

## GOOD FRIDAY REFLECTIONS-STATIONS OF THE CROSS

(A REFLECTION WILL BE SAID AFTER EACH STATION OF THE CROSS, FOLLOWED BY A PERIOD OF SILENCE)

**OPENING PRAYER:** Dear Jesus, what have we done to deserve so much of your love? You gave yourself totally to us and died on a cross because you love us. Through our sufferings and struggles within our families, help us to come closer to you. We offer you this prayer by reflecting on the stations of the cross and specially praying for our families and all families around the world. As we journey on , hold us in the palm of your hand.

**ALL: We adore You, O Christ, and we bless You; Because by Your Holy Cross You have redeemed the world.**

**HYMN:** When I survey the wondrous cross

### STATION 1: JESUS IS CONDEMNED TO DEATH

Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. They don't

seem to remember that as they prepare to put you to death.



(Silence)

### STATION 2: JESUS CARRIES HIS CROSS

Jesus, as you accepted your cross, you knew you would carry it to your death on Calvary. You knew it wouldn't be easy, but you accepted it and carried it just the same.



(Silence)

### STATION 3: JESUS FALLS FOR THE FIRST TIME

Jesus, the cross you have been carrying is very heavy. You are becoming weak and almost ready to faint, and you fall down. Nobody seems to want to help you. The soldiers are interested in getting home, so they yell at you and try to get you up and moving again.



(Silence)

#### **STATION 4: JESUS MEETS HIS MOTHER**

Jesus, you feel so alone with all those people yelling and screaming at you. You don't like the words they are saying about you, and you look for a friendly face in the crowd. You see your mother. She can't make the hurting stop, but it helps to see that she is on your side, that she is suffering with you. She does understand and care.



(Silence)

#### **STATION 5: SIMON HELPS JESUS CARRY HIS CROSS**

Jesus, the soldiers are becoming impatient. This is taking longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden he is helping you carry your cross.



(Silence)

#### **STATION 6: VERONICA WIPES THE FACE OF JESUS**

Jesus, suddenly a woman comes out of the crowd. Her name is Veronica. You can see how she cares for you as she takes a cloth and begins to wipe the blood and sweat from your face. She can't do much, but she offers what little help she can.



(Silence)

#### **STATION 7: JESUS FALLS FOR THE SECOND TIME**

This is the second time you have fallen on the road. As the cross grows heavier and heavier it becomes more difficult to get up. But you continue to struggle and try until you're up and walking again. You don't give up.



(Silence)

## STATION 8: JESUS MEETS THE WOMEN OF JERUSALEM

Jesus, as you carry your cross you see a group of women along the road. As you pass by you see they are sad. You stop to spend a moment with them, to offer them some encouragement. Although you have been abandoned by your friends and are in pain, you stop and try to help them.



(Silence)

## STATION 9: JESUS FALLS FOR THE THIRD TIME

Jesus, your journey has been long. You fall again, beneath your cross. You know your journey is coming to an end. You struggle and struggle. You get up and keep going.



(Silence)

## STATION 10: JESUS IS STRIPPED OF HIS CLOTHES

The soldiers notice you have something of value. They remove your cloak and throw dice for it. Your wounds are torn open once again. Some of the people in the crowd make fun of you. They tease you and challenge you to

perform a miracle for them to see. They're not aware that you'll perform the greatest miracle of all!



(Silence)

## STATION 11: JESUS IS NAILED TO THE CROSS

You are stretched out on the cross you have carried so far. The soldiers take big nails and drive them into your hands and feet. You feel abandoned by the people you loved so much. People seem to have gone mad. You have done nothing but good, yet they drive nails through your hands and feet.



(Silence)

## STATION 12: JESUS DIED ON THE CROSS

As Jesus hung on the cross, he forgave the soldiers who had crucified him, and prayed for his mother and friends. Jesus wanted all of us to be able to live forever with God, so he gave all he had for us.



(Silence)

## STATION 13: JESUS IS TAKEN DOWN FROM THE CROSS

Jesus, how brutally you were put to death. How gently you are taken from the cross. Your suffering and pain are ended, and you are put in the lap of your mother. The dirt and blood are wiped away. You are treated with love.



(Silence)

## STATION 14: JESUS IS PLACED IN THE TOMB

Jesus, your body is prepared for burial. Joseph gave you his own tomb. He laid your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people.



**Leader:** Jesus Christ Crucified.

**All: have mercy on Us.**

**Leader:** May the souls of the faithful departed, through the mercy of God, Rest in peace.

**All: Amen.**

**HYMN:** There is a Green Hill Far Away.

## CLOSING PRAYER

**All: My Jesus, my saviour, we are now at the end of the Way of the Cross, and your ultimate triumph. You showed in your great passion, true grace, love and mercy in the face of cruelty and violence.**

**Help me to embrace and trust my Father's will as you did.**

**Let me be the face of your peace for others.**

**Help me to become fully alive in faith, a witness every day of the true Spirit of our God.**

**Jesus, you are my model of unconditional love and compassion.**

**Help me to begin to fulfil your plan for the Kingdom of God here today. Amen**

