

Intergenerational Stations of the Cross



St Andrew's Episcopal Church
Encinitas, CA
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How to use this intergenerational Stations of the Cross booklet

The Stations of the Cross can be meditated on as a family or can be used as an act of solitary prayer.

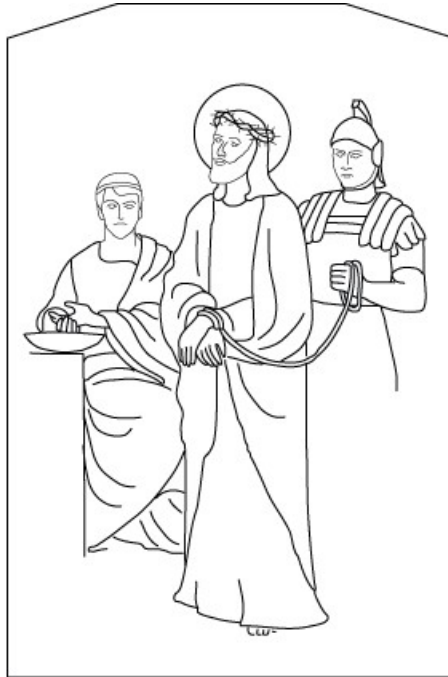
Your family may choose to meditate on the Stations of the Cross together; praying, reflecting and discussing all the stations in one sitting.

Or your family may choose to focus on one station each evening during the last two weeks of Lent.

These stations can also be prayed by each individual family member; the child and/or parent(s) taking quiet time out to pray and reflect on the stations, then respond to the discussion questions in a journal.

NOTE TO PARENTS:

Please use this version of the Stations of the Cross at your discretion. Although it was created to be accessible to school aged children, some of the reflections are difficult in nature. You know your child best, so please adapt as you feel appropriate for your family.



Station 1 Jesus is judged

Reflect:

Jesus stands before a judge and is surrounded by angry people who are yelling and saying mean, 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 yelling and telling lies about him. The judge, Pontius Pilate, tells Jesus that he will die.

Discuss:

Has anyone ever said mean or hurtful things about you, or has anyone ever told a lie about you? If someone did that to you, look at your heart and see how you felt. Maybe you were scared, or hurt, or maybe you felt angry. Ask God to help you to forgive people who hurt you.

Pray:

Bless the Lord, my soul, and bless God's holy name.

Bless the Lord, my soul, who leads me into life.



Station 2 Soldiers put a heavy cross on Jesus

Reflect:

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 must carry this cross a long way, and he knows that the way will be very hard for him at times. But Jesus knows that God is with him, and he asks God to help him to carry this cross, even though it is heavy.

Discuss:

Have you ever had something happen that was very hard for you? Sometimes children are sick, or someone in their family is very sick. Sometimes adults or children do not treat other people nicely. Sometimes we just can't have things the way we want them. I wonder if you've ever felt this way. Maybe you can ask God to be with you when you feel this way and to help you through your hard time.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 3 Jesus falls the first time

Reflect:

Jesus is so tired as he walks along the road with the heavy cross on his shoulders. The cross keeps pushing into his shoulder, and the stones on the road hurt his feet. People yell and push him; the soldiers shout for him to move faster. Then Jesus falls, and the soldiers yell at him more. How tired Jesus is! Jesus prays, "God, help me remember that you are here."

Discuss:

Have you ever fallen while you are playing with your friends? Or maybe you have fallen at home when nobody is near to help you? Falling really hurts, doesn't it? When people make mistakes, it is like falling. And when that happens, they feel hurt. But Jesus still loves us, even when we fall and get hurt. When this happens, talk to Jesus and ask him to help you in these times.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 4 Jesus meets his mother

Reflect:

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 Mary feels. Even though they both know that God is with them, they are sad because they can't help each other.

Discuss:

Have you ever been very sad, or do you know someone who has been very sad? Being sad can really hurt a lot, can't it? Sometimes our hearts are sad because we cannot be with someone we love. Whenever you feel sad, talk to Jesus and ask him to be with you in your sadness, because he loves you and wants to help you.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 5 Simon carries the cross

Reflect:

Reader: 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. Jesus just looks at Simon and quietly whispers, "Thank you." Then they continue down the long road, carrying the cross together.

