

STATIONS OF THE CROSS

Adapted from The Way of the Cross

1. JESUS IS CONDEMNED TO DEATH

Antiphon:

V. Jesus, our Savior, on this day you gave up your life for us.

R. Save us and help us, O Lord.

After Jesus was betrayed to the authorities, He was brought before the Roman ruler Pontius Pilate. Pilate knew Jesus was innocent of any wrongdoing but he didn't have the courage to let him go, so he asked the crowd:

What has this man done? What are his charges?

He is causing the people to riot. He claims to be king.

But I can find no case against Him. What should I do with Him?

Crucify Him! Crucify Him!

I wash my hands of this man Jesus.

Lord, you are all alone and silent now. You spent your life healing and helping others; but now everyone is hurting you. I will stay with you.

(Activity: Everyone washes his or her hands.)

Sung between stations:

Kum ba yah, my Lord, kum ba yah! (3 times)

Oh Lord, kum ba yah!

Someone's cryin' Lord, kum ba yah! (3 times)

Someone's singin' Lord, kum ba yah! (3 times)

Someone's prayin' Lord, kum ba yah! (3 times)

2. JESUS ACCEPTS THE CROSS

Antiphon:

V. Jesus, our Savior, on this day you gave up your life for us.

R. Save us and help us, O Lord.

So they took Jesus and tied His hands. After, they led Him away and made Him carry His own cross.

You carried a heavy cross for us, Jesus, help us to learn to carry each other's hurts and burdens to lift one another up just as you did.

(Activity: Everyone makes a cross with branches and string.)

Sung between stations: "Kum ba yah!"

3. JESUS FALLS DOWN UNDER THE WEIGHT OF THE CROSS

Antiphon:

V. Jesus, our Savior, on this day you gave up your life for us.

R. Save us and help us, O Lord.

The wood of the cross is very heavy. Jesus is very weak from being beaten and whipped. He falls hard to the ground.

Jesus, You never gave up climbing the hill for us. Help us keep going even when we make mistakes, or face hard tasks, or begin to think we can't make it.

(Activity: We all fall down and slap our hand against the ground.)

Sung between stations: "Kum ba yah!"

4. SIMON HELPS WITH THE CROSS

Antiphon:

V. Jesus, our Savior, on this day you gave up your life for us.

R. Save us and help us, O Lord.

Just then, a certain passerby, Simon of Cyrene, was coming in from the country. The soldiers forced him to help Jesus carry His cross.

Jesus, you needed help on the way to Calvary. Every day I say things like, "I don't want to take out the trash," "Why doesn't someone else do the dishes," or "I don't want to make my bed or clean my room." Help me to be of help to others.

(Activity: People help carry the cross.)

Sung between stations: "Kum ba yah!"

5. JESUS MEETS HIS MOTHER

Antiphon:

V. Jesus, our Savior, on this day you gave up your life for us.

R. Save us and help us, O Lord.

Jesus could see the fear and loneliness in His mother's eyes as she watched Him carry His cross. How much Mary loved Jesus! She had sought Him in the temple when He was lost; encouraged Him when He began His work; and now she walked that last lonely mile with Him. Let us think for a moment about our own parents and all they do for us.

Jesus, we thank for Mary Your mother and all our parents who love us, especially when we are hurt and lonely. Life would be so very sad with out them.

(Activity: We make heart pictures.)

Sung between stations: "Jesus Loves Me"

*Jesus loves me, this I know;
For the Bible tells me so.
Little ones to Him belong;
They are weak but He is strong.*

***Refrain: Yes, Jesus loves me; yes, Jesus loves me.
Yes, Jesus loves me; the Bible tells me so.***

Jesus loves me, He who died,

*Heaven's gates to open wide.
He will wash away my sin,
Let this little child come in. (Refrain)*

6. JESUS MEETS THE WOMEN AND CHILDREN

Antiphon:

V. Jesus, our Savior, on this day you gave up your life for us.

R. Save us and help us, O Lord.

Jesus is hurting, straining under the cross. Some women and children are following Him and are standing by the roadside crying for Him. He stops and speaks a word of comfort to them.

Because some people are thoughtless, others must suffer.

Have comfort, my people, and take courage.

Because some people are greedy, others go hungry.

Have comfort, my people, and take courage.

Because of lies and dishonesty, we don't trust one another.

Have comfort, my people, and take courage.

(Activity: We pass the Peace.)

Sung between stations: "Father, I Adore You."

Father, I adore you, lay my life before you, how I love you.

Jesus, I adore you, lay my life before you, how I love you.

Spirit, I adore you, lay my life before you, how I love you.

7. JESUS IS STRIPPED OF HIS GARMENTS

Antiphon:

V. Jesus, our Savior, on this day you gave up your life for us.

R. Save us and help us, O Lord.

Jesus then comes to the top of the hill, and the soldiers tear off His clothes. He is a very poor King, yet rich in what is important: Love for Us.

Lord, when I am jealous of what others have, I will remember that when You died, You had nothing, not even the clothes on your back.

(Activity: We tear a piece of cloth and write our name on it.)

Sung between stations: "Were You There?"

Were you there when they crucified my Lord?

Were you there when they crucified my Lord?

O! Sometimes it causes me to tremble, tremble, tremble,

Were you there when they crucified my Lord?

8. JESUS IS NAILED TO THE CROSS

Antiphon:

V. Jesus, our Savior, on this day you gave up your life for us.

R. Save us and help us, O Lord.

When they came to Calvary, a place called "The Skull, they crucified Him with nails. While Jesus was being crucified, He said, "Father, forgive them, for they know not what they are doing."

You asked God to forgive the people who hurt you. You let them nail you to the cross so that I could be forgiven everything I have done wrong. Help me learn to forgive people when they hurt me.

(Activity: We nail our names to the cross.)

Sung between stations: "Were You There?"

*Were you there when they nailed him to the tree?
Were you there when they nailed him to the tree?
O! Sometimes it causes me to tremble, tremble, tremble,
Were you there when they nailed him to the tree?*

9. JESUS DIES ON THE CROSS

Antiphon:

*V. Jesus, our Savior, on this day you gave up your life for us.
R. Save us and help us, O Lord.*

When Jesus was on the cross, they gave Him vinegar to drink. At about mid-afternoon, there was darkness over the land. Jesus cried out in a loud voice, "Father, into your hands I commend My spirit." Then, bowing his head, He died.

(Activity: We taste vinegar, bow our heads and breathe out all the air inside us.)

Sung between stations: "Were You There?"

*Were you there when they laid him in the tomb?
Were you there when they laid him in the tomb?
O! Sometimes it causes me to tremble, tremble, tremble,
Were you there when they laid him in the tomb?*

10. THE BURIAL OF JESUS

Antiphon:

*V. Jesus, our Savior, on this day you gave up your life for us.
R. Save us and help us, O Lord.*

Joseph took the body of Jesus off the cross and anointed it. He placed the body of Jesus in a tomb cut out of rock. Then a large stone was rolled in front of it. After burying Jesus, Joseph went home, and a night watch was placed at the tomb.

***Joseph went home very sad thinking about all that had happened that day.
Help me to remember all that Jesus has done for me as I get ready for
Easter.***

(Activity: In silence we make a cross of oil in the hand of the person sitting next to us.)

Sung as we anoint:

*Where you there when they left him in the tomb?
Where you there when they left him in the tomb?
Oh! Sometimes it causes me to tremble, tremble, tremble,
Where you there when they left him in the tomb?*

(Please leave the sanctuary in silence.)

Created by The Rev. Raymond J. Potter, Good Friday, 1980. Adapted by Kathleen and Michael Russell.