



THE WAY OF THE CROSS FOR CHILDREN

Introduction: Dear Children, Jesus loves you and did everything to show you how much you mean to Him. The Way of the Cross is a very special journey where we walk with Jesus and learn about His act of love for us. It wasn't easy for Jesus to carry a heavy cross. He felt pain, sadness, fear and even fell down. But He never gave up, because He thought of us. As we walk with Jesus through the Stations of the Cross, we'll also meet some kind and brave people who helped Jesus along the way, like His mother Mary and Simon of Cyrene. We can also carry our little crosses by being kind to someone who is mean, or saying "I'm sorry" when we've made a mistake. Are you ready to walk with Jesus? Let's take His hand and begin!

Note: *You may insert short appropriate hymns wherever needed as per your time.*

Opening Prayer: Dear Jesus, thank You for walking the Way of the Cross for us. Help us to understand the pain You went through and to see Your love in every moment. May we follow You in our lives and love others just as You have loved us. Amen.

FIRST STATION: Jesus is condemned to die. Jesus was standing before the rulers, and they said, "You must die." Even though Jesus had done nothing wrong, they made Him suffer.

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

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

Reflection: Sometimes we might feel like we are treated unfairly, like when friends and elders blame us for things we didn't do. But Jesus shows us how to stay strong and most importantly never to find fault with others.

Prayer: Jesus, help me to be brave and to be forgiving when I am treated unfairly. Teach me to be kind to others, even when it's hard. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

SECOND STATION: Jesus takes up His cross. Jesus was given a big, heavy cross to carry. He picked it up because He knew it was part of His journey to show us how much He loved us.

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

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

Reflection: We all have challenges in life, like schoolwork, chores, or being kind to others when it's difficult. But when we carry our crosses with love, we are helping others and following Jesus' example.

Prayer: Dear Jesus, help me carry my own crosses with love, just like You carried Yours. Give me strength when I feel like hurting others back in my words or deeds. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

THIRD STATION: Jesus falls the first time. Jesus was tired and weak from carrying His heavy cross. He fell down, but He got up again to continue His journey.

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

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

Reflection: It's okay to fall or fail sometimes, but what matters is that we always get back up, just like Jesus did. When we try again and do our best, we show courage and trust in God's help.

Prayer: Jesus, when I fall or make mistakes, help me to get back up and try again. I know, you are always with me to help, guide and protect. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

FOURTH STATION: Jesus meets His Blessed Mother. As Jesus walked to Calvary, He saw His mother, the Blessed virgin Mary. She loved Him dearly and saw how much He was suffering. It made her very sad, but she did not stop Him from carrying the cross for she knew the purpose of his suffering and she stayed close to Him with the love of a mother.

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

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

Reflection: Mother Mary shows us how to love and support our siblings, friends and neighbours in their trials and difficulties. She didn't leave Jesus, even though it hurts her to see Him suffer. We can be like Mary when we help and comfort our friends and family.

Prayer: Dear Mother Mary, help me to love and care for others, just like you loved Jesus. Please watch over my family and friends and all those I love and help us to be there for each other in times of need. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

FIFTH STATION: Simon helps Jesus carry the cross. A man named Simon was walking by, and the soldiers forcefully made him help Jesus carry the cross. Simon didn't know Jesus therefore he protested, but he helped anyway showing great kindness.

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

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

Reflection: Sometimes, we see someone who needs help, and we might not know them very well. But Jesus wants us to show kindness to everyone, just like Simon helped Him. Jesus said in the Bible, “whatever you do to the least of my brothers and sisters, you do it to me”

Prayer: Lord Jesus, help me understand and appreciate my family, friends, teachers and all the good people around me for the help they give me every time I need them. Teach me to be kind, helpful and loving too. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

SIXTH STATION: Veronica wipes Jesus’ face. A woman named Veronica saw that Jesus was in pain and his face covered with sweats and blood. She grabbed a towel and run pushing through wiped His face with a towel, showing Him great care and concern.

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

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

Reflection: Veronica didn’t have to help Jesus, but she chose to show kindness and compassion. Even small acts of love, like helping a friend or smiling at someone, can make a big difference on someone’s bad day.

Prayer: Dear Jesus, choosing to be kind always is not easy. There may be times when our kindness is not even appreciated, but help us to be good because we want to be like you who loves everyone, all the time. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

SEVENTH STATION: Jesus falls the second time. Again, Jesus fell under the weight of the cross causing great pain. Even though His journey was getting harder each step, He didn’t give up. For He knew if He gave up the cross, we would never be saved.

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

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

Reflection: Dear Jesus, we do not like to fail in anything, because it makes us feel like losers before all. However, failing and falling is very much part of growing and learning. May your fall give us courage and hope to keep trying to do what is good and right.

