

Stations of the Cross For Young People

Opening Prayer

All: “Jesus, You fulfilled Your Father's will by becoming like us and giving Your Life on the Cross. As we reflect upon the journey of our salvation, make us aware of the crosses of people around the world who still long to experience true freedom. May we be ever faithful to the needs of the poor. Amen.”

The First Station / Jesus Is Condemned to Death

We pray: We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.

Reader: Jesus is thrust before the crowds who scream out for Jesus’ death. Pilate tries to sway the crowd by offering to release another prisoner, but they only cry louder, “Crucify him!” (Pause)

Leader: How have you let the pressure of others turn you away from your faith and your values? (Pause)

Youth: How often do I ignore You at school in the person no one wants to talk to? How often do my words condemn You in the way that I speak about others? (Pause)

All: Jesus, forgive me for the ways in which I condemn and pierce others with my words and actions. Help me to love like You and to learn from Your example.

The Second Station / Jesus Takes His Cross

We pray: We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.

Reader: Jesus is led away by several soldiers who strip off His clothes and begin beating Him. A crown of thorns is jammed onto His head. (Pause)

Leader: How have we beaten down others, especially those with less power or status, through our words or actions? (Pause)

Youth: How often do I forget that You have carried the load for me? How often do I try to carry things on my own, not allowing You to help me? It was not only the sins of the world that You carried; it was my sin, my selfishness, my pride, my anger. (Pause)

All: Jesus, help me to let go of my selfishness and defend those unfairly treated. Give me the strength and the courage to let go of those things that separate me from You.



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The Third Station / Jesus Falls the First Time

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: A big wooden beam is laid onto Jesus' bruised and beaten back. The guards push Him toward His place of crucifixion. Jesus stumbles and falls hard to His knees under the weight of the heavy wood. (Pause)

Leader: What are the causes in your life that are causing you to stumble, weigh you down and fall? (Pause)

Youth: How many times have I fallen in my walk? Too many to count, I'm sure. So many times when I fall I don't feel like getting back up and trying again. (Pause)

All: *Jesus, help me to remember Your courage and perseverance when You fell. Give me the courage to get back up when I fall. Help me remember that it is worth it to live as You lived.*

The Fourth Station / Jesus Meets His Mother

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: Mary, Jesus' mother, sees her wounded and beaten Son and reaches out to Him, but the guards push her away. She feels helpless and despairs because she cannot help the one she loves. (Pause)

Leader: How have you and your parent (s) felt far from one another? What can be done to reconcile the distance? (Pause)

Youth: There are so many times when I feel alone in my struggles. It seems that no one understands what I am going through, especially my parents; but I realize they must.

All: *Jesus, help me to remember that I am never alone in my struggles. Help me to see my parents as You saw Yours. Help me know their love for me and when things are hard between us, help me to remember the light of Your Mother in my life.*



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The Fifth Station / Simon Helps Carry the Cross

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: The guards grab an onlooker named Simon and force him to help Jesus carry His Cross together toward Golgotha. (Pause)

Leader: What keeps you from taking the risk of publicly living your faith today? (Pause)

Youth: How often do I pass up an opportunity to help someone in need? Do I let what others may think of me stop me from reaching out? (Pause)

All: *Jesus, open my ears to hear the ways that You call me to serve. Help me follow*

Simon's example of helping others. Help me to know what it means to be a true and faithful servant.



The Sixth Station / Veronica Wipes the Face of Jesus

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: As Jesus struggles with the cross, a woman named Veronica bravely pushes forward and uses her veil to wipe the bloody face of Jesus. As their eyes meet, unspoken words of compassion are shared. (Pause)

Leader: To whom is God pushing you to show compassion? What is keeping you from bravely pushing forward to do this? (Pause)

Youth: How many times have I forgotten that each person is made in Your image and likeness and therefore deserves my respect? Do I make others objects of my pleasure and ignore their humanity? (Pause)

All: *Jesus, help me to see Your presence in others. Give me the courage to follow Veronica's example of treating others with love even when no one else does.*

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The Seventh Station / Jesus Falls the Second Time

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: The weight of the cross is now unbearable. Once again Jesus falls to the ground. His knees crushing and scraping against the rocky ground; it is pain and agony. (Pause)

Leader: How have you fallen hard, giving in to sin and temptation? (Pause)

Youth: How many times have I failed to follow through on my promises? Or worse yet, how often have I lied even to people I care about? Do I remember Your faithfulness even when I fail? (Pause)

All: *Jesus, help me to believe in Your faithfulness and love for me. Give me the grace to follow through on my word to others. Help me to be a person of integrity and a true witness to our faith.*

The Eighth Station / Jesus Speaks to the Women

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: Jesus sees a group of women upset and crying out for him. He finds the strength to speak to them, asking them not to weep for Him but for all who try to walk the hard path of discipleship. (Pause)

