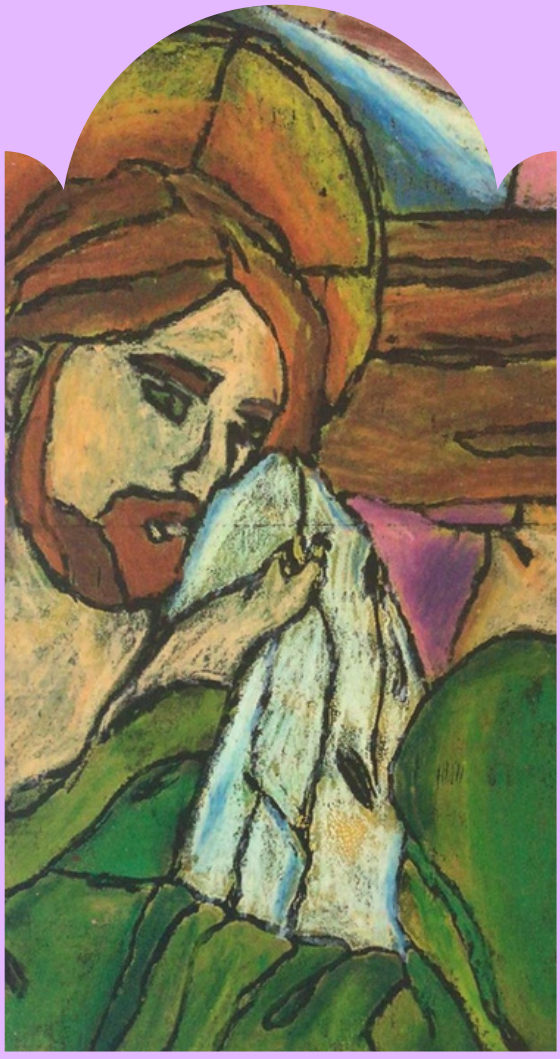
Stations of the Cross

Holy Week

The Stations of the Cross are the journey of life. They put life into context. They put suffering into context.



Why not Pray the ***Stations of the Cross*** during Holy Week?

DERRY DIOCESAN CATECHETICAL CENTRE

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As we gather here today, we thank God for his unending love for us, his people, and for the gift of his Son Jesus,

During this short walk through the Stations of the Cross, we remember the key moments in the suffering and death of Jesus and we place all our worries, anxieties and concerns before his loving presence.

In the name of the Father and of the Son and of the Holy Spirit. **Amen.**
The Lord be with you.
And with your spirit.

Introduction

The Stations of the Cross focus on specific events of Jesus' last day on earth as a man. They give us hope - we know that Jesus walks with us in our pain and suffering.

I might be worried about family, health, world events, but I can be confident that Jesus is always with me.
As I reflect on His journey to the Cross on the hill of Calvary,
I place my trust in Jesus and his love for me.

First Station-Jesus is Condemned to Death

I adore you O Christ and bless you
Because you have redeemed the world

Jesus is innocent and yet he is condemned to death. Jesus loved everyone and yet he stands alone before Pilate. Nobody speaks up for him. Nobody defends him. His disciples have left him.

What is happening is wrong, all wrong. It's not fair. It's not my fault. Have you ever said that? Perhaps you've said it to your parents? Do you feel abandoned and afraid? Do you feel frightened by events taking place in the world?

Prayer:
Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and peoplesaffected by suffering of any kind. **Amen.**

Reflect for a minute on the image below:

Second Station-Jesus Carries his Cross

I adore you O Christ and bless you
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Jesus, you accepted your cross. You knew it wouldn't be easy but you accepted it and carried it just the same. Sometimes I feel that I am not appreciated. I feel sorry for myself, even though I know that other people carry crosses heavier than my own. I feel sorry for myself and I don't even try to reach out to others.

Prayer:
Lord, help me to think of others, especially during these difficult times. Help me to be patient with my family. Help me to relieve the stress on my parents and look after the younger family members. Help me not to be short tempered and angry and to take up my Cross and walk with you.
on the Way to the Cross,

Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and peoples affected by suffering of any kind.

