

The Little Way of the Cross



Scriptural Stations of the Cross
Prayer Guide & Coloring Sheet

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Way of the Cross

One of the most tangible ways to journey with Jesus during Lent is by praying the Stations of the Cross. This devotional practice is a series of 14 prayers, often accompanied by artwork, guiding participants step by step through Jesus' death. The stations are an imitation of the Via Deloroso in Jerusalem, which is thought to be the actual path Jesus walked to his crucifixion. Also known as the Way of the Cross, this practice finds its origins as early as the 13th century with St. Francis.

On Good Friday in 1991, Pope John Paul II introduced the Scriptural or Biblical Way of the Cross as an alternative to the traditional stations, directly following the biblical account of Jesus' passion beginning with him praying in the Garden of Gethsemane. This prayer guide follows the Scriptural stations (NIV), which is often simpler for children to follow, and includes an optional station 15 to be read on Easter morning narrating the resurrection.

Praying with Children

Because of its graphic and emotionally-charged nature, the Way of the Cross for children should be approached with sensitivity. Here are a few suggestions:

- **Keep it short:** Try praying one or two stations a day, which not only is better suited for a child's attention-span, but also is less likely to emotionally overwhelm them.
- **Hands-on:** Rather than simply praying or showing children artwork for each station, have them color pictures of the stations, allowing them to take their time and meditate on the station without getting restless.
- **Movement:** If you prefer to pray all the stations in one sitting--try not sitting! Traditionally, the stations are intended to imitate a pilgrimage. Consider setting up 14 stations outside or around your house, and stop and pray at each one. Children can bring the coloring sheet on a clipboard.
- **Discuss:** Things are less scary when we talk about them. Hold space for your child to process their complex emotions. Here are a few questions to get you started:

I wonder what is happening in this story?

I wonder what the most important part of this story is?

I wonder if this story is about you?

I wonder how this story makes you feel?

First Station

Jesus in the Garden of Gethsemane: Matthew 26:36-41

Leader: We adore you, O Christ, and we bless you.

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

Reader: Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.

Second Station

Jesus is betrayed: Mark 14:43-46

Leader: We adore you, O Christ, and we bless you.

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

Reader: Just as he was speaking, Judas, one of the Twelve, appeared. With him was a crowd armed with swords and clubs, sent from the chief priests, the teachers of the law, and the elders. Now the betrayer had arranged a signal with them: "The one I kiss is the man; arrest him and lead him away under guard." Going at once to Jesus, Judas said, "Rabbi!" and kissed him. The men seized Jesus and arrested him. *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.

Third Station

Jesus is condemned: Luke 22:66-71

Leader: We adore you, O Christ, and we bless you.

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

Reader: At daybreak the council of the elders of the people, both the chief priests and the teachers of the law, met together, and Jesus was led before them. "If you are the Messiah," they said, "tell us." Jesus answered, "If I tell you, you will not believe me, and if I asked you, you would not answer. But from now on, the Son of Man will be seated at the right hand of the mighty God." They all asked, "Are you then the Son of God?" He replied, "You say that I am." Then they said, "Why do we need any more testimony? We have heard it from his own lips." *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.

Fourth Station

Jesus is denied: Matthew 26:69-75

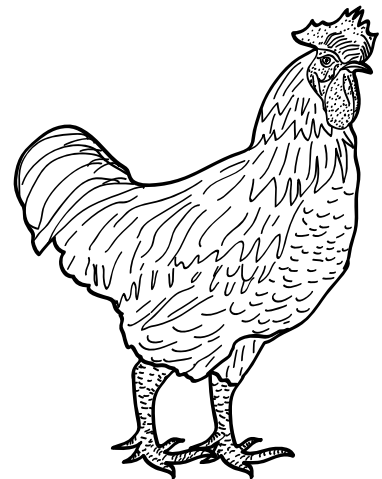
Leader: We adore you, O Christ, and we bless you.

