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:

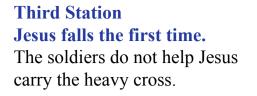
Jesus, help me to stand up for people who are picked on or treated unfairly.

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.





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.





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:

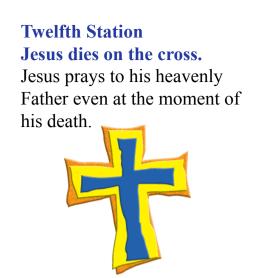
Jesus, keep me from wanting more and more material possessions.

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.



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.