Reflect for a minute on the image below:

Third Station-Jesus Falls the First Time

I adore you O Christ and bless you
Because you have redeemed the world

Jesus, the cross you have been carrying is very heavy. You are becoming weak and almost ready to faint. You fall. Nobody helps you. The soldiers ignore your pain and then they shout at you to get up and move on. Nobody seems to care.

Sometimes I start my work and then get tired of it. Sometimes I put things off and I give up. At times I ignore requests for help. I refuse to try. When I am not successful, I refuse to try again. Think for a moment about Jesus. What did he do, when the Cross became too heavy for him to carry?
He fell to the ground, in front of the crowd.. . . but he ROSE again.

Prayer: Lord, your Son Jesus, found his Cross too heavy and he fell in front of everyone. He wasn't afraid to let people see how hard it was to carry the Cross. Help me to be of comfort to others and conquer my own fear. Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and peoples affected by suffering of any kind. **Amen**

Reflect for a minute on the image below:

Fourth Station-Jesus Meets his Mother

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Because you have redeemed the world

Jesus you feel alone. People are yelling and screaming at you. Then you see your mother. She smiles at you. You feel comforted. It helps you to go on and face further suffering. Your mother is with you and understands and cares for you.

May we remember those who are vulnerable and lonely. We ask that they be comforted by your presence just as you, Jesus, were comforted by your mother. Help me to look around me for a friendly face, help me to love others- family, friends and neighbours. A smile can make such a difference.

Prayer:
Lord, your son Jesus, like all of us, needed to feel love and and to know someone cared. He was tired and weak. Help us to know that Mary, His mother, is our mother too. She is here for us now, holding us close, bringing us comfort in times of difficulty. Help me to walk with Jesus on the Way to the Cross, to love and comfort him , and to pray for all nations and peoples affected by suffering of any kind.

Reflect for a minute on the image below:

Fifth Station: Simon of Cyrene helps to carry the Cross of Jesus

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Jesus, you are feeling tired and isolated. The cross is heavy and the soldiers are becoming impatient. They want to go home and they are afraid you will not be able to make it to the place of crucifixion. They grab a man from the crowd. He was just watching but now he is helping you to carry the cross. There are times when I also need help and sometimes help arrives from an unexpected source - a friend I have not seen in a long time; a family member I am not speaking to. Just as God sent Simon of Cyrene to help Jesus, so he sends others to help me.

Prayer:

Lord, your son Jesus, was glad to be helped by Simon of Cyrene. Help me to be like Simon. When I see others who need my help, may I see Jesus in them and give them a helping hand. I pray for all those who reach out to others in their hour of need.

Help me now to walk with Jesus on the Way to the Cross, to be of comfort to other. I offer my prayers to all those nations and peoples affected by suffering of any kind. that they may find the help they need. **Amen**

Reflect for a minute on the image below:

Sixth Station: Veronica Wipes the Face of Jesus

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Because you have redeemed the world

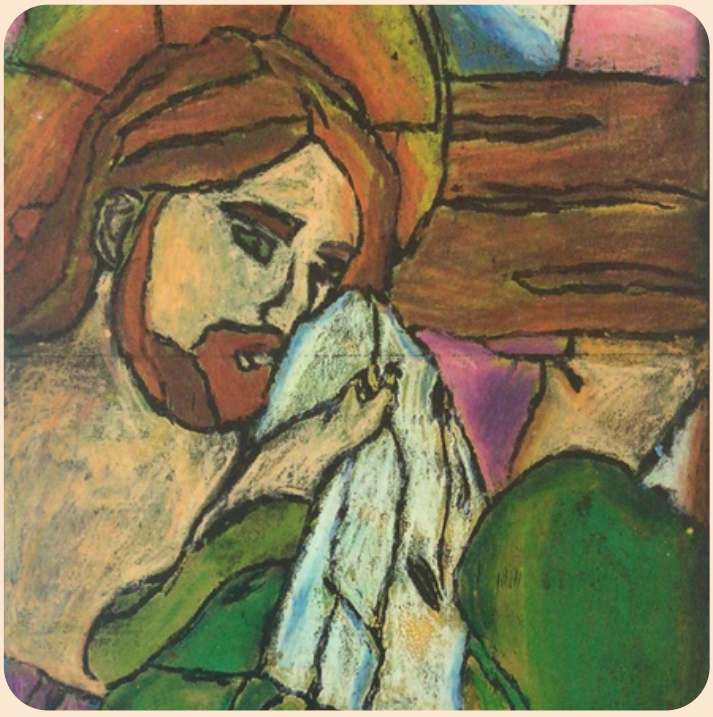
Suddenly a woman comes out of the crowd. Her name is Veronica. You can see how she loves Jesus. She takes a cloth and wipes the blood and sweat from his face. Veronica recognises that Jesus needs her.

