

# Journey of Faith



## The Way of the Cross

"Today," Mrs. Evans announced, "we're going to learn about what it means to follow in Jesus' footsteps."

"Don't we do that every day?" Terrence questioned.

"Yes," Mrs. Evans said, nodding. "But today we're going to follow Jesus in a special way. Catholics have a special church service called the Way of the Cross. When we pray during it, we follow Jesus' journey to his death. As we pray, we reflect on our own crosses, the things that make our life seem hard, and remember that Easter, and new life with God, is coming soon."







**What kinds of crosses do people carry today?**

## In Jesus' Footsteps

There are fourteen traditional stations in the Way of the Cross. Each station focuses on one moment of Jesus' suffering. The Way of the Cross reminds us that we aren't alone, even when life seems hard. Jesus suffered for us and gave us eternal life. Sometimes we have crosses to carry, too. But Jesus will always be with us.



### 1. Jesus is condemned to die.

Jesus was accused of things he didn't do. Pilate, the governor, asked the people if they thought he should release Jesus. They shouted back, "Crucify him!" So Pilate handed Jesus over to be

crucified.

*Jesus, it isn't fair that you were sent to die. Make me humble like you when I get blamed for things I didn't do.*



### 2. Jesus bears his cross.

Jesus had to carry a heavy cross a long way. He carried it for us!

*I carry crosses like worry, fear, and anger. Help me carry them for you, Jesus. Lead the way and give me hope in you.*



### 3. Jesus falls for the first time.

Jesus was badly beaten. He was very weak. He fell because the cross was so heavy.

*It makes me sad to see you on the ground, Jesus. Help me to get back up each time I fail to follow you.*



### 4. Jesus meets his Mother.

Imagine how sad Mary must have been! Her heart broke when she saw Jesus in pain.

*Holy Mary, you are sad and scared for Jesus. You know he is going to die, but you don't leave his side. Help me to always care and be there for the people I love.*



### 5. Simon helps Jesus carry his cross.

Jesus' body was very weak. The soldiers forced Simon of Cyrene from the crowd to help Jesus carry his cross.

*If I were standing on that road, Lord, I hope I would help you without being forced. I can help you now by helping my family and friends.*



### 6. Veronica wipes the face of Jesus.

Jesus' face was covered with sweat, dirt, and blood. Veronica used her veil to wipe his face clean. Jesus left an image of his face on the veil.

*God, only you can wipe away sadness. We help make the world better when we comfort each other. Jesus, help me to forgive and seek forgiveness.*





### 7. Jesus falls for the second time.

The journey kept getting harder. Jesus, you were so weak, you fell a second time.

*Jesus, your cross must have been really heavy. Just walking must have hurt. Jesus, when I am ready to give up, help me keep trying, just like you.*



### 11. Jesus is nailed to the cross.

The soldiers hammered Jesus onto the cross. The cross was lifted high.

*Jesus, your hands are held by nails. Make me your hands on earth. You let yourself be helpless because you listened to your Father. Help me listen to God's plan for me.*



### 8. Jesus meets the crying women.

The women cried at the sight of Jesus. He told them not to cry for him but for those who will suffer when he's gone.

*Jesus, you comfort the women because they are crying. Help me to see when those around me are hurting. Give me the courage to reach out and comfort them.*



### 12. Jesus dies on the cross.

After three hours of pain, Jesus died. The world became dark and the earth trembled.

*Jesus, you gave your life for me. I want to give you all I have. Please help me.*



### 9. Jesus falls for the third time.

Jesus fell for a third time. Jesus could hardly get up, he was so tired. He kept going because he loved us.

*Jesus, your journey is almost over, but you keep falling. You know what it's like to feel weak. Lift me up when a challenge seems too much for me.*



### 13. Jesus is taken down from the cross.

Jesus was taken from the cross. Mary took him into her arms just like she did when he was born.

*Mary, you hold your Son after his death. Help me when I am sad and hold me when I am in trouble.*



### 10. Jesus is stripped of his clothing.

The soldiers stripped the clothes from Jesus' back—just to embarrass him. But they can't take away his dignity as God's Son.

*Dear Jesus, when I feel embarrassed or hurt, remind me that I am a child of God.*



### 14. Jesus is buried in the tomb.

Jesus' friends were sad as they laid him in the tomb. They wonder what will happen next.

*Jesus, we know your death is just the beginning. By dying you gave us new life. Thank you!*





# IMAGINE THE WAY OF THE CROSS

Chose one station that stood out or had special meaning to you. Draw what you think that scene would look like. Where is Jesus? Who else is there? What are they feeling? What are they doing?



## In Short



- The Way of the Cross has roots in the early Church.
- The traditional fourteen stations mark the path of Jesus' passion and death.
- Following Jesus requires us to carry our own crosses.

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Editors of the 2017 *Journey of Faith for Children*: Theresa Nienaber-Panuski and Pat Fosarelli, MD, DMin.

Design and production: Wendy Barnes, Lorena Mitre Jimenez, John Krus, and Bill Townsend. Illustration: Jeff Albrecht.

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