

*Good Friday
Stations of the Cross*



The Stations of the Cross is a traditional Good Friday practice which involves moving to different locations and reflecting on the moments of Jesus' journey to the cross. It is an action prayer. Walk slowly and imagine the scene in Jerusalem as Jesus walked his way to the Cross. We hope this will be a meaningful way to mark Good Friday together.

Some practical suggestions –

- 1) Print the enclosed document, or open on a tablet. It's 14 pages, so may be easier to follow on a larger device.
- 2) Choose 14 different locations in your home, backyard, or nearby outdoor space. The movement in the Stations of the Cross echoes Jesus' walk and makes this experience more meaningful. If possible, put up notes that say Station 1, Station 2 etc. so there is no confusion during the walk itself.
- 3) Assign readers before starting. Each station needs 2 readers. If you are doing the Stations of the Cross as a family, for instance, have one person as reader 1 and someone else as reader 2 for the odd number stations and two other people for readers 1 and 2 for the even number stations.
- 4) Pause after each reflection. This is a meditation on the cross, and pushes us to reflect deeply on the questions.
- 5) Sing. The Taizé verse included, and suggested between every station is beautiful and helps to ground the whole experience. Click the link below to hear the verse sung:
<https://www.youtube.com/watch?v=r6tVReXsioM>

The Stations of the Cross

Opening Prayer:

Guide us, O God, as we enter into this story at the heart of our faith. May we who walk the way of Jesus' cross also walk in the way of his new and risen life. Amen.

We move to the 1st Station during the singing of the following hymn.

Hymn **Jesus, remember me when you come into your kingdom.
Jesus, remember me when you come into your kingdom.**

The First Station: Jesus Is Condemned To Death



All: **We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the
world.**

Reader #1 Jesus is standing before angry people who are yelling and saying hurtful things to him. They scream at him. Some of them tell lies about him, saying that he did bad things. But Jesus stays quiet, even though he knows that he will be hurt. He knows that God is with him. He even asks God to help him forgive the people who are hurting him.

Reader #2 When has someone said mean or hurtful things about you, or has anyone ever told a lie about you? If someone did that, remember how you felt. Maybe you were afraid, or hurt, or angry. Remember that God was with Jesus even when others despised



him. Remember that God is also with us, even in the most difficult periods of our lives.

We move to the 2nd Station during the singing of the hymn.

Hymn **Jesus, remember me when you come into your kingdom.
Jesus, remember me when you come into your kingdom.**

The Second Station: Jesus Takes Up His Cross



**All: We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed
the world.**

Reader #1 When the soldiers put a big, heavy cross on Jesus' shoulders, Jesus doesn't fight with them or say angry words to them. He knows that he has to carry this cross a long way, and he knows that it will be very hard for him. But Jesus knows that God is with him, and he asks God to help him to carry this cross, even though it is heavy.

Reader #2 Have you ever had something happen that was very hard for you? Sometimes the people we love get sick. Sometimes people do not treat others with compassion. Sometimes

we can't have things the way we want them. Remember that Jesus took up his cross to relieve our suffering, and the suffering of the whole world.

We move to the 3rd Station during the singing of the hymn.

Hymn Jesus, remember me when you come into your kingdom.

Jesus, remember me when you come into your kingdom.

The Third Station: Jesus Falls the First Time



All: We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Reader #1 Jesus is so tired as he walks along the road with the heavy cross on his shoulders. The cross pushes into his shoulder, and the stones on the road hurt his feet. People yell at him, and push him; the soldiers shout for him to move faster. Then Jesus falls. He prays in his heart, “God, help me remember that you are here.”

Reader #2 Did you ever fall when you were playing or working? Falling can really hurt. When people make mistakes, it is like falling. And when that happens, their heart sometimes feels like it is hurt. Can you remember a time when you fell, when your heart felt hurt?

We move to the 4th Station during the singing of the hymn.

Hymn

Jesus, remember me when you come into your kingdom.

Jesus, remember me when you come into your kingdom.



The Fourth Station: Jesus Sees his Mother, Mary

All: We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed
the world.

Reader #1 As Jesus walks slowly with the cross on his shoulders, a woman comes up to him. It's Jesus' mother, Mary. How sad for them to see each other now. Mary feels so sad because she sees how much he is suffering, and Jesus sees the sadness that his mother feels. Even though they both know God is with them, they are so sad that they can't even say anything.

Reader #2 Have you ever been very sad, or do you know someone who has been very sad? Sometimes our hearts are sad because we cannot be with the person or the people we love. Remember that God has brought people into our lives to love us: our mothers, our fathers, family members and friends. God sends love into our lives through many people.