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

Reader: Now Peter was sitting out in the courtyard, and a servant girl came to him. “You also were with Jesus of Galilee,” she said. But he denied it before them all. “I don’t know what you’re talking about,” he said. Then he went out to the gateway, where another servant girl saw him and said to the people there, “This fellow was with Jesus of Nazareth.” He denied it again, with an oath: “I don’t know the man!” After a little while, those standing there went up to Peter and said, “Surely you are one of them; your accent gives you away.” Then he began to call down curses, and he swore to them, “I don’t know the man!” Immediately a rooster crowed. Then Peter remembered the word Jesus had spoken: “Before the rooster crows, you will disown me three times.” And he went outside and wept bitterly. *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.



Fifth Station

Jesus is judged: Mark 15:1-5, 15

Leader: We adore you, O Christ, and we bless you.

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

Reader: Very early in the morning, the chief priests, with the elders, the teachers of the law and the whole Sanhedrin, made their plans. So they bound Jesus, led him away and handed him over to Pilate. "Are you the king of the Jews?" asked Pilate. "You have said so," Jesus replied. The chief priests accused him of many things. So again Pilate asked him, "Aren't you going to answer? See how many things they are accusing you of." But Jesus still made no reply, and Pilate was amazed...Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged, and handed him over to be crucified.

Silence.

Leader: Lord Jesus,

All: Help us walk in your steps.

Sixth Station

Jesus is crowned with thorns: John 19:1-3

Leader: We adore you, O Christ, and we bless you.

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

Reader: Then Pilate took Jesus and had him flogged. The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe and went up to him again and again, saying, "Hail, king of the Jews!" And they slapped him in the face. *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.



Seventh Station

Jesus bears the cross: John 19:6, 15-17

Leader: We adore you, O Christ, and we bless you.

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

Reader: As soon as the chief priests and their officials saw him, they shouted, “Crucify! Crucify!” But Pilate answered, “You take him and crucify him. As for me, I find no basis for a charge against him.” But they shouted, “Take him away! Take him away! Crucify him!” “Shall I crucify your king?” Pilate asked. “We have no king but Caesar,” the chief priests answered. Finally Pilate handed him over to them to be crucified. So the soldiers took charge of Jesus. Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha). *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.

Eighth Station

Jesus is helped by Simon to carry the cross: Mark 15:21

Leader: We adore you, O Christ, and we bless you.

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

Reader: A certain man from Cyrene, Simon, the father of Alexander and Rufus, was passing by on his way in from the country, and they forced him to carry the cross.

Silence.

Leader: Lord Jesus,

All: Help us walk in your steps.

Ninth Station

Jesus meets the women of Jerusalem: Luke 23:27-31

Leader: We adore you, O Christ, and we bless you.

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

Reader: A large number of people followed him, including women who mourned and wailed for him. Jesus turned and said to them, “Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. For the time will come when you will say, ‘Blessed are the childless women, who have never bore or nursed children!’ Then “they will say to the mountains, “Fall on us!” and to the hills, “Cover us!””For if people do these things when the tree is green, what will happen when it is dry?” *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.



Tenth Station

Jesus is crucified: Luke 23:33-34

Leader: We adore you, O Christ, and we bless you.

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

Reader: When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. Jesus said, “Father, forgive them, for they do not know what they are doing.” And they divided up his clothes by casting lots. *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.

