

GOOD FRIDAY



Human: Stations of the Cross

Good Friday doesn't seem very "good" at all. But as Christians we know the goodness comes from Jesus demonstrating His great love for us. His sacrifice leads to our salvation. The Stations of the Cross is a beautiful way to journey through Jesus' passion and reflect on our own humanity.

This interactive and family-friendly Stations of the Cross is perfect for both children and adults.

Interactive Stations of the Cross

for Families

This at-home and hands-on Stations of the Cross is designed to help families connect their daily lives to what happened to Jesus many years ago. We invite your family to enter the Way of the Cross, to walk with Jesus - who never ceases to walk with us.

Each station will begin with a short, family-friendly account of what happened on the way to Calvary, followed by a reflective experience, and a prayer to say together.

Get creative: try printing out the stations and putting them around your house or sitting together at a table and passing around a tablet with the stations for each family member to read.

The only additional supplies you will need are: a cross, a flower, a candle, markers, paper, and scissors. An image is included after the station if it is needed for the activity. You may choose to pray the stations aloud as a family or individually in silence. Spend as much time as you need.

The cross is very meaningful for all Christians. It tells the story of the love God the Father has for each of us, and the incredible suffering of His Son, Jesus. Take a moment to pass a cross or crucifix around - letting each family member hold it.

We hope this is a meaningful experience for your family this Lent.

**Jesus, remember me when you come
into your kingdom. Luke 23:42**

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STATION 1:

JESUS IS CONDEMNED TO DEATH

Jesus was misjudged and accused of crimes He did not commit. Pontius Pilate, a leader at the time, washed his hands of the situation when he had the chance to help Jesus.

REFLECTION:

Take a moment to wash your hands and think of a time when you chose not to help someone when they needed it.

PRAYER:

Jesus, sometimes I look the other way when I have the chance to stand up for someone or something that I know is good and right. Help me to be brave.

STATION 2:

JESUS CARRIES HIS CROSS

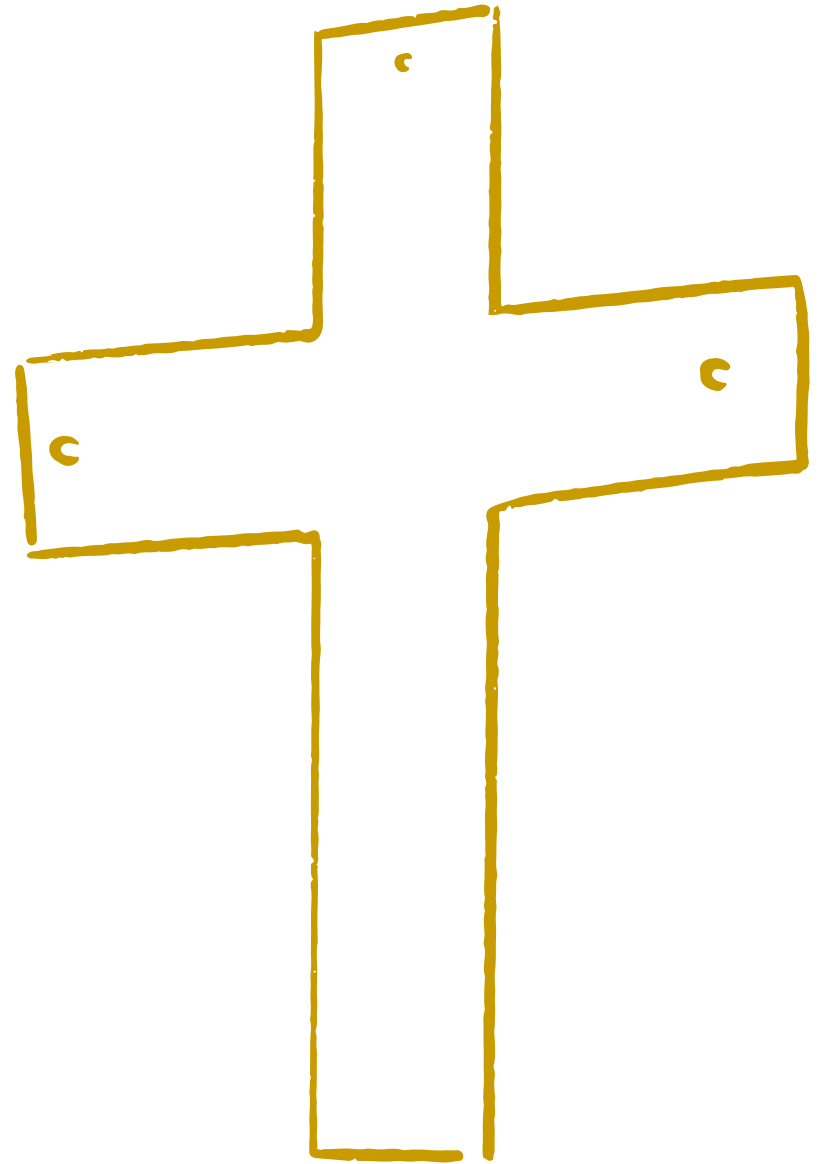
The cross was large and heavy. It was hard for Jesus to carry, but He put it on His back and accepted it out of love for us.

