



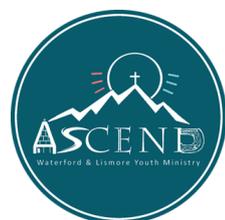
# STATIONS OF THE CROSS

BASED ON "MARY'S WAY OF THE CROSS"

RESOURCE PACK FOR  
POST-PRIMARY SCHOOLS / YOUTH GROUPS



**DIocese OF WATERFORD & LISMORE**



# Stations of the Cross

BASED ON "MARY'S WAY OF THE CROSS" by Richard G Furey C.Ss.R.

AVAILABLE TO WATCH ON THE DIOCESE OF WATERFORD & LISMORE YOUTUBE CHANNEL



## Individual Station Video Times

STATION	START POINT	TITLE
Station I:	0:55	Jesus is condemned to death
Station II:	3:05	Jesus takes up his cross
Station III:	5:26	Jesus falls for the first time
Station IV:	8:00	Jesus meets His Mother
Station V:	10:15	Simon of Cyrene helps Jesus to carry his cross
Station VI:	12:43	Veronica wipes the face of Jesus
Station VII:	14:51	Jesus falls for the second time
Station VIII:	17:12	Jesus consoles the women of Jerusalem
Station IX:	19:15	Jesus falls for a third time
Station X:	21:05	Jesus is stripped of his garments
Station XI:	22:42	Jesus is nailed to the cross
Station XII:	24:48	Jesus dies on the cross
Station XIII:	26:55	Jesus is taken down from the cross
Station XIV:	29:34	Jesus is laid in the tomb
Station XV:	31:27	Jesus is raised from the dead



# The Role of Mary

USE [WWW.BIBLEGATEWAY.COM](http://WWW.BIBLEGATEWAY.COM) TO SEARCH FOR THE PASSAGES (WE RECOMMEND USING THE NRSVCE OR NIV TRANSLATION)



## WHAT DO YOU ALREADY KNOW ABOUT MARY?

List some key ideas / words about her life, her role, her personality, and her faith:

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EACH OF THESE PASSAGES FROM SCRIPTURE INVOLVES MARY. CAN YOU SEE ANY CONNECTIONS BETWEEN THESE STORIES AND THE EVENTS OF JESUS' PASSION? CHOOSE ANY TWO PASSAGES AND REFLECT ON THOSE LINKS.

CLICK EACH OF THE LINKS TO READ THAT PASSAGE

[Luke 1: 26-38](#)

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[Luke 1:39-45](#)

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[Luke 2:1-20](#)

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[Luke 2:22-40](#)

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[Luke 2:41-52](#)

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[John 2:1-12](#)

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You can watch a fantastic dramatisation of John 2:1-12 in "The Chosen" TV series Episode 5 on YouTube: [click here](#)



MARY SHOWED INCREDIBLE STRENGTH AND ENDURANCE THROUGHOUT THE WHOLE PASSION: WHAT DO YOU THINK GAVE HER THAT STRENGTH AND SENSE OF HOPE?

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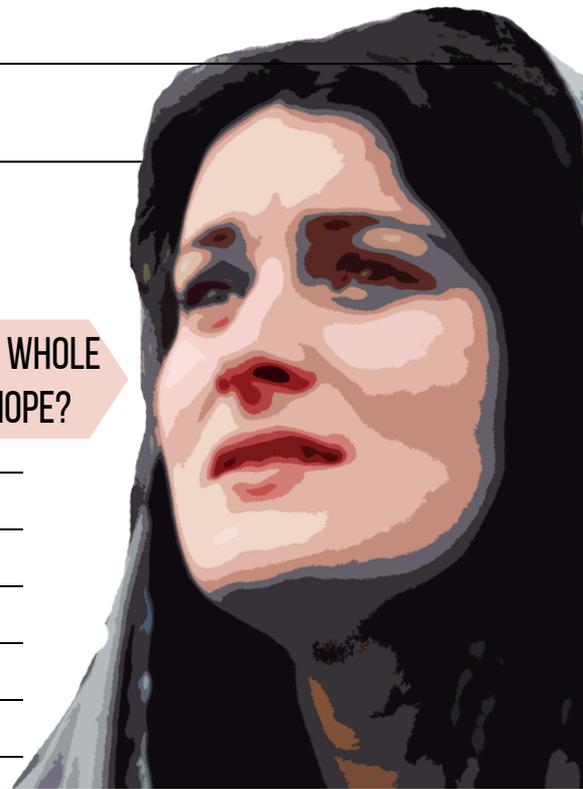
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"FROM MARY WE LEARN TO SURRENDER TO GOD'S WILL IN ALL THINGS. FROM MARY WE LEARN TO TRUST EVEN WHEN ALL HOPE SEEMS GONE. FROM MARY WE LEARN TO LOVE CHRIST HER SON AND THE SON OF GOD!" - ST JOHN PAUL II -