Eleventh Station

Jesus promises the thief Paradise: Luke 23:39-43

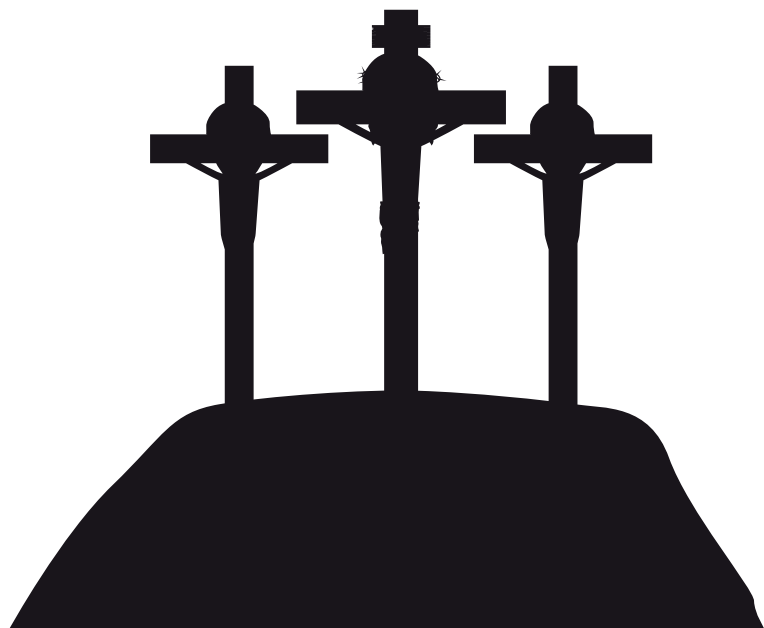
Leader: We adore you, O Christ, and we bless you.

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

Reader: One of the criminals who hung there hurled insults at him: “Aren’t you the Messiah? Save yourself and us!” But the other criminal rebuked him. “Don’t you fear God,” he said, “since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong.” Then he said, “Jesus, remember me when you come into your kingdom.” Jesus answered him, “Truly I tell you, today you will be with me in paradise.” *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.



Twelfth Station

Jesus entrusts his mother to John: John 19:25-27

Leader: We adore you, O Christ, and we bless you.

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

Reader: Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home. *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.

Thirteenth Station

Jesus dies: Luke 23:44-46

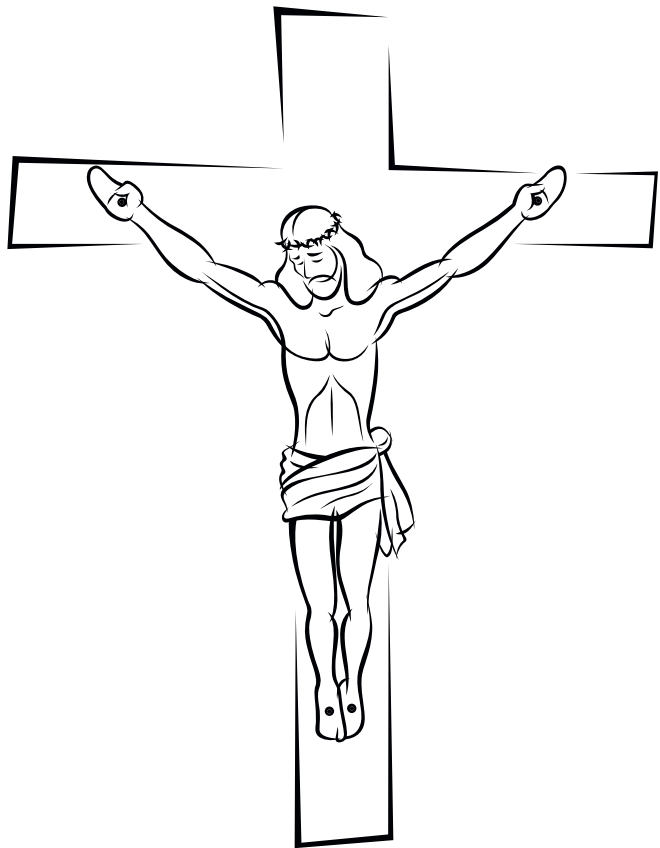
Leader: We adore you, O Christ, and we bless you.

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

Reader: It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last.

Leader: Lord Jesus,

All: Help us walk in your steps.



Fourteenth Station

Jesus is laid in the tomb: Matthew 27:57-61

Leader: We adore you, O Christ, and we bless you.