REFLECTION:

Take a moment to each cut out a paper cross that you will use throughout the stations (template provided). Write your name on it, knowing that Jesus suffered and died on a cross for you.

PRAYER:

Jesus, sometimes I complain about things that are hard for me. I want to keep trying even when things are difficult. Help me to be more accepting of my hardships.



STATION 3:

JESUS FALLS THE FIRST TIME

The weight of the cross caused Jesus to stumble and fall, but somehow He got up and kept going.

REFLECTION:

Take a marker and write something that you struggle with on your cross. Think of the times you have fallen under the weight of your cross.

Ask Jesus to help you to always get back up.

PRAYER:

Jesus, I find myself falling short sometimes when I make mistakes and poor choices. Help me to be strong and not give up.

STATION 4:

JESUS MEETS HIS MOTHER

Carrying the cross through the crowd, Jesus finds a familiar face, His mother's. Mary loved her Son very much and it must have been difficult for her to watch Him suffer.

REFLECTION:

If you have any flowers at home, take one and offer it to an image of Mary. If not, take a moment to draw one for her on your cross. Thank her for being a compassionate Mother and take a moment to pray for your earthly mother.

PRAYER:

Jesus, help me to return the love my parents give to me. I know my parents love me very much, but sometimes I get mad at them or disrespect them when they are trying to do what is best for me.



STATION 5:

SIMON OF CYRENE HELPS JESUS CARRY HIS CROSS

Jesus grew weaker with each step and it became difficult for Him to carry the cross alone. The soldiers pulled a man from the crowd, Simon, who helped Jesus balance the weight of the cross.

REFLECTION:

Take a moment to think of someone in your life that is carrying a heavy cross right now. Write their name on the back of your cross and say a prayer for them. If you feel called, send them a text to tell them you are praying for them.

PRAYER:

Jesus, there are many times I have had the opportunity to help my friends, my neighbors, or my family. Remind me of what it feels like to be Simon and say “yes” when I see someone in need.

STATION 6:

VERONICA WIPES THE FACE OF JESUS

A woman named Veronica stepped out of the crowd and used a towel to wipe Jesus' face. That small action meant a lot to Him as He was suffering alone.

REFLECTION:

Think of a time when you served someone in need. Recall how it left an impression on your heart. Draw a heart on your cross as a visual reminder.

PRAYER:

Jesus, my smallest actions; kind words, a smile, waiting my turn, or giving a compliment, can make a big difference. Help me to notice another's needs like Veronica did.

