



## WAY OF THE CROSS FOR CHILDREN

### Introduction:

Dear children, Jesus always loved children and he made time to be with them even in the midst of his preaching and teaching the adults, healing and raising the death to life. He would be so please that you are here in the Church today, to walk side by side with Jesus on his way to Calvary through prayer and meditation. Let us pay attention to the guide who will lead us step by step, recounting to us how Jesus loved us till his last breath. When we walk with Jesus, the Son of God, we have everything we need.

### First Station: Pilate condemns Jesus to die.

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** Jesus was accused of many crimes he did not commit. He didn't defend himself nor try to retaliate but chose to die for our sins. We get angry when someone points out our faults. We must always admit our faults and learn to say sorry every time we hurt someone.

**Prayer:** Lord Jesus, help us to be honest and never to put blame falsely on anyone we dislike, rather help us to befriend and speak up for a shy friend who is often bullied by others. Amen.

### Second Station: Jesus accepts his cross.

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** The cross is heavy and it hurts, but you carry it with love up the hill of Calvary willingly. We see that Love makes difficult things easy. Help us to obey our Parents and elders even when we feel like saying no to them.

**Prayer:** Lord Jesus, sometimes we find it hard to get up in the morning and complete our homework. We rather play longer time than go for tuition but as good children, help us choose what is right and helpful. Amen.

### Third station: Jesus falls for the first time

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** Falling with a heavy cross on the back is scary. It may have caused Jesus many painful wounds. The bystanders mocking Him, is even more painful. Yet Jesus kept going without complaint.

**Prayer:** Lord Jesus, by your fall, you are teaching us valuable lesson that it is okay to fall and fail sometimes in studies or games; what is important is to do our best. Help us never to give up trying even when we fail. Amen

#### **Fourth station: Jesus meets his mother, Mary**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** All of us want our mothers to see our proud moments and not when we are treated miserably; although, we also wait for the consoling presence of our mothers on our sick beds. It must have been truly hard for Jesus and Mama Mary, yet they did God's will.

**Prayer:** Lord Jesus, we thank you for the gift of our own earthly mother and our heavenly mother Mary who will stand by us all the time. Help us to show them our love by being good and caring to all. Amen.

#### **Fifth station: Passerby Simon helps Jesus carry the cross**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** Lord Jesus, the gospel tells us that you always worked to remove suffering and pain from others including those who can do nothing for you. We have no doubt that you richly blessed Simon who helped you carry your cross a little while, although it was not voluntary help.

**Prayer:** Lord Jesus, we feel so happy when our siblings or friends help us out with difficult task or to complete even the easy ones. But we rarely realized the need to help them in turn. Help us bring little joy to others by reaching out to them in their needy, moments. Amen.

#### **Sixth station: Veronica wipes the face of Jesus**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** Veronica must have been a just and brave woman who practiced fairness at play among sibling and friends right from childhood. She refused to shy away like others in helping the victim. By her act, she showed everyone that she takes no part in their evil plot.

**Prayer:** Lord Jesus, sometimes we are afraid to stand apart and tell the truth especially when we know well that we can get into trouble. We often play safe and let someone struggle on their own. May St Veronica pray for us. Amen.

#### **Seventh station: Jesus falls for the second time**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** Falling again and dashing over the same wounds would be terribly painful but the narrow street, the pressing crowd and uneven ground besides Jesus' failing strength caused his second fall.

**Prayer:** Lord Jesus, You knew very well that your every next step would be harder than the previous; yet you walked ahead amidst falling and rising for the love of us. Keep us away from the occasion of sin. Amen.

### **Eighth station: Jesus meets the women of Jerusalem**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** The women of Jerusalem couldn't help you out but wept publicly in disapproval of what they witnessed. At least they didn't stand and watch as if nothing unlawful and tragic was going on. We must try our best never to join in a joke or a game that belittle or hurt others.

**Prayer:** Lord Jesus, give us the courage to speak out the wrong things we see and not to give our approval to the evil things by our silence. Amen.

### **Ninth station: Jesus falls for the third time**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** Jesus had to pay heavily for our sins and no hardships on his way would stop him from saving us. Do we ever thank Jesus truly from our hearts? Even today, our sins can cause great suffering to the heart of Jesus.

**Prayer:** Lord Jesus, when we are made to suffer pain and shame for no fault of ours, help us remember how you suffered and died for us and let us not hold a grudge or vengeful feelings but forgive. Amen

### **Tenth station: Jesus is stripped of his clothes**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** Our Lord was stripped off his clothes but was not without dignity; for his dignity did not come from his clothes, his physical strength and looks, not even his wisdom; but that of being God's only Son and Jesus won this dignity for us too. We should not be sad if our poor Parents can't afford to give us the best clothes or send us to the best school. We are still the best in our own way in Christ.

**Prayer:** Lord Jesus, help us never to be afraid or ashamed of being who we are, and what contributes to who we are; our family background, our religion, caste, economic or social status. Let us rejoice at the fact that you love us as we are. Amen.

### **Eleventh station: Jesus is nailed to the cross**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** The good way of showing how sorry we are for the wounds of Jesus is to be sensitive and concern about all the people in our society who suffer much because of the cruelty and violence inflicted upon them. We must know that all those who are in prison are not criminals and therefore pray for them and their accusers.

**Prayer:** Lord Jesus, many children of our age in our world are made to suffer beyond what they can

bear due to war, communal violence, or abuse by adults. Grant all children your loving protection and care. Amen.

**Twelfth station: Jesus dies on the cross** (*Pause for Silent Prayer*)

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** We do not like to hear the word death. It frightens us and brings pain and gloom of separation to our minds and hearts. Jesus the author of life goes through death and His mother Mary endured much pain with him. Let us befriend children who have lost their parents or siblings and pray for them.

**Prayer:** Lord Jesus, we pray for all the departed members of our families and Parish community. May they rest in peace. Amen.

**Thirteenth Station: Jesus is taken down from the cross**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** Now the cold lifeless body of Christ is taken down from the cross and placed on the lap of his mother for the last time. Joseph of Arimathea who gave Jesus his own burial cave must have been rewarded greatly by our Lord.

**Prayer:** Lord Jesus, we know that sometimes, helping others can also get us into trouble but grant us the generosity of heart to reach out to those in need. Amen

**Fourteenth station: Jesus is placed in the tomb**

**Leader:** *We adore you O Christ, and we bless you*

**All:** *Because by your Holy Cross you have redeemed the world.*

**Reflection:** Laying Jesus in a silent cold tomb can look like everything was over. But on the third day, as promised, Jesus rose gloriously. With Jesus, we all will rise again to a new life after our death. It is such joy to know that our departed loved ones lives forever in Jesus.

**Prayer:** Lord Jesus, Thank you for offering new and eternal life in heaven through your passion, death and resurrection. Help us receive you worthily in the Holy Communion each time we go for Mass. Amen

**Concluding Prayer:** Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved humankind: Grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ our Lord. Amen

**For the intentions of our holy father: Our Father . . . Hail Mary . . . Glory be...**

*-Commission For Liturgy  
Archdiocese of Bombay*