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

Reader: As evening approached, there came a rich man from Arimathea, named Joseph, who had himself become a disciple of Jesus. Going to Pilate, he asked for Jesus' body, and Pilate ordered that it be given to him. Joseph took the body, wrapped it in a clean linen cloth, and placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb and went away. Mary Magdalene and the other Mary were sitting there opposite the tomb. *Silence.*

Leader: Lord Jesus,

All: Help us walk in your steps.

Fifteenth Station

Jesus is risen: Luke 24:1-6

Leader: We adore you, O Christ, and we bless you.


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

Reader: On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; he has risen! *Silence.*

Leader: Alleluia! Christ is risen.

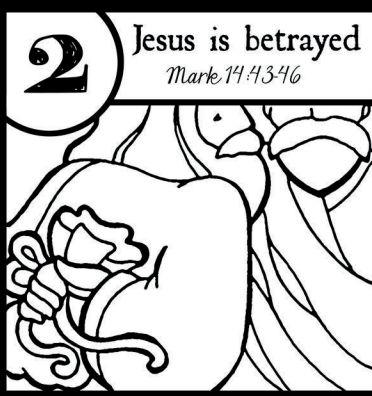
All: The Lord is risen indeed. Alleluia!

I

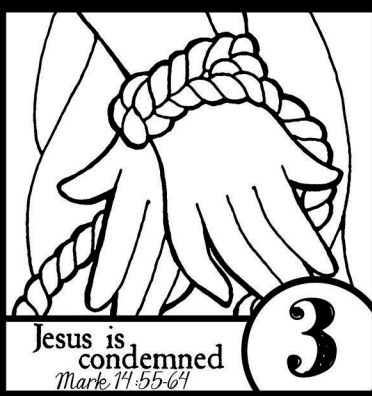


Jesus prays in Gethsemane
