



11th March 2022

WAY OF THE CROSS FOR CHILDREN

Introduction: Lord Jesus, today we walk side by side with you, on the way to Calvary as you did more than 2000 years ago. We carry along with us all the crosses both big and small along with your heavy cross placed on your shoulder. What meaning do I have as I pray this Way of the Cross? It means to experience the love hidden within the Cross of Christ. It means to recognize, in the light of this love, our own cross. It means to take up that cross once more and, strengthened by this love, to continue our journey...

Opening Prayer: Jesus, you have shown by your journey to the Cross and your death that I should embrace my sufferings as a journey that will lead to glory. Please help me Lord, to unite my sufferings to your Passion, so that I may be healed, purified and strengthened, and that I may become your instrument of healing love for others.

First Station: Pilate condemns Jesus to die

Antiphon: We adore you O Christ, and we bless you; because by your Holy Cross you have redeemed the world.

Jesus, you aren't guilty of any crime or sin. How can you be condemned? But the unthinkable happens. The people yell: "Crucify him! Crucify him!" Pilate finally agrees. Jesus was accused of many crimes he didn't commit. He didn't defend himself. He knew he needed to die for our sins.

Prayer: *Jesus, I often get defensive when I know I did something wrong. Help me to be honest. I also don't want to be a gossipmonger or accuse others of doing wrong.*

Second Station: Jesus accepts his cross

Antiphon: We adore you ...

The cross is heavy and it hurts so much when it is slung across your back. Your back is raw from the beating. You begin to carry your cross, Jesus. You carried the heavy cross without complaining even once.

Prayer: *Sometimes schoolwork or jobs at home are hard for me and I complain. Jesus, please help me not to complain. I want to keep trying, even when I find something hard.*

Third station: Jesus falls for the first time

Antiphon: We adore...

Jesus was already badly wounded when he fell the first time. You fall to the ground beneath your heavy burden. Pain pierces every part of your body. The bystanders mock you, Jesus. It must have hurt very much. Jesus got up and kept on going.

Prayer: *When we don't succeed in school or when we lose in sports or games, it can make us feel defeated. Jesus was hurt but never defeated. Jesus, I want your attitude of hope and victory even if I am not succeeding.*

Fourth station: Jesus meets his mother, Mary

Antiphon: We adore you...

Your heart breaks when you see your mother's face. Jesus knew that his mother was sad to see him suffering so much. She feels every pain you feel. You say good-bye to your mother. But you were so happy she came. Mary loved Jesus very much.

Prayer: *Our parents love us very much, and sometimes we don't let them hug us and care for us because we are mad or sad or don't want them to see us in trouble. Jesus, I thank you for my parents and their love for me.*

Fifth station: Simon helps Jesus carry the cross

Antiphon: We adore you...

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. Simon of Cyrene doesn't want your cross, Jesus. The soldiers make him help you. You are grateful and struggle to move up the hill a little faster.

Prayer: *Sometimes I don't want to help my friends or brothers and sisters or parents when I am told to. Jesus, help me know that when I do help others, it is like helping you. I want to be kind and helpful.*

Sixth station: Veronica wipes the face of Jesus

Antiphon: We adore you...

Veronica loved Jesus very much. When she stepped out to wipe his face, she risked getting in big trouble from the soldiers. This woman wipes away the bloody sweat on your suffering face. It is an act of kindness, and you are so grateful. The image of your pain stains her cloth. Her love and kindness overcame her fear.

Prayer: *Jesus, I want to love you like Veronica. Help me to be brave and love others who are unpopular and misunderstood.*

Seventh station: Jesus falls for the second time

Antiphon: We adore you...

Jesus fell again because he was so weak and tired from all his wounds. The narrow street up the steep hill towards Golgotha is difficult. Jesus, you fall again to your bloody knees. It is so difficult to get up again. But you do. You got back up and continued on.

Prayer: *I think of something that makes me feel weak, something that is hard for me to do. Jesus, help me not to give up easily but keep up my faith and hope for the best.*

Eighth station: Jesus meets the women of Jerusalem

Antiphon: We adore you...

A lot of people were against Jesus, but a lot of people followed him. They were his faithful friends. Do you know all of these weeping women, Jesus? They know you as the one who loved them, cared for them and cured all their sicknesses and blessed their children. Even now, in your pain and suffering you console them.

Prayer: *Help me to be a faithful friend. When my friends are going through a hard time or are being made fun of, I want to help them and be a true friend.*

Ninth station: Jesus falls for the third time

Antiphon: We adore you...

It's unbelievable that Jesus fell again and the soldiers didn't help him. They only yelled louder for him to get up and continue on. This time, your face hits the hard stone street. Your head throbs with pain, and you are dizzy with it. Obediently, you get up to travel on to the hill of crucifixion. Jesus didn't get mad at them; he forgave them.

Prayer: *Sometimes people say or do hurtful things to us or don't help us when we need them. Jesus, help me to forgive everyone like you did. Help me not to get angry or hold a grudge against someone who has hurt me.*

Tenth station: Jesus is stripped of his clothes

Antiphon: We adore you...

To be without clothes in front of everyone is a humiliating thing. No care and no dignity are given to you now, Jesus. Even your clothes are taken. You have nothing left to give except suffering and your final breaths. Jesus wasn't ashamed because he knew his Father in heaven loved him and everyone who was there.

Prayer: *Jesus, I know how much you and the Father love me, so I will never be embarrassed or ashamed when carrying out my duties and my mission.*

Eleventh station: Jesus is nailed to the cross

Antiphon: We adore you...

The soldiers drove nails through Jesus' hands and feet. Long iron spikes nail you to the cross. They lifted up the cross and put it in place. Jesus was in a lot of pain. Then the cross is elevated for the world to see. I'm so sorry, Jesus.

Prayer: *Many people suffer pain every day from being sick, hungry, poor, and because of war or natural disasters. Jesus, please comfort everyone who is in pain today.*

Twelfth station: Jesus dies on the cross

Antiphon: We adore you...

When Jesus died, the sky got dark and the earth started to shake. This made some people very scared. In your final hours, your suffering is so great. You call to your Father. You feel abandoned. After a few more words, you release your last breath. They saw that Jesus was innocent and that they had made a big mistake.

Prayer: *Jesus, help me to admit when I make mistakes. Help me to say I'm sorry. Thank you for always forgiving me. I love you, and I want to do the right thing always.*

Thirteenth Station: Jesus is taken down from the cross

Antiphon: We adore you...

Jesus, now you can feel no pain. No hateful statements or lies can wound you. Soldiers pull out the spikes and release your body 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.

Prayer: *Sometimes it is risky to step out and help people who are in need. Jesus, I want to be a risk-taker and help others. Give me love and courage.*

Fourteenth station: Jesus is placed in the tomb

Antiphon: We adore you...

In a hurry, your body is wrapped and laid on a cold stone. The sun goes down and your body grows cold in the darkness. Even when things look very difficult and sad, there is always hope that God can bring new life. On the third day after your death, you rise again. Jesus, you return to life in glory. Death could not hold you.

Prayer: *Jesus, I believe that you died and rose from the dead so that I could have new life. Thank you Jesus!*

Concluding Prayer: Lord Jesus Christ, help us to see in the sufferings and shortcomings of our lives a share in your Cross. Lord Jesus, fill our hearts with the light of your Spirit, so that by following you on your final journey we may come to know the price you paid for our Redemption, You who live and reign forever and ever. Amen.

Contributed by:
Sr Rosily CV fsp