

The First Station – Jesus is Condemned to Death

Jesus is standing before angry people who are yelling and saying mean, hurtful things to him. They scream at him. Some of them tell lies about him, saying that he did bad things. But Jesus isn't guilty of any crime or sin. How can he be condemned? Yet the unthinkable happens, people yell "Crucify him, crucify him." Jesus stays quiet, even though he knows that he will be hurt. He knows that God is with him. He even asks God to help him forgive the people who are yelling and telling lies about him.

Look at Your Heart

Boys and girls, has anyone ever said mean or hurtful things about you. Has anyone ever told a lie about you? If someone did that to you, look at your heart and see how you felt. Maybe you were scared, or hurt, or maybe you felt very angry.

Close your eyes and show your heart to Jesus. See Jesus loving you when you show him what happens in your heart.

The Second Station – Jesus Receives the Cross

The soldiers put a big, heavy cross on Jesus' shoulders. It hurts so much when it is slung across his back. His back is raw from the beating. Yet, Jesus doesn't fight with them or say angry words to them. He knows that he has to carry this cross a long way, and he knows that the way will be very hard for him at times. But Jesus knows that God is with him, and he asks God to help him to carry this cross, even though it is heavy.

Look at Your Heart

Boys and girls, have you ever had something happen that was very hard for you? Sometimes children are very sick, or someone in their family is very sick. Sometimes adults or older children do not treat younger children nicely. Sometimes we just can't have things the way we want them.

Close your eyes and take a moment to look at what your heart is like when this happens. Then, when you see what your heart is like, show your heart to Jesus. See Jesus loving you when you show him what happens in your heart.

The Third Station – Jesus Falls the First Time

Jesus is so tired as he walks along the road with the heavy cross on his shoulders. The cross keeps pushing into his shoulder, and the stones on the road hurt his feet. People yell and push him; the soldiers shout for him to move faster. Then Jesus falls, and the soldiers yell at him more. How tired Jesus is! Jesus prays in his heart, “God, help me remember that you are here.”

Look at Your Heart

Boys and girls, did you ever fall when you were playing, or when you were helping with something? Falling really hurts, doesn't it? When people make mistakes, it's like falling. And when that happens, their heart sometimes feels like it is hurt.

Close your eyes and remember a time when you fell, when your heart felt hurt. As you remember that time, and look at how your heart felt, show your heart to Jesus. See Jesus loving you as you show him your heart.

The Fourth Station – Jesus Meets His Mother

As Jesus walks slowly with the cross on his shoulders, a woman comes up to him. It is Jesus' mother, Mary. How sad for them to see each other now. Mary feels so sad because she sees how much he is suffering, and Jesus sees the sadness Mary feels. Even though they both know that God is with them, they can't even say anything to each other, because they are so sad.

Look at Your Heart

Boys and girls, have you ever been very sad, or do you know someone who has been very sad? Being sad really hurt someone's heart a lot, doesn't it? Sometimes our hearts are sad because we cannot be with someone we love.

Close your eyes and remember a time when you were very sad. Show Jesus what your heart looked like when you felt that way. Picture Jesus loving you when you show him your sad heart. Ask Jesus to help make your heart more like his.

The Fifth Station – Simon of Cyrene Helps Jesus Carry the Cross

Jesus is so tired that the soldiers know he cannot carry the heavy cross by himself. So they look around and see someone who looks strong enough to help Jesus carry this cross. This person's name is Simon. Jesus just looks at Simon and quietly whispers, “Thank you” to Simon. Then they continue on the long road, carrying the cross together.

Look at Your Heart

Boys and girls, sometimes helping someone can be difficult, for so many different reasons. Maybe you haven't finished something that you like to do, when someone asks you for help. Or maybe you just don't feel like helping that person.

Close your eyes and think of a time when you were asked to help someone and did not want to help? Show Jesus what it was like when that happened, and picture Jesus loving you as you show him your heart. Maybe you can even hear Jesus whisper, “Thank you for helping.” Ask Jesus to help you to have a helping heart.

The Sixth Station – Veronica Wipes the Face of Jesus

Jesus is hot, tired, and sweating. His hair is all tangled, and he is covered in dust from the long walk. Suddenly, a woman pushes her way out of the crowd and stands in front of Jesus. She takes a clean cloth and gently wipes Jesus' face. Jesus is so thankful that he leaves a picture of his face on her cloth.

Look at Your Heart

Boys and girls, have you ever helped someone? Have you ever done something that helped someone feel better? Sometimes you may have done something that you thought was very small or not important: bringing a glass of water or juice to someone, or even giving someone a helping hand with a chore. Maybe you just smiled at someone who looked sad!

Close your eyes and think of the times you helped, show Jesus your heart. As you picture Jesus loving you, maybe you can also picture Jesus leaving a picture of his face on your heart.

The Seventh Station – Jesus Falls a Second Time

How very tired, weak, and sad Jesus is now. Even though he keeps trying to walk with the heavy cross, he just can't keep going. The noise from the crowd and from the soldiers makes him feel even worse. Then Jesus falls, because he just can't take another step.

Look at Your Heart

Boys and girls, have you ever had a hard time with something? Maybe you can't do something the way you want, or you feel as if you keep messing up on something? How does your heart feel when that happens? Maybe your heart feels the way Jesus' heart felt when he fell this second time.

Close your eyes and show Jesus how your heart feels, picture Jesus loving you. Jesus knows how your heart feels; his heart probably felt the same way.