Sometimes I don't notice when others need me. I fail to reach out and help them. Help me to extend the hand of friendship to those around me.

Prayer: Lord, your son Jesus welcomed Veronica, gently wiping his tired face. I can be like Veronica- I may not always be able to visit the person I love, in the way that I usually do, but I can support them in other ways.

In my prayers I will remember the vulnerable, the unborn, babies, older people, poor, disabled, war victims and the homeless. Help me now to walk with Jesus, to comfort him and to love him. Help me to love others and in my prayers remember all nations and people affected by suffering of any kind
Amen

Reflect for a minute on the image below:



Seventh Station: Jesus Falls a Second Time

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This is the second time you have fallen Jesus. As the journey progresses it gets harder and harder to continue. You are getting weaker and weaker and you long for another Simon to pass by and help you but no-one comes. There is no sign of the disciples. They have run away. Once more you are alone.

Sometimes I want to give up. Life can be difficult. There are times I feel lonely and afraid. Help me to realise that you are always with me.

Prayer:
Lord, your son Jesus found carrying his Cross so hard that he fell a second time. Help me to know that it is okay to struggle, to understand that Jesus found it hard, but that I am not on my own. You are always by my side.

Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and people affected by suffering of any kind. **Amen**

Reflect for a minute on the image below:

Eighth Station: Jesus Meets the Woman of Jerusalem

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Jesus, you meet the women of Jerusalem. They are crying. You comfort them. You spend time with them and offer them encouragement and hope. Although you have been abandoned by your friends and are in pain, you stop to help them.

There are times when I think only of myself. I think only about how events impact on my life, that I forget about the needs of others. Just as Jesus consoled the women of Jerusalem, help me to comfort those around me.

Prayer: Lord, your son Jesus forgot about how hard carrying his Cross was so he could help others feel better. May we console those who are in pain.

Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and people affected by suffering of any kind. **Amen**

Reflect for a minute on the image below:

Ninth Station: Jesus Falls a Third Time

I adore you O Christ and bless you
Because you have redeemed the world

Jesus, your journey has been long. You fall again, beneath your cross. You know your journey is coming to an end. You struggle and struggle. You rise once more and continue on your way. There are times when I too, struggle. I worry constantly about my health, my family and friends, the wars taking place. My cross seems to be heavier with every day that passes.

Prayer:
Lord, your son Jesus carried his heavy Cross because he loved me, loved everyone. Our world is going through a difficult time. It is not over yet. Like Jesus, after his third fall, there is still a bit further to go. I ask you to remain with me each time I fall, each time I struggle with life's worries.

Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and peoples affected by suffering of any kind. **Amen**

Reflect for a minute on the image below:

