

The Stations of the Cross

The Stations of the Cross help us to think and pray about the day Jesus died so that we may celebrate with him at the resurrection. Jesus wants us to know, love and follow him. Learn about how you can pray the Stations of the Cross and follow Jesus more closely.

- Walk around your Church and stop at each Station of the Cross.
- Slowly stop and think about what each Station represents.
- Pray at each Station and ask Jesus to help you follow him.
- Use the format below to help you pray the Stations of the Cross.

The Stations of the Cross

First Station

Jesus is condemned to death.

The people condemned Jesus even though he was innocent.



Prayer:

Jesus, help me to stand up for people who are picked on or treated unfairly.

Second Station

Jesus carries his cross.

The soldiers place a heavy cross on Jesus' shoulders.



Prayer:

Jesus, give me the strength to handle the difficulties in my life. Remind me to reach out and ask for help when I need it.

Third Station

Jesus falls the first time.

The soldiers do not help Jesus carry the heavy cross.



Prayer:

Jesus, show me how to help you by helping others.

Fourth Station

Jesus meets his mother.

Mary greets Jesus with love and compassion.



Prayer:

Jesus, help me to treat the members of my family with love and respect.

Fifth Station

Simon helps Jesus carry his cross.

Simon tries to relieve Jesus' suffering.



Prayer:

Jesus, remind me to offer friendship to those who are feeling left out and alone.

Sixth Station

Veronica wipes the face of Jesus.

Veronica wants to comfort Jesus.



Prayer:

Jesus, help me to care for those who are hurting.

Seventh Station

Jesus falls the second time.

Jesus falls again under the weight of the heavy cross.



Prayer:

Jesus, when I fall and make mistakes, grant me the courage to get back up and try again.

Eighth Station

Jesus meets the women.

The women cry for Jesus.



Prayer:

Jesus, help me to be sorry when I hurt others.

Ninth Station

Jesus falls the third time.

Jesus falls to the ground for the third time.



Prayer:

*Jesus, thank you
for never giving up
on me.*

Tenth Station

Jesus is stripped of his clothes.

The soldiers remove Jesus' clothing and argue over who will keep his robe.



Prayer:

*Jesus, keep me
from wanting more
and more material
possessions.*

Eleventh Station

Jesus is nailed to the cross.

The soldiers nail Jesus to the cross.



Prayer:

*Jesus, help me care
for the poor, the
hungry, the sick
and all those who
are hurting.*

Twelfth Station

Jesus dies on the cross.

Jesus prays to his heavenly Father even at the moment of his death.



Prayer:

Jesus, teach me to pray even when I am in trouble.

Thirteenth Station

Jesus is taken down from the cross.

Jesus' family and friends are filled with sorrow.



Prayer:

Jesus, help me to show love and care for my family and friends.

Fourteenth Station

Jesus is laid in the tomb.

Joseph of Arimathea places Jesus in the tomb.



Prayer:

Jesus, thank you for being with me when I am afraid.

Fifteenth Station

Jesus rises from the dead.

Jesus does not stay in the tomb.



Prayer:

*Jesus, help me
spread the good
news of your
unending love.*