



What are the Stations?

We adore You oh Christ, and we praise You, because by Your Holy Cross You have redeemed the world!



WHAT DO YOU THINK OF WHEN YOU HEAR THE WORD "STATION"?

The Stations of the Cross present key moments to pause and reflect along Jesus' journey to Calvary: the people He interacted with, the sufferings He went through in His passion, and the love He showed. They are sometimes known as the *Way of the Cross*, the *Via Crucis* or the *Via Dolorosa*.

At each Station, we recall and meditate on a specific event from Christ's last day, prayers are offered and then we move on to the next Station. Individuals often pray these alone in a Church, physically moving from Station to Station, gaining consolation in their own trials and worries. The Way of the Cross is prayed together by Catholics on Good Friday as part of the liturgy.

Stations of the Cross are commonly found in churches as a series of 14 icons or images, and they can also appear in Church yards arranged along paths.

HAVE YOU EVER PRAYED THE STATIONS OF THE CROSS BEFORE?

DO YOU KNOW IF YOUR LOCAL CHURCH HAS A SET OF STATIONS? WHAT DO THEY LOOK LIKE?



Even if you don't know the prayers that go with the Stations, you can always walk from one to the next, thinking about what you see in each scene and speaking to Jesus about what He is going through there. Or you can watch the video dramatised by the young people at Holy Family Mission available on the Diocese of Waterford & Lismore YouTube channel.



NUMERACY TRICK TO HELP YOU REMEMBER THE STATIONS

14
Stations

3-7-9
Falls of Jesus

4-6-8
Jesus meets women
on the Via Crucis

Brief Guide to the Stations



I. JESUS IS CONDEMNED TO DEATH

Jesus was innocent, blamed for things He did not do, and having been scourged cruelly, He was sentenced to death by Pontius Pilate.



II. JESUS TAKES UP HIS CROSS

Crucifixion was a routine but horrifically cruel way of executing criminals at the time. The soldiers dragged Jesus out and placed a heavy cross on His shoulders.



III. JESUS FALLS FOR THE 1ST TIME

Jesus was already exhausted from being beaten, scourged, crowned with thorns, mocked and spat on. Now He fell flat on his face under the weight of the cross.



IV. JESUS MEETS HIS MOTHER

Mary pushed through the crowd to be near her son, Jesus, to offer Him consolation. Of all people, she understood best why He had to suffer in this way.



V. SIMON OF CYRENE HELPS JESUS

Simon was an onlooker, pulled from the crowd to help Jesus carry His cross because it was too heavy for Jesus in His weakened state.



VI. VERONICA WIPES JESUS' FACE

Bravely, Veronica stepped forward, offering the only comfort she could, to wipe the blood, sweat and dirt from Jesus' face with her veil.



VII. JESUS FALLS FOR THE 2ND TIME

Jesus fell again under the heavy weight of the cross, as His strength failed on the way to Calvary. Yet again, He got up and continued on.



VIII. JESUS CONSOLES THE WOMEN

A number of women were crying at the roadside as Jesus passed. He told them not to weep for Him, but for themselves.



IX. JESUS FALLS FOR THE 3RD TIME

Almost at the top of Calvary, Jesus could barely get up and continue on, as the soldiers whipped Him and hurled abuse at Him.



X. JESUS IS STRIPPED OF HIS CLOTHES

We can only imagine the pain Jesus felt as the soldiers tore His blood-clotted clothes from Him, reopening His wounds and humiliating Him.



XI. JESUS IS NAILED TO THE CROSS

Huge nails were driven into Jesus' wrists and feet as He was nailed to the cross and remained there in agony for hours.



XII. JESUS DIES ON THE CROSS

At three o'clock on Good Friday, having asked God the Father to forgive everyone, Jesus bowed His head and died.



XIII. JESUS IS TAKEN DOWN FROM THE CROSS

Jesus was placed in the arms of Mary. She must have remembered what it was like to hold Him as a baby, and now her son lay dead.



XIV. JESUS IS PLACED IN THE TOMB

Joseph of Arimathea gave the followers of Jesus a tomb where He could be buried: the Light of the World by darkness was slain.

THE TRADITIONAL STATIONS OF THE CROSS END WITH STATION XIV. THEY ARE PRAYED THIS WAY ON GOOD FRIDAY. AT OTHER TIMES OF THE YEAR, A 15TH STATION, THE RESURRECTION, CAN BE ADDED.



XV. THE RESURRECTION

Jesus rose from the dead, defeating sin and death. We celebrate this on Easter Sunday, and every Sunday. Christians are a people of hope.



Prayer time!

Set aside a few minutes of silence. Make the sign of the cross and pray:

WE ADORE YOU, OH CHRIST,
AND WE PRAISE YOU BECAUSE
BY YOUR HOLY CROSS, YOU
HAVE REDEEMED THE WORLD.

PICK ONE STATION TO REFLECT ON.

You might find it helpful to first re-watch your chosen station. 

Think about what happened in that scene, what action can be seen, what can be heard, who the characters are and how they are responding to Jesus, how Jesus acted, and lastly how this can speak to your life. You could pick one of the songs below to listen to. Maybe you would like to write your own prayer. Finish by making the sign of the cross.



