



A WAY OF THE CROSS FOR FAMILY

Opening Prayer:

Heavenly Father, we gather as families to walk the Way of the Cross with Your Son, Jesus. We bring before You our homes, some filled with joy, others filled with pain. You know the wounds we carry: Sickness, broken families, families divided by divorce, relationships slowly moving towards separation. You see the silent tears caused by addiction, loneliness, and words we never say to one another. Today, as we journey with Jesus, open our hearts to healing, forgiveness, and understanding; let this prayer bring light into the darkest corners of our family lives.

Lord Jesus, walk with every hurting family. Sit beside those who feel alone even inside their own homes. Hold the hands of those battling addictions and those drowning in hopeless thoughts. Teach us to listen, to speak with love, and to choose one another again. May this Way of the Cross become a way of healing for our families. Amen.

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

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.*

Jesus stands innocent, yet He is judged and condemned. Many times, in our families, we judge one another without listening or understanding. Hurtful words and quick anger wound hurt deeply. Like Jesus, some members suffer silently.

This station reminds us to choose compassion over judgment at home.

Prayer (All together)

Lord Jesus, when our families misunderstand each other, give us patience. Help us not to condemn but to listen with love. Heal the wounds caused by harsh words and pride. Teach our homes to be places of mercy, not judgment. Let Your gentleness be alive in our hearts.

Our Father Hail Mary Glory be to the Father...

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 praise you.*

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

Jesus accepts the heavy cross with obedience and love. Every family has crosses, financial struggles, sickness, misunderstandings, and sacrifices. Parents carry burdens for children; children carry pressures and expectations. Love is often proven through silent sacrifice. Jesus shows us how to carry burdens faithfully.

Prayer (All together)

Lord, give strength to every family carrying heavy crosses. Bless parents who sacrifice daily and children who struggle quietly. Help us carry one another's burdens with love. When the weight feels too much, remind us that You Walk with us.

Let our suffering bring us closer, not apart.

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.*

Under the cross, Jesus falls. He is tired, wounded, and weak. In families too, we fall — through mistakes, failures, addictions, and broken promises. The first fall reminds us that weakness is part of being human. Sometimes we give up too easily and sometimes don't do our work well as we know we can.

What matters is rising again with grace.

Prayer (All together)

Jesus, when our family members fall, help us not to shame them. Teach us to lift each other with kindness. Give courage to those who feel like failures. Let our homes be places of second chances. Help us rise again through Your strength.

Our Father Hail Mary Glory be to the Father...

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.*

Jesus, you feel so alone with all those people yelling and screaming at you. You don't like the words they are saying about you and you look for a friendly face in the crowd. You see your mother. In deep pain, Jesus meets Mary. No words are spoken, yet love flows between them. A mother's presence gives silent strength.

Family love often speaks without words, through tears, hugs, and presence. This meeting reminds us how powerful loving support can be.

Prayer (All together)

Lord, bless all mothers and caregivers. Make their love a source of strength in every home. Help families stand beside one another in suffering. Teach us the power of silent presence. May no one feel alone in our families

Our Father Hail Mary Glory be to the Father...

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.*

Simon of Cyrene did not plan to help Jesus, yet he was called into service. In families, help is sometimes unexpected and inconvenient. Sometimes we see our family members who need our help, but we ignore their needs and claim to be too busy. True love steps in even when tired. Sharing burdens makes suffering lighter. This station teaches us the beauty of helping without complaint.

Prayer (All together)

Jesus, raise up “Simons” in every family. Teach us to help without being asked. Remove selfishness and laziness from our hearts. Make us ready to support one another in difficult times. Let service become our way of loving one another.

Our Father Hail Mary Glory be to the Father...

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.*

Veronica offers a small act of compassion. She wipes the suffering face of Christ. At times our own family members crave our attention, and we don’t even seem to notice.

In families, love is often shown in small gestures like a kind word, a hug, a listening ear. These acts may seem small but leave lasting marks of love. Compassion reflects the face of Christ.

Prayer (All together)

Lord, make our families gentle and compassionate. Help us notice each other’s pain, especially those suffering from rejection, loneliness, alcohol, drugs and suicidal thoughts. Teach us to comfort through simple acts of love. May our kindness reflect Your face. Let tenderness live in our homes.

Our Father Hail Mary Glory be to the Father...

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.*

This is the second time you have fallen on the road. As the cross grows heavier and heavier it becomes more difficult to get up. But you continue to struggle and try until you're up and walking again. You don't give up. Repeated falls feel discouraging. In family life, the same problems can return, conflicts, habits, hurts.

Sometimes things get us down. Each time we fail, we find it harder to keep trying, yet Jesus teaches us perseverance.

Prayer (All together)

Jesus, when our families grow tired of struggling, give us hope. Help us not to give up on one another. Strengthen relationships that feel weak. Teach us to keep loving each other despite repeated hurts. Give us the grace to accept your healing in the sacrament of Penance. Lift us when we fall again.