Discuss:

Sometimes helping someone can be difficult, for so many reasons. Maybe you haven't finished something that you like to do when someone asks you for help. Or maybe you just don't feel like helping that person. Can you think of a time when you were asked to help someone and did not want to help? I wonder how you felt and how the person felt about needing help. Maybe you can ask God to give you the strength to help people out whenever they are in need.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 6 A woman wipes Jesus's face

Reflect:

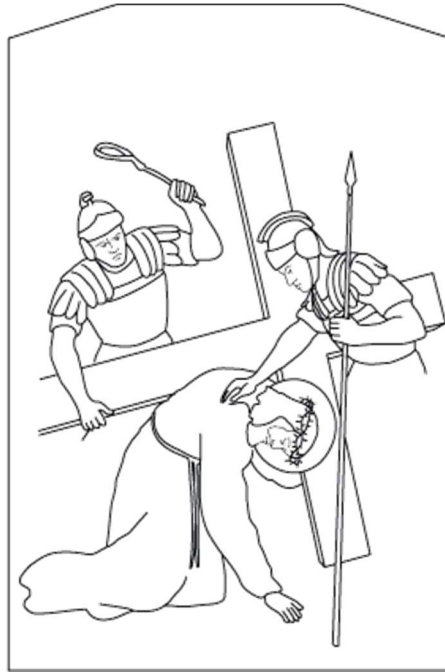
Jesus is hot, tired, and sweating. His hair is all tangled, and he is covered in dust from the long walk. Suddenly, a woman pushes her way out of the crowd and stands in front of Jesus. She takes a clean cloth and gently wipes Jesus' face. Jesus is so thankful that people want to help him.

Discuss:

Have you ever done something that helped someone feel better? Sometimes you may have done something that you thought was very small or unimportant: bringing a glass of water or juice to someone, or even giving someone a helping hand with a chore. Maybe you just smiled at someone who looked sad. What may have seemed small to you may have made a huge difference to the person, and you didn't even know it! Next time you help someone, think about how happy Jesus is you are helping others.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 7 Jesus falls again

Reflect:

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, because he just can't take another step.

Discuss:

Have you ever had a hard time with something? Maybe you can't do something the way you want, or you feel as if you keep messing up on something? How do you feel when this happens? Maybe felt the way Jesus felt when he fell this second time. When this happens, picture Jesus loving you. Jesus knows how you feel; he probably felt the same way.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 8 Jesus meets women who are crying

Reflect:

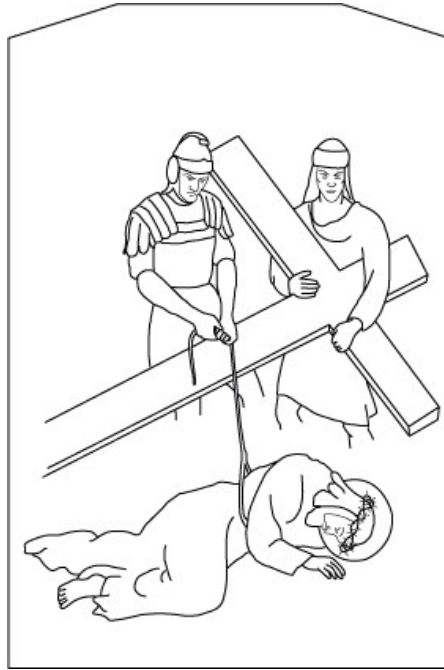
Jesus continues down the road carrying his heavy cross. He passes some women who are crying because they are so sad to see Jesus suffer. But instead of thinking only of himself and how bad he feels, Jesus tells the women not to keep crying because of him. He tells them, instead, to take care of others, and especially to take care of their children.

Discuss:

Sometimes it is easy to just think about ourselves - about what is not going the way we want, or about problems that we have. It is hard, then, to think about other people. How do you feel when you do that, when you think only about yourself? When you are ready, you can ask Jesus to help you think about other people and remembers other people's needs. That is a good way to follow Jesus.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 9 Jesus falls a third time

Reflect:

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 more energy left. He just can't go on anymore. Then Jesus falls down in the street. 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.

Discuss:

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 just keep yelling about something we do, or people make fun of us. Can you remember a time when you felt this tired, when you seemed to be having a sad or hard time with someone or something? I wonder how you felt. Maybe you can ask God to help you keep going and working hard, even though you feel like you can't.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 10 Jesus's clothes are taken away

Reflect:

Finally, Jesus reaches the hill that is the end of the road he is walking. Jesus knows that he will die here. But before he dies, the soldiers will do more to him. They pull off his long robe, his clothes are taken from him, and they all make fun of him. Jesus asks God to help him remember that he is not alone, that God is with him through all this.