Luke 22:39-46

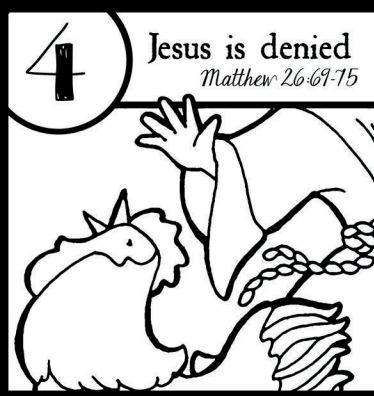
2 Jesus is betrayed
Mark 14:43-46




Jesus is condemned **3**



4 Jesus is denied
Matthew 26:69-75

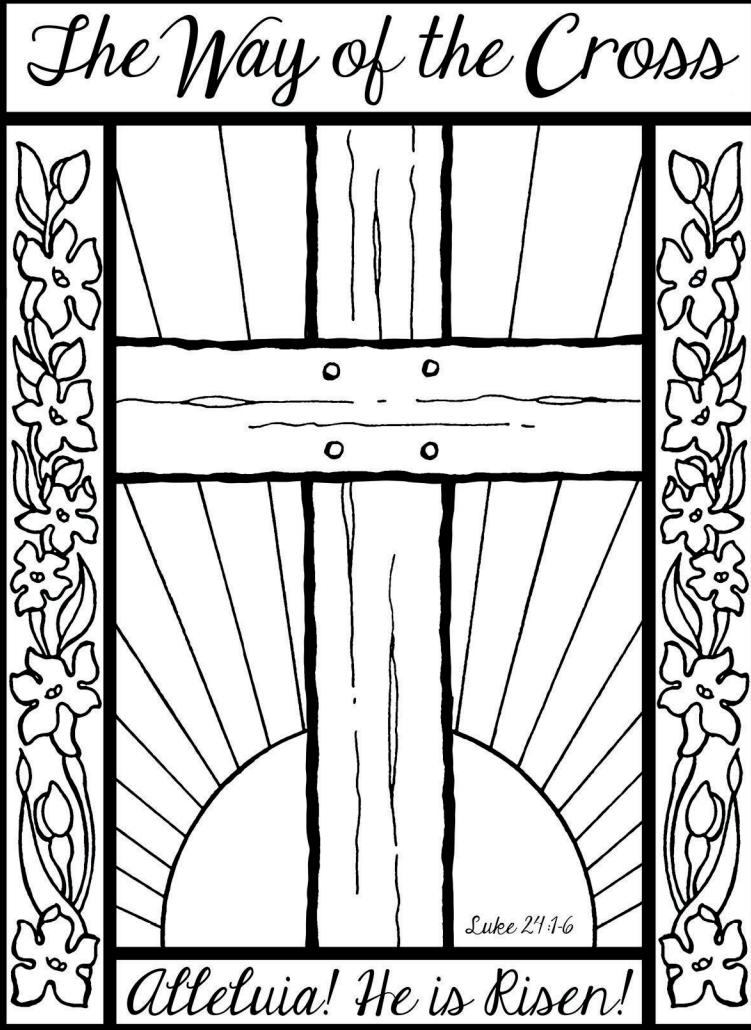


Jesus is judged
Luke 23:20-25



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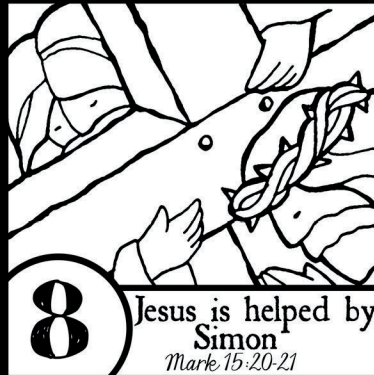
The Way of the Cross



Alleluia! He is Risen!

Luke 24:1-6

8 Jesus is helped by Simon
Mark 15:20-21



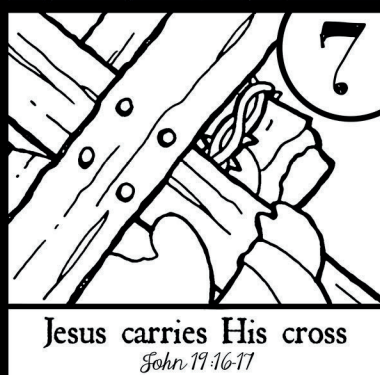
6 Jesus is crowned with thorns
Matthew 27:27-31



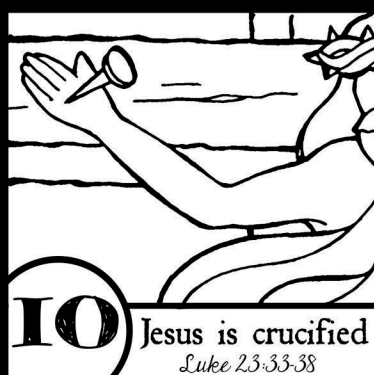
Jesus comforts the women **9**
Luke 23:27-31



Jesus carries His cross **7**
John 19:16-17




10 Jesus is crucified
Luke 23:33-38



11



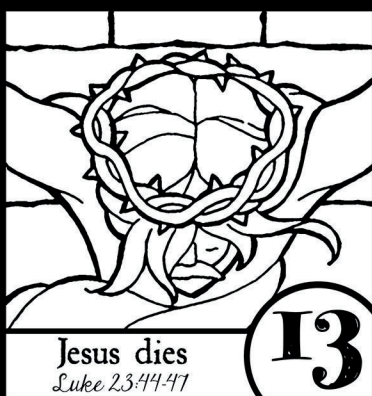
Jesus promises the thief Paradise
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Jesus entrusts His mother to John
John 19:25-27



12

Jesus dies **13**
Luke 23:44-47



Jesus is laid in the tomb **14**
Matthew 27:57-60

