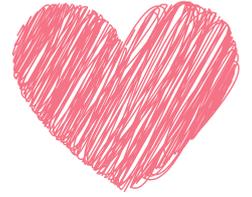


THE STATIONS OF THE CROSS

Preparation

- Pick a walking route that finishes near a Church / Holy Well / Grotto or other Holy Site
- Pack the following things in a back-pack, water, snacks, a notebook or some paper, string / wool a pencil and crayons / colours / a sheet of stickers (if you have any)!
- Don't forget your raincoat (or maybe sunscreen!)



Introduction

- The Stations of the Cross is a way of telling the story of Jesus last days on earth and why we celebrate in a special way at Easter. The Stations of the Cross helps us to remember our most important faith story and pray at the same time. We call it the Stations of the Cross because it's like we are on a train journey, but we stop along the way at different stations to remember different parts of the Story. In our Churches these Stations are pictures that are hung in the Church but the first person to pray this way was Holy Mary and she used to pray as she walked outside. That is what we will do today.
- At each station we will read some of the Easter story then do the activity and say the prayer. The prayer has one part that is read by one person and then everyone says the response together *We adore you oh Jesus we pray, and we give thanks for your love every day. Amen*
- When we have finished a station you can colour in the tick or cover it with a sticker to show that you have completed that station.



STATION 1 - JESUS IS CONDEMNED TO DEATH

Jesus was accused of many crimes he didn't commit. He didn't defend himself. Pontius Pilate said he was guilty and that he would have to die.

Activity: Talk about what it feels like when you are blamed for something you didn't do.



Prayer: Jesus, we are sorry for the times we have blamed others by mistake. *We adore you oh Jesus we pray, and we give thanks for your love every day. Amen*



- When you are ready to start you can bless yourself "In the name of the Father, and of the Son and of the Holy Spirit" and begin to walk. Stop after a few minutes to do the first Station and follow that pattern until you reach the end.

STATION 3 - JESUS FALLS THE FIRST TIME

Jesus was already badly wounded when he fell the first time. It must have hurt very much. Jesus got up and kept on going.



Activity: Everybody falls sometimes. Talk about a time when you fell... how did you feel? what did you hurt? who was there to help you when that happened? How do you think Jesus felt when he fell?

Prayer: Jesus, we all make mistakes and we all fall down from time to time. Today we pray for people who have fallen and who are hurting. Please give them the strength to get up and to keep going. *We adore you oh Jesus we pray, and we give thanks for your love every day. Amen*



STATION 2 - JESUS TAKES UP HIS CROSS

The cross was big and heavy. It was hard for Jesus to carry it. Jesus carried the heavy cross without complaining once.

Activity: Pick up a big stone that you find on the road. Think about Jesus carrying his cross and how hard that must have been. Find a smaller stone or pebble to carry with you to on this walk.



Prayer: Jesus, help us not to complain about things. *We adore you oh Jesus we pray, and we give thanks for your love every day. Amen*



THE STATIONS OF THE CROSS

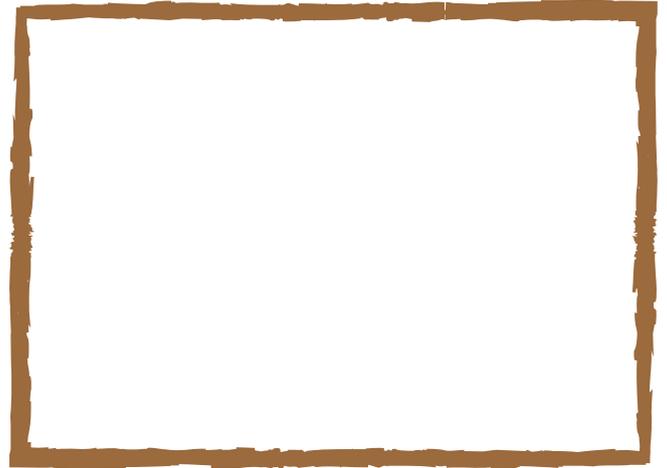
STATION 4 - JESUS MEETS HIS MOTHER

Jesus knew that his mother was sad to see him hurting so much. But he was so happy she came to him. Mary loved Jesus very much.



Activity: Write some words here that describe your Mother or draw a picture of her.

Prayer: Dear Jesus, please look after my Mother. I know she will always love me no matter what. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



STATION 5 - SIMON OF CYRENE HELPS JESUS

Simon didn't come to help Jesus but to see what was going on. Then he was ordered by the soldiers to carry the cross, because Jesus was having such a hard time.

Activity: Who are the people in the picture who help you everyday? Is there anyone missing?

Prayer: Jesus, we thank you for the people in our family and community who help us everyday. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



STATION 6 - VERONICA WIPES JESUS' FACE

Veronica loved Jesus very much. When she stepped out to wipe his face, she risked getting in big trouble from the soldiers. Her love and kindness overcame her fear.



Activity: Write down one kind thing can you do today for someone you love?

Prayer: Dear Jesus, help us to be kinder to each other and help us to be brave like Veronica. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



STATION 7 - JESUS FALLS A SECOND TIME

Jesus fell a second time because he was so weak and tired from all his wounds. He still didn't give up. He got back up and continued on.