Our Father Hail Mary Glory be to the Father...

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.*

Jesus, as you carry your cross you see a group of women along the road. As you pass by, you see they are sad. Although you have been abandoned by your friends and are in pain, you stop and try to help them. Family pain should lead to family conversion. Tears must become change. This meeting calls families to repentance and renewal. True love corrects and transforms.

Prayer (All together)

Lord, help our families to grow through our sorrows. Turn our tears into healing. Show us where we need to change. Fill the communication gap with your Love and care. Give us courage to correct what is wrong. Lead our homes toward holiness.

Our Father Hail Mary Glory be to the Father...

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.*

Jesus falls a third time, completely exhausted. This fall shows the depth of His suffering. In families, there are moments of extreme breakdown, when hope feels lost. Yet even here, Jesus chooses to continue. Love endures to the end.

Prayer (All together)

Jesus, help us think of the cross you carried. When our families feel completely broken, stay with us. When hope fades, be our strength. Help us believe that love can rise again. Do not let despair take root in our homes. Carry us when we cannot walk.

Our Father Hail Mary Glory be to the Father...

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.*

Jesus is stripped and humiliated. His dignity is attacked. In families, dignity can be hurt through insults, comparisons, and disrespect. Words can strip a person's self-worth. Sometimes, we repeat stories that are disrespectful for others. We entertain thoughts that are not clean and sometimes give the young in our family bad example to follow.

Christ reminds us to protect one another's dignity.

Prayer (All together)

Lord, guard the dignity of every family member. Forgive us for words that humiliate or shame. Teach us to honour and respect one another. Heal wounds caused by disrespect. Clothe our homes in love and respect.

Our Father Hail Mary Glory be to the Father...

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.*

The soldiers take big nails and drive them into your hands and feet. You feel abandoned by the people you loved so much. The pain is unbearable.

In families, hearts are pierced by betrayal, anger, and unforgiveness. These wounds can feel permanent. Yet Jesus responds with love, not hatred.

Prayer (All together)

Jesus, heal the deep wounds in our families. Where there is betrayal, bring forgiveness. Remove anger nailed into our hearts. Teach us to love even when hurt. Let Your mercy flow through our homes.

Our Father Hail Mary Glory be to the Father...

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

TWELFTH STATION: Jesus Dies on the Cross

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

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

Jesus gives His life completely. His death is the ultimate act of love. Family love also demands self-giving, putting others before self. True love sacrifices. At the cross, we learn the cost and beauty of love.

Prayer (All together)

Lord, teach our families sacrificial love. Help us give without counting the cost. Bless parents who pour out their lives for their children. Let selfishness die within us. May our homes reflect the love of the Cross

Our Father Hail Mary Glory be to the Father..

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.*

Jesus, how brutally you were put to death. How gently you are taken from the cross. Your suffering and pain are ended, and you are put in the lap of your mother. The dirt and blood are wiped away. Grief fills the moment. Families too face loss, death, separation, broken dreams. In grief, we hold one another. Love becomes our comfort.

Prayer (All together)

Jesus, console families who mourn. Hold those who have lost loved ones. Let grieving hearts find comfort in each other. Stay close in moments of silence and tears. Wrap our families in Your peace.

Our Father Hail Mary Glory be to the Father...

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.*

Jesus, your body is prepared for burial, Joseph gave you his own tomb. He laid your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people. It seems like the end. Families also experience dark seasons, silence, distance, hopelessness. Sometimes we can be selfish too, we accumulate things and keep them for ourselves. We find it hard to share things with our own brothers and sisters.

Yet the tomb is not the final word. God prepares resurrection even in darkness.

Prayer (All together)

Lord Jesus, how happy I am to know that you have conquered death and suffering. A seed has to die, in order to spring forth. Lord, when our families pass through dark times, keep hope alive. When relationships feel buried, promise new life. Teach us to wait with faith. Roll away the stones in our hearts. Bring resurrection into our homes.

Our Father Hail Mary Glory be to the Father...

Leader: *Have mercy on us O Lord*

All: *Have mercy on us.*

FIFTEENTH STATION: The Resurrection

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

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

Final Prayer

Loving Jesus, we have walked Your painful journey, and in it we have seen the pain within our own families. We place at Your feet every broken relationship, every home wounded by divorce, every couple struggling in separation. We lift up family members trapped in addiction, those suffering in loneliness, and those silently fighting suicidal thoughts. Where communication has died, breathe new life; where anger has grown, plant forgiveness; where love feels lost, restore it through Your grace.

Lord, rebuild what is broken in our families. Teach us to embrace, to reconcile, and to begin again. Let our homes become places of prayer, understanding, and safe belonging. Help us carry the hope of resurrection into our family life. May Your Cross always lead our families to healing, unity, and new life. AMEN.

HYMN

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

Our Father...

Hail Mary...

Glory be to the Father...