



WAY OF THE CROSS FOR YOUTH

OPENING PRAYER: Dear Jesus, as we walk this journey of the cross with you, may we too like you embrace our own cross and walk the path set for us. May we humbly carry ourselves to Calvary, to you with hope for eternal salvation thereafter. Amen

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: Many a times, the world condemns us; at times we too condemn ourselves. Oh Jesus, you lovingly accepted death on a cross, for us. Give us the courage, that on this journey of life, we too may accept the challenges, hardships, failures and difficulties that perhaps seem like a dead end to us every now and then.

Prayer: Dear Jesus, grant us courage when we are condemned for not conforming to the ways of our contemporary world and to its false promises. Give us the grace of acceptance and hope. Amen.

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: Jesus our Saviour carried the weight of the heavy cross all the way through without any complaints even though He did not deserve it. Many times, we too are pressed under the burdens of life, the burdens of our own guilt and expectations resulting from our own thoughts and doing. May we be freed from this vicious cycle of living in a fantasy world and comparing our lives with others.

Prayer: Loving Jesus, Give us the grace and courage to live our own lives authentically according to your will and not succumb to the pressures of modern life and culture of death. Amen

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: The fall of Jesus reminds us of our human frailties, the weakness of this body, the mind and heart. Many a times, we too fall prey to our own thoughts, feelings and bodily weaknesses. Even though we may be strong, there are times we fall.

Prayer: Loving Jesus, when we fall while navigating amidst of our generation that promote and worship glamour, instant success and unhealthy pleasures, help us rise up to continue our journey, hoping for a better path ahead. Amen

Hymn: 431. Verses 1 & 3. We hail thee, Saviour and Lord, thy cross ever be adored! (*Joyful Celebration Hymnal*)

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: Jesus, we cannot fathom the encounter with your mother on this painful walk, the overwhelming heart of yours and your mother at this moment. There are such moments in our lives, when we too are overwhelmed with feelings for people close to us in our lives. But just as your mother knew that this cross and journey was yours alone, may we too realise that each one of us has to carry our own cross and continue our journey in life.

Prayer: Loving Jesus, Give us the grace of love, yet not getting attached to the people so dear to us that we forget our own journey. Amen

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

FIFTH STATION: Passer by 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: Jesus my friend, only you know what this help from a friend meant to you in that moment of despair. In our lives too, there are times we find it hard to go on, everything seems gloomy and lost. We remember particularly those who succumb to such distress and end their lives or end up with mental illnesses.

Prayer: We pray you Jesus; be our friend in our moments of loss and despair; lighten the weight of our cross by reducing troubles and giving us the grace to find comfort in you, through prayer and silence. Amen

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: Jesus, once again you must have felt comforted to find a friend who sees your pain, agony, tears, sweat and blood, thus finding the courage to push through the soldiers to express her love to you. May we too be sensitive to the pains, agonies, tears, sweat and blood of our near and dear ones, random people whom we encounter on a daily basis.

Prayer: Loving Jesus, Give us the grace to overcome our own ego, pride and reluctance to embrace people who are victimised and show them our love and care on the journey of life. Amen.

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: Oh Jesus, now I can't even imagine how exhausting this journey must have been getting for you. I can only admire your love and courage to continue the walk to your fete. Your second fall reminds us of our tendency to sin again and repeat mistakes. We too fall again and again, perhaps due to our lack of self-confidence, determination and will power.

Prayer: Loving Jesus, give us the grace to introspect ourselves, make decision and gather the will power to avoid the near occasions of sin. Amen.

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: Dear Jesus, your encounter with the women of Jerusalem was certainly a moment of grace and true witness of what it means to carry your cross with pride and honour. There are times in our life when we are unable to face others or get so lost in our own lives that we forget people around us and the role we have in the society.

Prayer: Loving Jesus, give us the grace to realise my purpose in life, live a meaningful life without fear and with honesty thus becoming living examples to others on the road. Amen.

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: My Jesus, your strength must have been crumbling down by now. Your flesh was getting weak, but the spirit was certainly willing. This reminds us of times when we feel likes giving up, when we are tired and weak; moments when our spirit seems willing but the flesh is weak and we succumb to lethargy, laziness, lust.

Prayer: Loving Jesus, give us the grace of simplicity in lifestyle, but strength in our thinking and will to rise from our lowest point and focus on our goals. Amen

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: Jesus, you were insulted, humiliated, joked upon in public and stripped off your dignity. In your lowest moment, they spat upon you, laughed at you. There are times, we experience the same by either becoming the victim or the culprit, we either become shameless or put a blind eye towards the respect of others. Sometimes, unknowingly we strip off the dignity of others and slander them.

Prayer: Loving Jesus, Give us the grace of modesty, sensitivity and patience, in our thoughts, words and deeds towards others. Amen

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: Oh Jesus, this very moment when you were nailed onto the cross, the cross which was a symbol of shame turned into a symbol of salvation and hope, because it bore the pain, suffering and love of yours for all of us onto it. May we too be nailed to our own crosses and not run away from it or give up on it.

Prayer: Lord Jesus, give us the grace of responsibility and ownership to our own life, its ups and downs, its success and failures. Amen

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

TWELFTH STATION: Jesus dies on the cross (*Pausefor Silent Prayer*)

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

All: *Because by your holy cross you have redeemed the world.*

Reflection: Jesus died on the cross carrying away with Him the burden of our sins, our selfishness and our miseries. May we too die to ourselves, to prejudices and to all that prevents a fuller life so as to find a life of purpose and love.

Prayer: Give us the grace to die to our sins and be ever loving in this world full of hatred. May we be icons of love and authenticity thus touching the lives of others which will bring meaning to your sacrifice. Amen

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: Jesus, at this moment when you lay still in the arms of your mother, the world was devoid of you but overshadowed by the presence of your Holy Spirit. May we too look into our own souls in difficult times and open our hearts to your spirit.

Prayer: Lord Jesus, give us the grace to start afresh with faith and hope in you alone that we may never cut ourselves off from your presence due to sin. Amen

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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: Jesus, as you were laid in the tomb, may we too lay down our old self and look forward to the hope of a new dawn, an Easter morning when a new spirit, a new energy will bring joy to my life. We pray for enthusiasm, joy and the choice to be happy and content in every moment, every day of our life.

Prayer: Lord Jesus, give us the grace of wisdom to understand that this life has everything to offer yet many things are beyond our understanding and that's where we need to surrender, with self-assurance, telling ourselves each time that "All is well, one day at a time". Amen

Leader: *Have mercy on us O Lord.*

All: *Have mercy on us.*

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

Concluding Hymn: **203.** Verses **2, 5 & 8.** If you wish to be my disciple, take up your cross and follow me. (*Joyful Celebration Hymnal*)

-Mr Percival Holt

Former ICYM National President.

Advisor to CCBI National Youth Commission, Communio India.

Member of Commission on Methodology (Synod of Bishops, Rome)