EACH SONG TITLE IS A YOUTUBE LINK ALSO

Music to help you reflect on the Passion of Jesus




- "Watch the Lamb" - Ray Boltz
- "Why?" - Nicole Nordeman
- "Worthy is the Lamb" - Hillsong
- "At the Cross" - Hillsong
- "How Deep the Father's Love for Us" - Fernando Ortega
- "Forever" - Kari Jobe
- "Above All" - Michael W Smith
- "In Christ Alone" - Stuart Townend
- "Anastasis" (O Praise the Name) - Hillsong
- "What a beautiful name" - Hillsong
- "You gave your life away" - Paul Baloché
- "Amazing Love" - Graham Kendrick

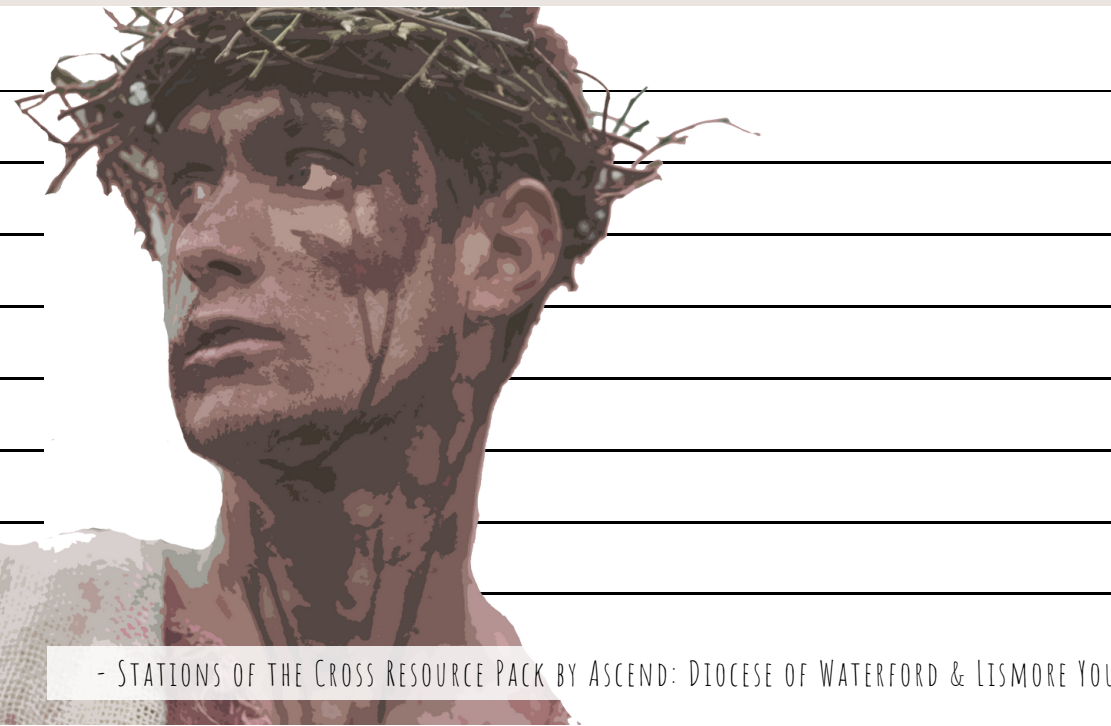


- "Once Again" - Matt Redman
- "My Redeemer Lives" - Nicole C Mullen
- "Who am I" - Casting Crowns
- "O Come to the Altar" - Elevation Worship
- "The Passion" - Hillsong
- "Reckless Love" - Cory Asbury
- "Stay with me" - Taizé Chant
- "Jesus remember me" - Taizé Chant
- "Misericordias Domini" - Taizé Chant
- "Crucem Tuam" - Taizé Chant
- "Nearer my God to Thee" - Sarah Flower Adams
- "This is Jesus" - Jim Cowan



What music would you include on a playlist for Easter? 

What songs do you know that address issues of suffering, loss, hope?



CHECK OUT THE FOLLOWING
RESOURCES TO HELP YOU
CELEBRATE HOLY WEEK!



ASCENSION PRESENTS
FR MIKE SCHMITZ: PRAYING THROUGH HOLY WEEK



READ
OR
WATCH:



"THE LION, THE WITCH AND
THE WARDROBE" (CS LEWIS)

Pay particular attention to how
Aslan portrays the Christian
themes of sacrifice and
redemption.



Walk in their footsteps



HOLY
WEEK



PRAY AND CHOOSE ONE OF THE PEOPLE IN THE PASSION NARRATIVE TO WALK WITH THIS HOLY WEEK.

- EACH DAY REFLECT ON THE EVENTS OF THAT DAY FROM THEIR PERSPECTIVE.
- WHAT WOULD THEY HAVE SEEN / WITNESSED / HEARD / FELT?
- WHAT CAN YOU LEARN ABOUT YOUR OWN LIFE?

Suggestions:

- Mary (the Mother of Jesus)
- Mary Magdalene
- Peter
- John

PALM SUNDAY

HOLY THURSDAY

GOOD FRIDAY

HOLY SATURDAY

EASTER SUNDAY