The Eighth Station – Jesus Meets the Women of Jerusalem

After Jesus gets up, he continues on the road carrying his heavy cross. He passes some women who are crying because they are so sad to see Jesus suffer. But instead of thinking only of himself, and how bad he feels, Jesus tells the women not to keep crying because of him. He tells them, instead, to take care of others, and especially to take care of their children.

Look at Your Heart

Boys and girls, sometimes it is easy to just think about ourselves -- about what is not going the way we want it too, or about problems that we have. It is very hard, then, to think about other people. How does your heart look when you do that, when you think only about yourself?

Close your eyes and show your heart to Jesus. Picture Jesus loving you with your heart that way. Ask Jesus to help you have a heart like his, a heart that thinks about other people and remembers other people. That's the kind of heart Jesus has.

The Ninth Station – Jesus Falls a Third Time

Jesus is so tired now that he can hardly take another step. It is hard for him to breathe. He has been walking a long time along the dusty road, and he has no energy left. He just can't go on anymore. Then Jesus falls down in the street for the third time. He is so very tired. His head throbs with pain and he is dizzy. Jesus asks God to help him. And Jesus gets up again, even though it is hard for him to do so.

Look at Your Heart

Boys and girls, when we have really tried to do our best, and have not been able to succeed, it's easy to feel like Jesus did. Sometimes other people just keep yelling about something we do, or sometimes other people make fun of the way we do something.

Close your eyes and try and remember a time when you felt this tired in your heart, when you seemed to be having a sad or hard time with someone or something? Look at how your heart felt, and show your heart to Jesus. Ask God to help you when you feel this way.

The Tenth Station – Jesus is Stripped of His Clothing

Finally Jesus reaches the hill that is the end of the road he has to walk. Jesus knows that he will die here. But before he dies, the soldiers will do more to him. They pull off his long robe, and almost all his clothes are taken from him. Jesus stands in front of the crowd with only a small piece of cloth covering part of his body. Jesus asks God to help him remember that he is not alone, that God is with him through all of this.

Look at Your Heart

Boys and girls, is it hard for you to share or to give away something that you like? Do you sometimes like to keep everything for yourself? Do you ever let something of yours be the reason for bad feelings or bad words between you and someone else?

Close your eyes. If you remember a time when something like this happened, remember how your heart felt. Then, show your heart to Jesus. Ask Jesus to help you to have a heart that is like his heart.

The Eleventh Station – Jesus is Nailed to the Cross

How much Jesus hurts as the soldiers nail him to the cross. Wrists first and then his feet, long iron spikes nail him to the cross. He hurts all over; he is tired and thirsty; he knows that he is going to die. But he looks at the people who have hurt him, and, instead of saying bad things to those people, Jesus asks God to forgive them. He looks at his mother and tells her to take care of others. Even when he is dying, Jesus is thinking of other people.

Look at Your Heart

Boys and girls, can you think of a time when someone hurt you with unkind words or actions? Was it hard for you to forgive that person?

Close your eyes and show your heart to Jesus. He knows that forgiving is hard to do. That's why Jesus will help to change your heart when you ask him to help you to forgive someone.

The Twelfth Station – Jesus Dies on the Cross

Finally, after the long walk, after falling three times, after having the men beat him, after being nailed to the cross and suffering on the cross, Jesus cries out to his father saying “and after a few last breaths he bows his head and dies. ---Boys and girls, at this time I would like us to kneel is a moment of silence. ---- Please stand. Now this part of Jesus’ life is over. There is nothing left for Jesus to give or to do. Jesus has given his life for all of us.

Michael asked me what does the initials INRI at the top of the cross mean. They stand for “Jesus of Nazareth, King of the Jews”.

Look at Your Heart

Boys and girls, did you ever feel that you wanted to make something better, or that if you only tried harder, something would change that you want to change? Or maybe you felt that you did not try hard enough at something, and something bad happened.

If you can think of a time like that, then show Jesus your heart, and let him love you. When you are ready, you can ask Jesus to help your heart be more like his heart.

The Thirteenth Station – The Body of Jesus is Taken Down from the Cross

Now Jesus' lifeless body is taken down from the cross. No more pain or suffering for Jesus; all the pain is over. Mary, Jesus' mother, holds him tenderly in her arms. How sad she is. And how sad Jesus' friends are. They are crying as they hold his body.

Look at Your Heart

Is there someone you love who has died? When you remember that person, how does your heart look?

You can show your heart to Jesus, and show Jesus what you miss about the person who died. Jesus knows what your heart looks like, and loves you when you show him your heart. He can even help your heart become more like his.

The Fourteenth Station – Jesus is Laid in the Tomb

Jesus' friends wash his body and wrap it in a clean sheet. They touch his body gently, and then they put his body into a tomb. When they are finished, they push a very large stone over the entrance, so that no one can go inside. Now there is darkness in the tomb where Jesus' body lies, and all of his friends go home because they are very sad and tired.

Look at Your Heart

Can you remember a time when you were very sad to say "Good-bye" to someone? Maybe you were leaving the person for only a short time, or maybe it was for a long time. Maybe you said "Good-bye" to someone you loved when that person died.

Take a few moments to think about one of those times you were sad saying "Good-bye," and show Jesus how your heart felt then. Try to picture Jesus loving you, and being with you with your sad heart. Let Jesus love you a lot; Jesus knows how sad your heart is.

