



A WAY OF THE CROSS FOR YOUTH

By Fr Omar Fernandes

Theme: Walking with Jesus in the Streets of Our City

Introduction: Loving and merciful God, we gather as young people of the Archdiocese of Bombay, carrying our hopes, struggles, questions, and dreams. As we walk the Way of the Cross with your Son Jesus, help us to see his suffering in the streets of our city - in the poor, the rejected, the broken, and the forgotten. May this time of prayer make us compassionate, courageous, and committed to building a just and loving society. We ask this through Christ our Lord. Amen.

Note: *You may insert short appropriate hymns wherever needed*

FIRST STATION: Jesus is Condemned to Death

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

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

Reflection: Jesus is judged unfairly. Even today, many young people are judged for their background, language, sexuality, faith, failures, and choices. In our city, truth is often silenced by power, money, and fear.

Action: A youth places a placard or paper with the word “JUDGED” near the cross.

Prayer: Lord Jesus, give us the strength and courage to stand for what is right. Help us to proclaim the truth, even when it is unpopular or costly. Give us your spirit to defend those who do not have the means or ability to speak up for themselves. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

SECOND STATION: Jesus Takes Up His Cross

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

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

Reflection:

The cross is heavy, yet Jesus accepts it with love. Young people today carry crosses of pressure, expectations, family problems, studies, unemployment, and mental stress. The burdens on their shoulders are often not as visible as the cross Jesus carried, but are borne quietly away from the eyes of the world.

Action: A youth **lifts the cross slightly and pauses**, showing willingness to take up challenges.

Prayer:

Jesus, help us to trust you when life feels overwhelming, and to carry our crosses without losing hope. Help us to feel your presence near us as we tackle the challenges of the world. Amen.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

THIRD STATION: Jesus Falls the First Time

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

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

Reflection:

Jesus falls, weakened by pain. We too fall into addictions, despair, sin and discouragement. Yet falling does not mean failure if we rise again.

Action: A youth kneels briefly in front of the cross, then stands up slowly.

Prayer:

Lord, whenever we fall, remind us that your mercy always lifts us up.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

FOURTH STATION: Jesus Meets His Mother

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

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

Reflection: Mary's silent presence gives strength to Jesus. In our lives, we meet people who support us quietly- our parents, grandparents, mentors, and friends. Help us to be beacons of hope to those in need.

Action: A youth places a small candle or image of Mary near the cross.

Prayer:

Lord, thank you for those who walk with us in our pain. Help us to be a comforting presence to others.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

FIFTH STATION: Simon of Cyrene Helps Jesus Carry His Cross

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

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

Reflection:

Simon is forced to help but ends up sharing the burden. In Mumbai, many help silently and go unnoticed, like the sanitation workers, caregivers, volunteers, and front-line workers.

Action:

Two youth stand together holding the cross, symbolizing shared responsibility.

Prayer:

Jesus, open our eyes to those who need help, and give us generous hearts to serve. Create in us the desire to do good without expecting recognition or reward.

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 praise you.*

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

Reflection:

A small act of love brings comfort to a moment filled with suffering. Today, kindness is often mocked as weakness, yet it has the power to heal.

Action: A youth gently places a white cloth at the foot of the cross.

Prayer:

Lord, make us bold in compassion and gentle in action. May we seek the broken and suffering with an eagerness to comfort.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

SEVENTH STATION: Jesus Falls the Second Time

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

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

Reflection: Jesus falls once more. By rising he gives us an example of focus and perseverance. We often face repeated failures in our exams, relationships and careers. Self-doubt starts to creep into our lives and we lose direction.

Action: All sit in silence for a few seconds, acknowledging our weakness.

Prayer: Jesus, teach us not to give up on ourselves or on others. Help us acknowledge our weakness, so that we may invite you into an area of our lives that we can't overcome.

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 praise you.*

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

Reflection:

Jesus acknowledges the pain of the women gathered on the way and calls them to awareness. He invites us to reflect on injustice, violence, and inequality in our society.

Action: Invite the young women to stand and hold each other's hands as a sign of solidarity.

Prayer:

Lord, make us sensitive to the suffering around us and be ever ready to work for change. Help us to work towards a world that treats men and women equally and gives equal respect to homemakers and breadwinners.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

NINTH STATION: Jesus Falls the Third Time

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

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

Reflection:

Exhausted, Jesus falls once more. Some young people feel completely drained, often burned out, lonely, and unheard. In these moments they feel like giving up entirely. At other times they hide their suffering so that they fit into society and aren't looked at as different.

Action: Lights are dimmed briefly.

Prayer:

Jesus, be close to those who feel they cannot go on. May they find you in those you place in their lives. Help them discover the abilities you have gifted them and their purpose in life.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

TENTH STATION: Jesus is Stripped of His Garments

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

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

Reflection:

We remember and pray for doctors who often encounter patients who are vulnerable and exposed, stripped of their dignity and autonomy. Like Jesus, they may feel helpless and humiliated. May we approach these patients with sensitivity and compassion, recognizing their inherent worth and dignity. May we provide care that respects and preserves their autonomy, and may we advocate for their rights and needs.

Action: A youth places a **torn cloth** near the cross.

Prayer:

Lord, restore dignity to every person, and teach us to respect one another. Give us the ability to be open to our sisters and brothers in confronting them privately and praising them publicly.

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 praise you.*

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

Reflection: Nails of hatred, division, injustice, and indifference pierce and tear the flesh of Jesus. Our sins and selfishness continue to crucify HIM. Over time we lose our sense of what is right and wrong.

Action: Three **soft taps** are made on wood or the cross, slowly and reverently at the hands and feet of Jesus.

Prayer:

Jesus, forgive us and transform our hearts that we may be conscious of our decisions every day and understand how they affect the lives of others.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

TWELFTH STATION: Jesus Dies on the Cross

(Kneel and pause for a silent prayer)

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

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

Reflection:

Jesus gives his life completely out of love. His death reminds us that love is stronger than hatred, and sacrifice leads to new life.

Action: A youth stands behind the cross with his/her arms outstretched.

Prayer:

Lord Jesus, teach us to love selflessly and faithfully. Help us to treasure this life you have given us by taking upon yourself our sins and our punishment.

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 praise you.*

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

Reflection:

Jesus' body rests in the arms of his loved ones. We remember those who suffer loss, grief, and death; who find it hard to let go of the way in which certain people were a part of their daily routines.

Action: A youth gently places flowers near the cross.

Prayer:

Lord, comfort all who mourn and fill them with hope. Make your presence felt in the physical absence of their loved ones. Send your spirit of comfort and understanding upon those who grieve.

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

FOURTEENTH STATION: Jesus is Laid in the Tomb

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

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

Reflection:

The tomb seems like the end, but it is not. It is only in the darkness of the night that we can see the lights in the sky. Even in darkness, God is at work.

Action: A single candle remains lit, symbolising hope.

Prayer:

Jesus, strengthen our faith when we do not see the light. Hold our hand and guide us on the path of righteousness.

Concluding Prayer (All)

Lord Jesus, as we have walked your Way of the Cross, may we now walk the way of love, justice, and service. Make us true witnesses of your hope in our parishes, colleges, workplaces, and homes. Bless the youth of the Archdiocese of Bombay, and lead us to the joy of your Resurrection. **Amen.**

For the intentions of our Holy Father.....

Our Father...

Hail Mary...

Glory be to the Father ...

Commission for Liturgy Archdiocese of Bombay
www.liturgycentrebandra.org