We move to the 5th Station during the singing of the hymn.

Hymn Jesus, remember me when you come into
your kingdom.. Jesus, remember me

when you come into your kingdom.

The Fifth Station: Simon of Cyrene Helps Jesus Carry His Cross

All: We adore you, O Christ, and we bless you. Because by your holy cross you have redeemed the world.

Reader #1 Jesus is so tired that the soldiers know he cannot carry the heavy cross by himself. So they look around and see someone who looks strong enough to help Jesus carry this cross. This person's name is Simon, and he comes from a place called Cyrene. We can imagine that Jesus looks at Simon and whispers, "Thank you". A burden is always lighter when someone else helps to carry it. They continue on the long road, carrying the cross together.

Reader #2 Sometimes helping someone can be difficult, for so many different reasons. Maybe when someone asks for your help, you're right in the middle of doing something that you really like to do. Or maybe you just don't feel like helping that person. We all have days like that! Can you think of a time when you were asked to help someone and did not want to help?

Remember that God sometimes sends us help in unexpected places.



We move to the 6th Station during the singing of the hymn.

Hymn Jesus, remember me when you come into your kingdom.
Jesus, remember me when you come into your kingdom.

The Sixth Station: A Woman Wipes the Face of Jesus



**All: We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world.**

Reader #1 Jesus is hot, tired, and sweating. His hair is all tangled, and he is covered in dust from the long walk. Suddenly, a woman pushes her way out of the crowd and stands in front of Jesus. She takes a clean cloth and gently wipes Jesus' face. Jesus is so thankful that this woman cares so much.

Reader #2 Have you ever helped someone? Have you done something that helped someone feel better? Perhaps you did something that you thought was very small or unimportant: calling up a relative or friend, getting someone groceries, doing a chore for a neighbour. Maybe you smiled at someone who looked sad! As you think of the times that you have helped others, remember that helping others is a sign of our love for them.

We move to the 7th Station during the singing of the hymn.

into your kingdom.

Jesus, remember me when you come into your kingdom.

Hymn Jesus, remember me when you come

The Seventh Station: Jesus Falls the Second Time



**All: We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world.**

Reader #1 How very tired, weak, and sad Jesus is now. Even though he keeps trying to walk with the heavy cross, he just can't keep going. The noise from the crowd and from the soldiers makes him feel even worse. Then Jesus falls a second time because he just can't take another step

Reader #2 Have you ever had a hard time with something? Maybe you can't do something the way you want, or feel as if you keep messing up? How does your heart feel when that happens? Maybe your heart feels the way Jesus' heart felt when he fell this second time. Remember a time when you have struggled. Remember how you got through it, and who helped you.

We move to the 8th Station during the singing of the hymn.

Hymn **Jesus, remember me when you come into your kingdom.**
Jesus, remember me when you come into your kingdom.



The Eighth Station: Jesus Meets the Women of Jerusalem

All: We adore you, O Christ, and we bless you. Because by your holy cross you have redeemed the world.

Reader #1 After Jesus gets up, he continues on the road carrying his heavy cross. He passes some women who are crying because they are so sad to see Jesus suffer. But instead of thinking only of himself, Jesus tells the women not to keep crying because of him. He tells them, instead, to take care of others, and especially to take care of their children.

Reader #2 Sometimes it is easy to just think about ourselves -- about what is not going the way we want, or about our problems. It is very hard, then, to think about other people. Remember a time when you considered others' needs before you own. Remember how it felt to put someone else ahead of yourself. Remember how Jesus put the needs of others before his own, and even gave up his life for others.

We move to the 9th Station during the singing of the hymn.

Hymn **Jesus, remember me when you come into your kingdom.**
Jesus, remember me when you come into your kingdom

The Ninth Station: Jesus Fall the Third Time



All: **We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world.**

Reader #1 Jesus is so tired now that he can hardly take another step. It is hard for him to breathe. He has been walking a long time along the dusty road, and he has no energy left. He just can't go on anymore. Then Jesus falls down in the street for the third time. He is so very tired. Jesus asks God to help him. And Jesus gets up again, even though it is hard for him to do.

Reader #2 When we have really tried to do our best, and have not been able to succeed, it is easy to feel like Jesus did. Sometimes other people criticize or make fun of the way we do something. Can you remember a time when you felt this tired, when you were having a sad or hard time? Remember that God was with you even in your sorrow.

We move to the 10th Station during the singing of the hymn.