Leader: What keeps you from being a disciple in the world today? (Pause)

Youth: Do I listen to your words in my life? How often have the things I've watched or listened led me away from You? Have I allowed the gospel of Life to reign in my heart? (Pause)

All: *Jesus, help me to listen to Your words of life. Show me ways that I can put You first.*



The Ninth Station / Jesus Falls the Third Time

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: Jesus is almost to the top of the hill, but once again He falls hard to the ground and pain ignites His broken body. If only He could escape the ugliness that awaits Him. (Pause)

Leader: How have you tried to escape from the pain, sadness, and fears that make up your life? (Pause)

Youth: How often have I chosen to sin rather than to follow Your way? Was it my sin that became too heavy that You fell this third time? (Pause)



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All: Jesus, help me to follow Your ways. Help me remember Your victory over my sin. Give me the grace to recognize when I sin and the desire to sin no more.

The Tenth Station / Jesus Is Stripped of His Clothes

We pray: We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.

Reader: Once Jesus reaches the top of the hill, the guards humiliate Him by stripping Him of His only possessions, His clothes, and casting lots for them, ignoring His bloodied and beaten body that lays helpless beside them. (Pause)

Leader: When have you helped to strip others of their dignity, self-worth, and respect? (Pause)

Youth: How often have I judged others by the way they look or what they are wearing? Do I find my own self-worth and self-identity by the clothes I wear or the way I look? (Pause)

All: Jesus, help me to look past the outside of others. Help me not to judge them by how they look or what they wear. Help me to find my self worth and identity in You.



The Eleventh Station / Jesus Is Nailed to the Cross

We pray: We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.

Reader: Jesus' arms are stretched out on the beam as heavy nails are hammered into His hands and feet, causing Him to cry out in pain and agony. As the cross is raised up Jesus struggles for breath against the weight of his body, which is choking off His air, slowly bringing Him to death. (Pause)

Leader: What unpleasant experiences have you witnessed or been a part of that are causing you to die inside? (Pause)

Youth: I can't understand why they are doing this to You and yet what is hardest to realize is that not only am I in the crowd watching all of this, but I'm also one of them nailing You to the cross. How many times has my sin become a strike of the nail into Your body? How often do I turn away from Your mercy? (Pause)

All: Jesus, I'm sorry for nailing You to the cross with my own sin. Help me to seek Your forgiveness and mercy for the times that I sin.



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The Twelfth Station / Jesus Dies on the Cross

(All Kneel)

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: All of the beatings, falls, and nails have taken their toll on Jesus. In one last agonizing cry, he calls out to God and lets go of his last breath of life. **(Pause)** Jesus has just died for our sins. **(Pause)**

Leader: What do you need to tell Jesus today?
(Longer Pause)

All: *Jesus, help me never forget Your love for me. Help me to know that You died for me. Fill me with comfort in knowing that I never suffer anything You don't understand.*

(All Stand/Sit)

The Thirteenth Station / Jesus Is Taken Down From the Cross

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: The soldiers take down the lifeless body of Jesus and He falls into the waiting arms of His mother Mary, her cries of loss and pain filling the darkened sky. **(Pause)**

Leader: God is reaching out to hold and embrace you with love and forgiveness. What is keeping you from falling into His forgiving arms? **(Pause)**

Youth: How many times have I lost hope in You? How often have I doubted Your ability to be God in my life over all things? **(Pause)**

All: *Jesus, help me to trust in You. Help me to place all of my hope in You and give me peace in knowing that You are Lord over all things.*



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The Fourteenth Station / Jesus is Laid in the Tomb

We pray: *We adore You, O Christ, and we praise You. Because by Your Holy Cross You have redeemed the world.*

Reader: Jesus' body is wrapped in linens and brought to a burial cave as a huge stone is rolled in front of it. Some believe this is the end; that death and sin have won. But we have heard the good news; we know that death does not win, that in the end, love and grace prevail. (Pause)

Leader: How will you choose to live the good news in your life? (Pause)

Youth: How many times has death felt like the end? When I've lost a loved one it can be so hard to remember Your victory. How often do I miss the opportunities to say, "I love you" to those special people in my life? Do my family and friends know how I feel about them? (Pause)

All: *Jesus, help me always remember that death is not the end. Give me the strength to say the words, "I love you," to those people in my life that I do love. Help me to love every person not just in words but also with my actions.*

Closing Prayer

*Lord Jesus Christ,
The sacrifice of Your Passion and Death
unites earth and heaven
and reconciles all people to You.
May we who faithfully reflect on these mysteries
follow in Your steps and so come to share in Your glory in heaven
where You live and reign with the Father and the Holy Spirit,
one God, forever and ever. Amen.*