Prayer: Jesus, when we feel weak or discouraged, help us to keep going. We trust in Your love and Your strength. Teach us how to bring encouragement and cheer to those who are going through difficult times. Amen.

EIGHTH STATION: Jesus meets the women of Jerusalem. A group of women were weeping because they saw how much Jesus was suffering. However, Jesus told them not to cry for Him but to weep for themselves and their children.

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

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

Reflection: Jesus wants us to care for those who are hurting and to pray for them. Often times, we can't fix all their problems but we can always show them our love and support in the simple way we can.

Prayer: Lord Jesus, we thank you for all your blessings, protection and providence. Teach us to be understanding towards those who are hurting. Help us to pray for others and bring them comfort. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

NINTH STATION: Jesus falls the third time. For the third time, Jesus fell under the weight of the cross because of excessive exhaustion. But He didn't give up—He kept moving forward, determined to finish His journey for our sake.

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

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

Reflection: Imagine how tired Jesus must have been. He had already fallen twice, and now He falls again. Maybe it felt like He couldn't get back up but he did for our sake. Sometimes, we feel like giving up when we make the same mistake or fail repeatedly. We can ask Jesus for help, and He will give us the strength to keep going.

Prayer: Dear Jesus, thank You for loving me so much that You kept going, even when You fell for the third time. Help me to be strong like You. Teach me to keep trying, to say sorry when I need to, and to remember that You are always with me, ready to help me get back up. I love You, Jesus. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

TENTH STATION: Jesus is stripped of His clothes. The soldiers took off Jesus' clothes, leaving Him with nothing. He was exposed and vulnerable, but He still trusted in God.

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

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

Reflection: Sometimes the cruel joke and mean comments of friends embarrasses us and makes us feel uncomfortable, but Jesus shows us that true peace comes from doing what is right and not on the likes and dislikes of people.

Prayer: Lord Jesus, help us to trust in You even when we feel embarrassed or unsure. Help us never to put anyone down in order to feel good. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

ELEVENTH STATION: Jesus is nailed to the cross. Jesus was nailed to the cross. He suffered terribly, but He forgave the people who hurt Him. He wanted them to know God's Father's love that He came to show.

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

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

Reflection: Lord Jesus, befriending someone who hurts us or who despises us is really difficult, we feel like avoiding them or do likewise to make them experience and feel what we go through. We really need your grace to forgive.

Prayer: Lord Jesus, we pray you for the grace to be good to all and even those who are mean to us, knowing that Your love covers all our wrong doing. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

TWELFTH STATION: Jesus dies on the cross. Jesus died on the cross giving up his spirit to the heavenly Father. When Jesus died, the sky grew dark, and the earth shook. Everyone there knew something very important had just happened.

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

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

Reflection: Imagine Jesus on the cross, His arms stretched out so wide as if He's trying to hug the whole world. He loves us so much that He gave up His life so we can be with God forever. His death wasn't the end; it was a way to bring us back to God.

Prayer: Lord Jesus, thank You for giving Your life for us. Help us try to live in a way that shows our love for You in return by being kind, obedient and loving. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

THIRTEENTH STATION: Jesus' body is taken down from the cross. After Jesus died, His body was taken down from the cross and placed in the arms of His mother, Mary. She held Him close, filled with love and sadness.

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

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

Reflection: Mary shows us how to love even when we are sad and hurting. She didn't complain nor let go of Jesus, even in her sorrow. We can hold onto God's love, even in our tough times.

Prayer: Mother Mary, help us to love and trust God, even when I feel sad and lost. Thank You for always being there for Jesus and for us. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

FOURTEENTH STATION: Jesus is laid in the tomb. The body of Jesus was placed in a tomb and a stone was rolled in front. But this wasn't the end—Jesus would rise again on the third day.

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

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

Reflection: Jesus rested in the cold dark tomb for three days like a buried seed that sheds its old form to burst open to a totally new life bringing the hope of new and eternal life to us all.

Prayer: Lord Jesus, thank You for showing us that new life is always possible. Help me to always believe in Your love that will welcome us home to our Father in heaven at last. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

FIFTEENTH STATION: Jesus rises from the death. On Easter morning, the tomb was empty! Jesus came back to life, just as He promised. This shows us that nothing is impossible with God.

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

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

Reflection: Jesus promised to be with us always. We can now, meet the risen Christ in prayer, in the Bible, in the Eucharist, and in each other.

Prayer: Lord Jesus, may your living presence guide us always. Help us to see your love in everything around us. Fill our hearts with joy and hope, knowing that you are always with us, especially when we feel afraid or alone. 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 to the Father...