Tenth Station: Jesus Is Stripped of His Garments

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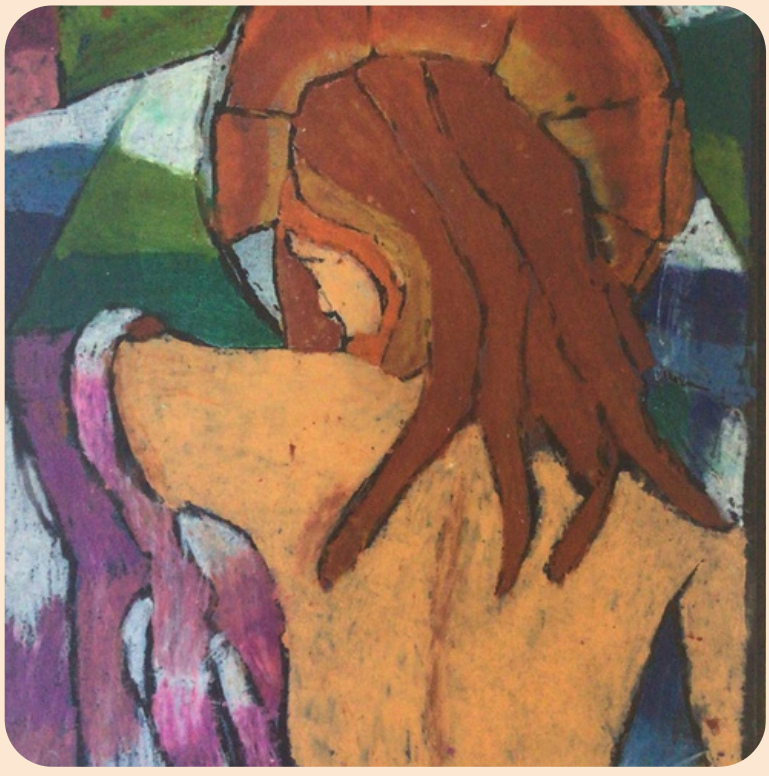
All that Jesus had, has been taken from him: even the clothes he is wearing. The soldiers notice you have something of value. They remove your cloak and throw dice for it. Your wounds are open and torn. Some of the people in the crowd make fun of you. They tease you and challenge you to perform a miracle for them to see. They're not aware that you will perform the greatest miracle of all!

Prayer:
Lord, your Son Jesus accepted being made fun of, of being vulnerable as part of his Way of the Cross. He did this for me. Help me to support those who are stripped of their rights and dignity, for all those whose lives are disrupted by war, ill health, or the after effects of Covid.

Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and peoples affected by suffering of any kind. **Amen**

Reflect for a minute on the image below:



Eleventh Station: Jesus Is Nailed to the Cross

I adore you O Christ and bless you
Because you have redeemed the world

Jesus you are stretched on the cross you have carried. You have been abandoned by the people you loved so much. You have done nothing but good but they drive nails through your hands and feet.

Help me to look at the people around me. Help me to see the hurt and pain I have caused in others. Sometimes, I like those who crucified you, judge by appearance, by income level or name. I forget that I am to live as a brother/sister to all people.

Prayer: Lord, your Son Jesus came to show us how special each person is. People didn't understand him, and they put him on a Cross. That seems very unfair. I pray that all peoples will have their sense of well-being and community restored. Sustain them, comfort them and give them hope.

Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and peoples affected by suffering of any kind. **Amen**

Reflect for a minute on the image below:

Twelfth Station: Jesus Dies On The Cross

I adore you O Christ and bless you
Because you have redeemed the world

As Jesus hung on the cross, he forgave the soldiers who had crucified him, He prayed and consoled his mother and friends. Jesus wanted us to be able to live forever with God, so he gave all he had for us.

Jesus, let me take a few moments to consider your love for me. Thank you for your sacrifice. Help me to express daily my love for you.

Prayer:
Lord, your son Jesus died on the Cross. But I know that death is not the end. Welcome into eternal life those I love who have died. (Pause and named silently loved ones who have died)

Help me now to be with Jesus at the foot of the Cross, to comfort him and to love him and to pray for all nations and peoples affected by suffering of any kind. **Amen**

Reflect for a minute on the image below:

Thirteenth Station: Jesus Is Taken Down From The Cross

I adore you O Christ and bless you
Because you have redeemed the world

Jesus your body was taken down from the cross. Imagine how Mary, your mother must have felt. Your suffering and pain have ended. The blood and dirt are wiped away and you are treated gently and with care.

Help me to become a gentler and more loving person through a greater appreciation of all those around me. Help me to grow in compassion for all those who are suffering at this time.