Hymn **Jesus, remember me when you come into your kingdom.
Jesus, remember me when you come into your kingdom.**

The Tenth Station: Jesus is Stripped of His Clothing



**All: We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world.**

Reader #1 Finally Jesus reaches the hill that is the end of the road he has to walk. Jesus knows that he will die here. The soldiers pull off his long robe, and almost all his clothes are taken. Jesus stands in front of the crowd with only a small piece of cloth covering part of his body. Jesus asks God to help him remember that he is not alone, that God is with him through all this.

Reader #2 Is it hard for you to share or to give away something that you need? Do you sometimes like to keep everything for yourself? Have you ever let something that you possess be the reason for bad feelings or words between you and someone else? Remember how you felt. Remember when someone gave you something precious.

We move to the 11th Station during the singing of the hymn.

**Hymn Jesus, remember me when you come into your kingdom.
Jesus, remember me when you come into your kingdom.**

The Eleventh Station: Jesus is Nailed to the Cross



All: We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Reader #1 How much Jesus hurts as the soldiers nail him to the cross. He hurts all over; he is tired and thirsty; he knows that he is going to die. But he looks at the people who have hurt him and, instead of saying bad things to those people, Jesus asks God to forgive them. He looks at his mother and tells her to take care of others. Jesus is still thinking of other people.



Reader #2 Can you think of a time when someone hurt you with unkind words or actions? Was it hard for you to forgive that person? Remember what it feels like to truly forgive someone, and to be forgiven. Remember the feeling of a weight being lifted from your shoulders.

We move to the 12th Station during the singing of the hymn.

Hymn Jesus, remember me when you come into your kingdom.
Jesus, remember me when you come into your kingdom.

The Twelfth Station: Jesus Dies on the Cross





All: **We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the
world.**

Reader #1 Finally, after the long walk, after falling three times,
after being beaten, after being nailed to the cross,
Jesus bows his head and dies. Now this part of his life is
over. There is nothing left for Jesus to give or to do.
Jesus has given his life for all of us.

Reader #2 Did you ever feel that you wanted to make something
better, or that if you only tried harder, you could
change something important? Or maybe you felt that
you did not try hard enough, and then something bad
happened. Remember a time when you were able to
help change the world. Remember why you did it, and
think of all those who will benefit. Remember how
Jesus changed the world.

We move to the 13th Station during the singing of the hymn.

Hymn **Jesus, remember me when you come into your
kingdom.
Jesus, remember me when you come into your kingdom.**

The Thirteenth Station: The Body of Jesus is Removed from the Cross





All: We adore you, O Christ, and we
bless you.
Because by your holy cross you have
redeemed the world.

Reader #1 Now Jesus' lifeless body is
taken down from the cross. No more
suffering for Jesus; all the pain is over.
Mary, Jesus' mother, holds him tenderly in
her arms. How sad she is. And how sad
Jesus' friends are. They cry as they hold his
body.

Reader #2 Is there someone you love
who has died? When you remember that
person, how do you feel? Remember those
people who were close to you who have
died. Remember their smile, their warmth,
their love. Remember the connection you
had with them. Remember that God loved
them and still loves them.

We move to the 14th Station during the
singing of the hymn.

Hymn Jesus, remember me when
you come into your kingdom.
Jesus, remember me when
you come into your kingdom.

**The Fourteenth Station: Jesus is Buried in
the Tomb**



All: We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Reader #1 Jesus' friends wash his body and wrap it in a clean sheet. They touch his body gently, and then they put his body into a tomb. When they are finished, they push a very large stone over the entrance, so that no one can go inside. Now there is darkness in the tomb where Jesus' body lies, and all of his friends go home because they are very sad and tired.

Reader #2 Can you remember a time when you were very sad to say "Good-bye" to someone? Maybe you were leaving the person for only a short time, or maybe it was for a long time. Maybe you said "Good-bye" to someone you loved when that person died. Take a few moments to think about one of those times you were sad saying "Good-bye". Remember a good-bye, and a reunion when you met again. Remember how you felt so connected to someone, even when they were far away.

Hymn Jesus, remember me when you come into your kingdom.
Jesus, remember me when you come into your kingdom.

Closing Prayer: O God, we have walked the way of the cross with your Son Jesus, and have explored his amazing love for the world. May this journey transform the way we live each day. As we take up our own cross, may we model our lives on Jesus, who loves us so much that he gave up his life for us. Though we reflect quietly on his death today, help us to prepare for the joyous celebration of his resurrection, for he lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