(SAINT) MOTHER TERESA USED A VERY SIMPLE PRAYER IN TIMES OF NEED: 'MARY, MOTHER OF JESUS, PLEASE BE A MOTHER TO ME NOW.'





# Walking in their shoes



IMAGINE YOU ARE ONE OF THE FOLLOWING CHARACTERS. WRITE A SHORT DIARY ENTRY DESCRIBING WHAT YOU WITNESSED IN THAT STATION / MOMENT:

You may find it helpful to rewatch that station first (starting time for each station below).

PONTIUS PILATE / STATION 1



SIMON OF CYRENE / STATION 5



VERONICA / STATION 6



A WEeping WOMAN / STATION 8



MARY MAGDALENE / STATION 12



ROMAN SOLDIER / STATION 13



Handwriting lines for writing a diary entry.



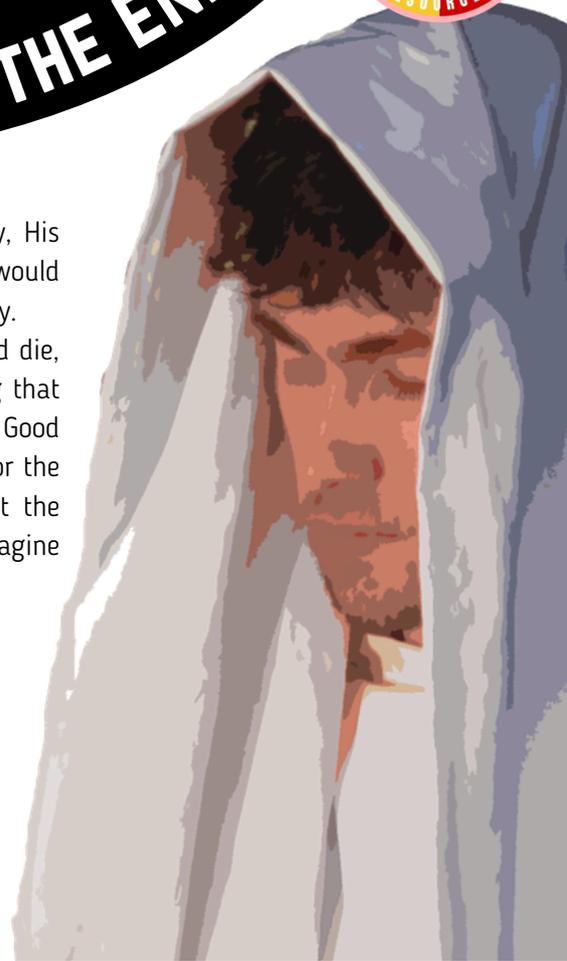


# GOOD FRIDAY WAS NOT THE END



## WHAT IS HOPE?

If Jesus had just been an innocent man who was put to death on Good Friday, His death would have been tragic and an act of senseless cruelty, and the story would have ended there. For Christians, however, Good Friday is not the end of the story. Jesus told his followers on numerous occasions that He would have to suffer and die, but on the third day He would rise again. They were incapable of understanding that at the time. Imagine the pain, grief and hopelessness they must have felt on Good Friday, watching their good friend suffer and die, and with Him all their hopes for the future? Then imagine their overwhelming joy and sense of hope they felt at the resurrection! His mother, Mary, never lost hope in Jesus' promises. Can you imagine how joyful their reunion was after the Resurrection?



