

What Will You Do Stations of the Cross Activity

Each Lent, as we contemplate the 14 moments of Christ's Passion and death, we reflect on the love that sustained Jesus through that dark day. How does the pain and mystery of the Stations speak to us? In the first square after each Station is an idea of how you can carry your cross. In the second square, please write down what you can do for each Station.

1. Jesus is condemned to death.

Befriend the outcast. Like the crowd in Jesus' day, who screamed for his execution, kids can be cruelest as part of a group, bullying and peer pressuring one another.

2. Jesus takes up his cross.

Don't hide your problems or your pain. Though you may try your best, sometimes you will fail.

3. Jesus meets his mother.

Compassion begins at home. Despite your busy schedule, make a point to stop and listen to your family members. As the Bible says, we learn to show compassion for those we don't see by first showing it to those we see every day.

4. Simon of Cyrene carries the cross of Jesus.

We learn much from trading places. Simon walked a mile in Jesus' shoes. What might you learn if you walked a mile in someone else's shoes? What would they realize if they walked a mile in yours?

5. Jesus falls the first time.

Good people fall, too. The bigger they are, the harder they fall. We sometimes take pleasure in seeing someone who is "too big for their britches" brought down. Be alert to the gossip you pass on, especially anything that smacks of "Serves you right!"

6. Veronica wipes the face of Jesus.

Small kindnesses mean a lot. Take a hint from Saint Thérèse of Lisieux who taught the spiritual value in following “the little way” of doing small tasks out of love.

7. Jesus falls the second time.

When others stumble, offer help. When Jesus fell a second time, people helped him up. Watch for people who need help to get back on their feet. Remember what Jesus said in Matthew’s gospel: “Whatever you do for the least of these, you do for me.”

8. Jesus comforts the women of Jerusalem.

Comfort those who mourn. Even though Jesus had his own sadness to bear, he stopped to comfort the weeping women.

9. Jesus falls the third time.

When life is hardest, we need to rely on God more. Sometimes life deals us a rotten hand. Sometimes all we can do is wait it out, to see where people, science, prayers, and God take us from day to day.

10. Jesus is stripped of his garments.

Humans are clothed in dignity. Jesus, an innocent man tortured and disowned by almost everyone, faced yet another indignity. What might change if we truly saw in ourselves and each other, in every moment, a loved and valued child of God?

11. Jesus is nailed to the cross.

Forgive those who hurt you. “Father, forgive them, for they know not what they do,” said Jesus from the cross. How do we measure up on the forgiveness scale? Do we harbor unspoken grudges?

12. Jesus dies on the cross.

Jesus died for us. We too exist for something larger than ourselves. We are a part of God's family, with the rights and responsibilities that brings. Our life matters because God loves us and wants us to have a full life; but He expects us to help our brothers and sisters, at home and in the world, to experience the same.

13. Jesus is taken down from the cross.

Follow up and follow through. Who stayed after Jesus died? The women who stood at the foot of the cross, including his mother, and two men who had permission to bury the body. They faced a heartbreaking task. Can we relate to them or do we duck out before the hard work begins?

14. Jesus is laid in the tomb.

Keep hope alive. It's hard to imagine what Jesus' followers felt. Or is it? Have we ever waited in darkness, shrouded by dread or doubt?