STATION 7:

JESUS FALLS THE SECOND TIME

Jesus fell to the ground again and the weight of the cross crushed His body. For a moment it looked like Jesus would not get up again, but somehow He found the will to carry on.

REFLECTION:

Tear a tiny piece off the top of your cross. Each time we fall because of sin we separate ourselves from God's plan for us. We can ask Him to forgive us and put us back together. Share with each other one thing you each need His forgiveness for right now.

PRAYER:

Jesus, I, too have things that I struggle with and I can become frustrated and overwhelmed. There are things I don't like about myself that really get me down. Help me to see myself as You see me.

STATION 8:

JESUS MEETS THE WOMEN OF JERUSALEM

Some of Jesus' faithful friends were standing along the path as He walked by. Even when others turned their backs on Him these women continued to believe in Him.

REFLECTION:

Who is someone that believes in you? Say their name out loud and one thing you love about them.

PRAYER:

Jesus, help me to be a loyal friend. To believe the best about others and to stick up for them when I have the chance.

STATION 9:

JESUS FALLS THE THIRD TIME

Jesus fell again and the soldiers did nothing to help Him get up. They yelled louder at Him, but still Jesus never got upset, instead He chose to forgive them.

REFLECTION:

Take a moment and make the Sign of the Cross over yourself. This small action reminds us of how much Jesus loves and forgives us.

PRAYER:

Jesus, it must have been so difficult for you to forgive the people who hurt You. Sometimes it is so hard for me to forgive others, please help me to love like You.

STATION 10:

JESUS IS STRIPPED OF HIS CLOTHES

The soldiers stripped Jesus of His clothes and made Him stand in front of the crowd humiliated and exhausted. He had nothing left, absolutely nothing.

REFLECTION:

We all know what it feels like to be embarrassed and humiliated by others, but we are known by a God who created us in His own image. Take a moment and say one positive thing about each member in your family. This is how our God sees us.

PRAYER:

Jesus, help me to be someone who uses words that make people feel good about themselves.

STATION 11:

JESUS IS NAILED TO THE CROSS

The soldiers hammered nails into Jesus' hands and feet and then they lifted the cross and He hung there in so much pain.

REFLECTION:

Draw three nail marks on your cross in the places Jesus was nailed to the cross and pray together the prayer that Jesus taught us, the Our Father.

PRAYER:

Jesus, there are so many people throughout our world who are barely hanging on. There are many who are sick, hungry, poor, alone, discriminated against, experiencing natural disasters, or homeless.

Please be with everyone who is in pain today.

STATION 12:

JESUS DIES ON THE CROSS

When Jesus took His last breath, the sky grew dark and the ground around Him began to shake. The soldiers and crowd realized in that moment that Jesus was innocent.

REFLECTION:

Place each of your paper crosses by a crucifix or cross in your home and kneel for a moment of silent prayer.

PRAYER:

Jesus, help me to always believe in You. Let nothing ever shake my faith in You.



STATION 13:

JESUS IS TAKEN DOWN FROM THE CROSS

Jesus' broken body was taken down from the cross and laid in the arms of His loving mother, the same arms that held Him as a baby at His birth.

REFLECTION:

Hold your cross over your heart for a moment as you reflect on the image of the Pietà. Hold the death of Jesus in your heart as Mary held Him in her arms.

PRAYER:

Jesus, help me to understand the great love You have for me. I trust that You hold me in the palm of Your hand.



STATION 14:

JESUS IS LAID IN THE TOMB

As Jesus' body lay in the tomb it was very hard for His friends and family to have hope. It must have seemed like the end for them.

REFLECTION:

Light a candle and sit in silence for a moment thinking about Jesus' body laying alone in the tomb.

PRAYER:

Jesus, You are my hope. I know that the tomb was not the end. You rose from the dead so that I could have new life. You are my salvation!



CLOSING

Pass the cross or crucifix around again and have each person say a word that comes to mind as they hold it.

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