### CHECK OUT THE FOLLOWING RESOURCES ON THE THEME OF HOPE:



Fr Mike Schmitz's Easter Special



An Easter Hallelujah - 10 year old Cassandra Star & her sister Callahan



Fr Mike Schmitz: What is Hope and Why Do You Need It?



Fr Mike Schmitz: The Role of Hope in Holy Week



Leeland: Way Maker



Lauren Daigle: Trust In You (Live)



Send a message of encouragement or gratitude to someone who you think could be struggling at the moment.

**HOPE IS THE ANCHOR OF THE SOUL**

**H.O.P.E. Hold On, Pain Ends**



Each morning you wake up, think of ten things you are grateful for. Start your day choosing joy and gratitude to God for his blessings!

### WHAT IS YOUR DEFINITION OF HOPE?

A vertical lined writing area for defining hope.

*Hope is "trust in another, extended into the future."*  
Fr Mike Schmitz



Why not create an Instagram post or story with your definition to share with your friends on social media? Or commit to only sharing positive and hope-filled messages for the next week? Print it out and stick it on your bedroom mirror.



Create a playlist for yourself, with music filled with messages of hope - listen to this whenever you feel like you are struggling, or share it with a friend who might need a reminder that hope is real.



# Doodle Prayers

For *God*  
so *loved* the world  
that he gave  
his only SON,  
**SO THAT EVERYONE**  
who believes in him  
may not perish  
**BUT MAY HAVE**  
eternal **LIFE** .

JOHN 3:16



# Activity Ideas

## VISIT YOUR LOCAL CHURCH

- Check out the Stations of the Cross there. Spend a little time thinking about each scene as you move from one station to the next.
- Why not take pictures of the Stations in your local church and print them for or send them to an elderly / housebound person in your area who can't visit the church at the moment?
- Or share the images with your parish for use on the parish website / social media?
- You could also use the pictures of the Stations in your local church on your own phone to meditate on the stations wherever you are?

## CREATE A PRAYER SPACE IN YOUR OWN HOME / ROOM

Place a candle, a crucifix or a holy image if you have one, maybe a prayer intentions box. [Find ideas on LifeTeen.](#)

## SPOTIFY PLAYLIST

Create a Holy Week Spotify Playlist for yourself (*you could use the songs in this resource pack*). Why not share it with others too?

## RESEARCH

- "[The Seven Sorrows of Mary](#)." Catholic Devotion - see how these relate to the Stations of the Cross.
- Research the [Sudarium of Oviedo](#) or the [Shroud of Turin](#) and the [Holy Crown of Thorns](#) (*saved from the fire at Notre Dame Cathedral, Paris*)

## WATCH

"[The Chosen](#)" TV Series charts the beginning of Jesus' mission, and really helps us to understand the kind of person Jesus was and how He related to others.

## ASK

Do you know anyone who prays the Stations of the Cross regularly? Ask them why they use this form of prayer?



**Find out when the Stations of the Cross will be prayed in your church on Good Friday [and if they will be live-streamed if you are not able to attend in person.]**

## FREEZE-FRAME

In groups of 4 or 5, choose one scene to "freeze frame". Choose who each person will be in the scene, get into position and freeze! You must act and think in character. When asked, briefly speak your thoughts as you think your character would in that moment. The other groups should try to guess which station it is and who each character is.

## DISCUSS

- Which Station do you think is most relevant to young people today?
- Where are people suffering in today's world? What crosses are people carrying? How can we be like Simon and Veronica and help lighten their burdens?

## CREATE

- Create a collage with images, stories and words from newspapers / magazines or online which represent the themes and ideas in the Stations of the Cross for you in modern life.
- Write a haiku poem for one of the characters or about one of the Stations. Haiku format is: 1st line, 5 syllables; 2nd line, 7 syllables; 3rd line 5 syllables.
- Sketch / paint a scene from the Stations.
- Participate in the [Busted Halo InstaLent Photo Challenge 2021](#) even for Holy Week, or create your own collection.