Prayer: Lord, when your son Jesus was taken down from the Cross he was placed in Mary's loving arms. Help me now to really feel that I am being held in Mary's arms. May I also find ways to be like Mary, by being gentle and loving to those I am at home with.

Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and people affected by suffering of any kind. **Amen**

Reflect for a minute on the image below:

Fourteenth Station: Jesus Is Laid In The Tomb

I adore you O Christ and bless you
Because you have redeemed the world

Jesus, your body was prepared for burial. Joseph of Arimathea gave you his own tomb. He laid your body there and rolled a large stone in front of it. Then he went home... very sad. What a sad day it has been for many people. But there is hope. What looks like an ending is in fact, a beginning. The death of Jesus brings a new life for us.

Help me to believe that just as the death of Jesus is not the end, the problems of this world will not destroy us.

Prayer: Lord, at this moment, I may have worries or concerns. I may not be feeling much joy. It's easy to keep thinking that things will not get better. But your son Jesus, teaches me to have hope and faith even when it is very hard. Help me to remain joyful, knowing that you live in me and I live in you forever.

Help me now to walk with Jesus on the Way to the Cross, to comfort him and to love him and to pray for all nations and peoples affected by suffering of any kind. **Amen**

Reflect for a minute on the image below:

Fifteenth Station: The Resurrection

I adore you O Christ and bless you
Because you have redeemed the world

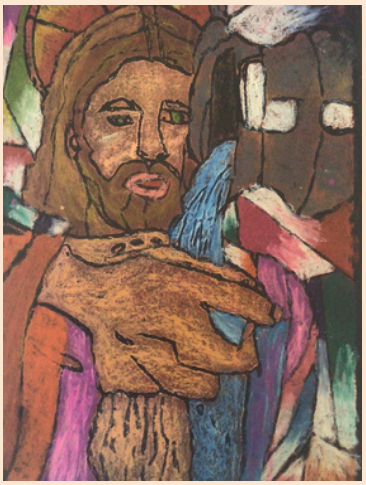
Jesus, today salvation has been fulfilled. You have overcome death. You are alive. Not just spiritually but physically. You have rescued your people from sin, death and despair.

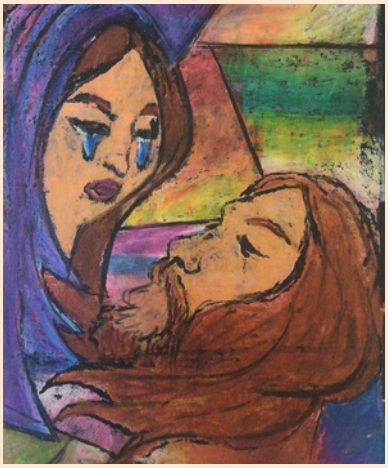
Help me never to despair, never to give up but to always have hope, faith and trust. May I trust in your love for me, have faith in your presence and trust that you will always be there for me.

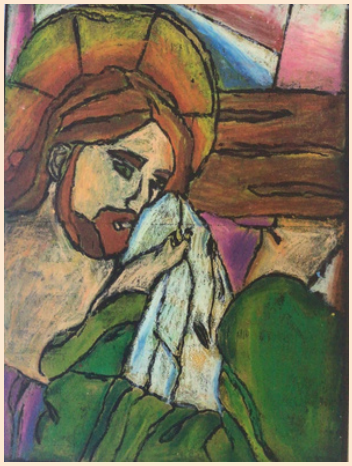
Prayer: Lord, your son Jesus carried his Cross for me, died for me and rose on the third day, so I might live forever. Help me to keep that hope alive now in my heart, in my home; to know that Jesus, my friend, walks with me every step of the way. Help me to rejoice with the Risen Jesus, to be his feet and hands on this earth and to bring joy, hope and love, to others.

Reflect for a minute on the image below:

Thank You!!







We are grateful to Saint Theresa's Primary School, Glebe, Sion Mills for the images of the Stations of the Cross used in this presentation. They were created some years ago by Mr Bert McNulty's, Year 7 Class, in collaboration with local artist Gloria Perry.

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