Discuss:

Has anyone ever made fun of you or made you look foolish? Have you seen that happen to one of your family or friends? Perhaps you felt all alone? Maybe you can ask God to be with you. God loves all of us, and God promises to always be with us.

Pray:

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Station 11 Jesus is nailed to the cross

Reflect:

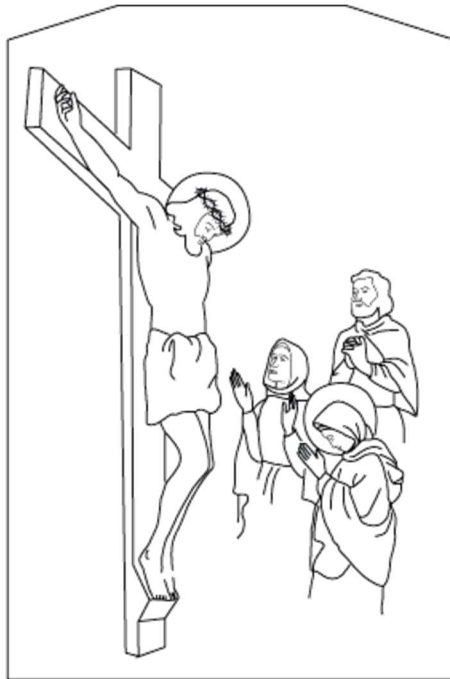
How much Jesus hurts as the soldiers nail him to the cross. He hurts all over; he is tired and thirsty; he knows that he is going to die. But he looks at the people who have hurt him and, instead of saying bad things to those people, Jesus asks God to forgive them. He looks at his mother and tells her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

Discuss:

Can you think of a time when someone hurt you with unkind words or actions? Was it hard to forgive that person? Jesus knows that forgiving is hard to do. You can talk to Jesus and ask him to help you forgive. It is easier to forgive people when we ask Jesus to help us.

Pray:

Bless the Lord, my soul, and bless God's holy name.
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Station 12 Jesus dies on the cross

Reflect:

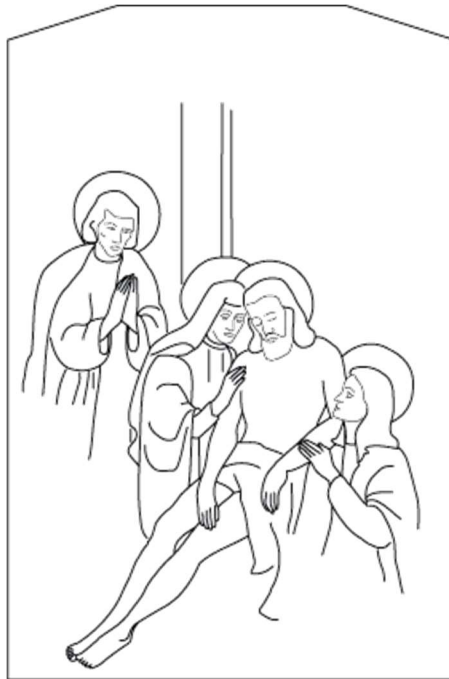
Finally, after the long walk, after falling down, after all his suffering, Jesus bows his head, and dies. Now this part of his life is over. There is nothing left for Jesus to give or do. Jesus has given his life for all of us.

Discuss:

Did you ever feel that you wanted to make something better, or that if you only tried harder, something would change that you wanted to change? Or maybe you tried your hardest but something bad happened anyway. I wonder if this was how Jesus felt. You can ask God to comfort you even when you don't understand why something is happening.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 13 Jesus is taken down from the cross

Reflect:

Jesus' body is taken down from the cross. No more pain or 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 are crying as they hold his body.

Discuss:

Is there someone you love who has died? When you remember that person, how do you feel? You can talk to Jesus about what you miss about the person who died. Jesus wants you to talk to him when you are happy and when you are sad.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.



Station 14 Jesus is Buried

Reflect:

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 his friends go home because they are very sad and tired.

Discuss:

Can you remember a time when you were 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." I wonder how you felt at the time. Maybe you can ask God to take care of the person - and you! - since you must be apart. And because God loves all of us, God will take care of us.

Pray:

Bless the Lord, my soul, and bless God's holy name.
Bless the Lord, my soul, who leads me into life.