Activity: Imagine what it must have been like to carry that heavy cross and to fall under it. Try walking/hopping on just one leg for a little while. Talk about what it was like... was it hard? were you afraid that you would fall?



Prayer: Jesus, we are so lucky to be fit and healthy. We pray for people who live with physical challenges that make life difficult. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



THE STATIONS OF THE CROSS

STATION 8 - JESUS MEETS THE WOMEN OF JERUSALEM

A lot of people were against Jesus, but a lot of people, like the women of Jerusalem believed in him and followed him. They were his faithful friends.

Activity: To be faithful means that we will try to keep our promises.

At Lent we tried to make promises to stop eating sweets and chocolates and crisps. What promises can we keep when Lent is over? Put a tick beside the promises you will try to keep.

Prayer: Dear Jesus, help us to keep our promises and to always be faithful to you. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



- I PROMISE TO TRY AND BE KINDER TO MY BROTHERS / SISTERS
- I PROMISE TO SAY SORRY WHEN I MAKE MISTAKES
- I PROMISE TO TRY AND RECYCLE AND NOT TO THROW LITTER ON THE GROUND
- I PROMISE TO ALWAYS SAY PLEASE AND THANK YOU

STATION 9 - JESUS FALLS A THIRD TIME

Jesus fell again for the third time.

The soldiers didn't help him. They only yelled louder for him to get up and continue on. Jesus didn't get angry at them; he forgave them.



Activity: It can be so hard to forgive people who hurt us, but when we don't forgive people we keep all that anger inside and that's not good for us. When I get angry I try take some deep breaths. Can you practise taking some deep breaths now? Try to become very still and concentrate on hearing the sounds around you without saying anything. See how nice it feels to be calm and peaceful?

Prayer: Dear Jesus, help us to forgive people so that we can have more calmness and peace in our lives. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



STATION 10 - THE SOLDIERS TAKE JESUS CLOTHES

To be without clothes in front of everyone is very embarrassing. Jesus wasn't ashamed though, because he knew his Father in Heaven loved him.



Activity: There are lots of people in the world who don't have enough money to buy clothes or food for their families. Talk about things we could do to help them and write down any good ideas.

Prayer: Dear Jesus, we pray for anyone who doesn't have enough food or money or a home to live in. Please keep them safe and help us, to help them. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



STATION 11 - JESUS IS NAILED TO THE CROSS

The soldiers put nails through Jesus' hands and feet to hold him to the cross. They lifted up the cross and put it in place. Jesus was in a lot of pain.



Activity: Look for sticks or twigs on the ground and make a cross using the string in your backpack. You can bring this cross home to remind you of doing these Stations of the Cross. The cross is an important symbol for all Christians because it reminds us of Jesus. Can you think of other symbols that remind us of Jesus, God or the Holy Spirit?

Prayer: When people are sick and in pain we sometimes say that they have a heavy cross to carry. We pray for those who are sick with COVID and for all those who are helping them to get better. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



STATION 12 - JESUS DIES ON THE CROSS

When Jesus died, the sky got dark and the ground started to shake. This made some people very scared. They saw that Jesus was innocent and that they had made a big mistake.



Activity: We believe that when someone dies here on earth, they are lifted up to live with God our Father in Heaven. Even though we miss them we know that they are safe in the loving arms of God. Is there anyone you know who has died? Write their names or draw a picture of them here and write down anything you would like to say to them.

Prayer: Dear Jesus, please look after _____ and bring comfort to all those who miss the ones they love. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



STATION 14 - JESUS IS LAID IN THE TOMB

When Jesus was laid in the tomb, everyone thought it was the end but God had other plans. Even when things look very difficult and sad, there is always hope that God can bring new life.

Activity: At this time of year we to see that flowers and trees are beginning to bloom, lambs are being born and life and growth is everywhere. It is a reminder to us to always have hope and faith. Can you name these flowers? Have you seen any other types of flowers on your walk today?



Prayer: Dear Jesus, thank you for the new life that we can see everywhere today and for the beautiful planet that we call home. Help us to work hard to protect it so that we can keep hope and faith alive for everyone. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen

STATION 13 - JESUS BODY IS TAKEN FROM THE CROSS

Joseph of Arimathea gave Jesus his own burial cave because Jesus didn't have a place to be buried. Joseph was another one of Jesus' friends who took a risk to help him.



Activity: It's so nice to have friends that we can always count on, to have fun with and to help us when we are in trouble. Write the names of your friends here or draw a picture of them.

Prayer: Dear Jesus, thank you so much for my lovely friends. I love spending time with them and I miss them when I can't see them. Help me to always be a good friend. We adore you oh Jesus we pray, and we give thanks for your love every day. Amen



Closing Prayers and Conclusion

We have now reached the Church / Holy Well / Graveyard / Holy Site. Being in this place reminds us that we are part of a community of faith.

These Stations remind us of how much Jesus loved us. On Saturday night and Sunday we will celebrate the Resurrection, which is what we call the moment when Jesus rose from the dead and came back to life.

Dear Jesus, thank you for this special time we have shared together. We pray for each other, for our Mums, Dads, brothers, sisters, Grandparents, families and friends. Keep us safe this year and watch over us.

We adore you oh Jesus we pray,
and we give thanks for your love every day.
Amen

