficult?

Prayer:

Dear Lord,

When things feel difficult beyond measure – give us the strength to ask for help. In the same way, help us to show love and compassion to our loved ones when they need our comfort.

Amen.

Station 10: Jesus is stripped of his clothes.

Reflection:

Humiliated beyond understanding, Jesus reaches the top of the hill.

In front of a crowd, the soldiers remove his clothes.

They laugh and mock him.

Jesus continues to be strong.

Think:

Have you ever felt embarrassed about something before? How did it make you feel? Have you ever stood back when someone was treated badly? What could you do next time to help them?

Prayer:

Dear Lord,

When we see someone being treated unfairly, being picked on and bullied, give us the courage to stand up for them. Let us remember that we are all God's children and must take care of one another.

Amen.

Station 11: Jesus is nailed to the cross.

Reflection:

The soldiers make Jesus lie down on the cross.

They nail Jesus' hands and feet to the cross.

He knows this is the final moments of his life on earth.

Think:

Sometimes we say or do hurtful things to others. How do you think they feel? How could we make them feel better?

Prayer:

Dear Lord,

At times, we do not always treat people with respect. We look down on them and hold people back. Guide us on the right path and help us to see one another as equals, created in the image of God.

Amen.

Station 12: Jesus is crucified.

(If appropriate, you could switch off the lights or extinguish a candle during this station.)

Reflection:

Jesus cries out for forgiveness upon the people who have tortured him.

The soldiers mocked him, tortured him and humiliated him.

Putting a sign above his head that read INRI (The King of the Jews).

Whipping him...

Teasing him...

Letting him suffer under the crosses weight...

Thorns consuming his skull, ripping his flesh with mighty rage.

Splinters jabbing.

The mocking seeping into his soul.

The whole world watching him get nailed to the wooden cross.

Jesus looks up and says: "It is finished."

He takes his last breath and dies.

Despite it being daytime, the sky suddenly turns dark and the earth shakes.

Think:

(Since this is the most sombre of the stations, the children suggested some moments of silence to digest the reflection followed by song 'By His Wounds'.)

Prayer:

Dear Lord,

Help us to show forgiveness for the people who hurt us. It is not always easy but with the power that Jesus showed at the most difficult time of his life, let us show this same strength in tough times.

Amen.

Station 13: Jesus is taken down from the cross.

Reflection:

Everybody turns and leaves.

Mary stays at the foot of the cross with her son, weeping.

Two friends come and gently take Jesus down from the cross.

Mary holds Jesus.

Think:

Mary held Jesus like when he was a baby. How do you think Mary felt remembering all the happy days she had with Jesus? Think about the friends and family that make you happy. Why do they make you happy? What does it mean to be a really good friend?

Prayer:

Dear Lord,

Sometimes it can be risky to step out and help people who are in need. Help me God to be a risk-taker and help others. Give me love and courage to follow in Jesus's footsteps.

Amen.

Station 14: Jesus is laid in the tomb.

Reflection:

Jesus's body was wrapped in a linen cloth.

Jesus was put into a tomb.

A huge stone was put in front of the tomb.

Everyone left Jesus' body to rest.

Think:

Jesus' friends are sad. They think it is the end of the story of Jesus. Jesus will no longer be around them, be able to teach them, eat with them or pray with them. But Jesus is always with us. Can you think of a time you have turned to Jesus to help you?

Prayer:

Dear Lord,

Help us to be generous and gentle, kind and loving. Guide us in difficult times, so that we can share you with friends and family when they feel sad and alone.

Amen.