



# Stations of the Cross

BASED ON "MARY'S WAY OF THE CROSS"

## RESOURCE PACK



**DIOCESE OF WATERFORD & LISMORE**





Dear Teacher/Student,

These Stations of the Cross performed by the young people in Holy Family Mission are striking. While watching this video I could imagine and relive that great and terrible day when the Lord Jesus suffered and died for me and for all humanity. This pandemic and lockdown have forced us all to face ourselves. When we do so we discover our limitations and our sins. But how does Jesus look at me? The answer - with eyes of tremendous LOVE and compassion. I hope that you, like me, will catch a glimpse of that LOVE in this video.

Bishop Alphonsus Cullinan - Diocese of Waterford & Lismore

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**Please note that this film was produced with Senior Cycle post-primary students in mind.**

**Parental / guardian discretion while viewing is advised.**

The resources and activities in this resource pack cater for a range of post-primary ages and abilities and we encourage teachers / parents / guardians to choose the most appropriate sections for their students / children. We hope that this production is a source of blessing to you as we walk with Our Lady through the Passion of her Son.

*[For printing purposes, we recommend choosing "Fit to Printable Area" or 96% Scale]*

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- The Stations of the Cross can be viewed on the **Diocese of Waterford & Lismore YouTube Channel.**
- **Based on "Mary's Way of the Cross"** by Richard G Furey C.Ss.R.
- **Dramatised by Holy Family Mission**  
[www.holyfamilymission.ie](http://www.holyfamilymission.ie)
- **Filmed & Produced by the Servant Sisters of the Home of the Mother**  
[www.homeofthemothor.org](http://www.homeofthemothor.org)
- **Resource Pack produced by Ascend: Waterford & Lismore Youth Ministry**  
[youthministry@waterfordlismore.ie](mailto:youthministry@waterfordlismore.ie) / [Facebook](#) / [Instagram](#)



# Stations of the Cross

BASED ON "MARY'S WAY OF THE CROSS" by Richard G Furey C.Ss.R.

AVAILABLE TO WATCH ON THE DIOCESE OF WATERFORD & LISMORE YOUTUBE CHANNEL



## Individual Stations (Video Times)

STATION	START POINT	TITLE
Station I:	0:55	Jesus is condemned to death
Station II:	3:05	Jesus takes up his cross
Station III:	5:26	Jesus falls for the first time
Station IV:	8:00	Jesus meets His Mother
Station V:	10:15	Simon of Cyrene helps Jesus to carry his cross
Station VI:	12:43	Veronica wipes the face of Jesus
Station VII:	14:51	Jesus falls for the second time
Station VIII:	17:12	Jesus consoles the women of Jerusalem
Station IX:	19:15	Jesus falls for a third time
Station X:	21:05	Jesus is stripped of his garments
Station XI:	22:42	Jesus is nailed to the cross
Station XII:	24:48	Jesus dies on the cross
Station XIII:	26:55	Jesus is taken down from the cross
Station XIV:	29:34	Jesus is laid in the tomb
Station XV:	31:27	Jesus is raised from the dead

# What are the Stations?



WHAT DO YOU THINK OF WHEN YOU HEAR THE WORD "STATION"?

The Stations of the Cross present key moments to pause and reflect along Jesus' journey to Calvary: the people He interacted with, the sufferings He went through in His passion, and the love He showed. They are sometimes known as the *Way of the Cross*, the *Via Crucis* or the *Via Dolorosa*.

At each Station, we recall and meditate on a specific event from Christ's last day, prayers are offered and then we move on to the next Station. Individuals often pray these alone in a Church, physically moving from Station to Station, gaining consolation in their own trials and worries. The Way of the Cross is prayed together by Catholics on Good Friday as part of the liturgy.

Stations of the Cross are commonly found in churches as a series of 14 icons or images, and they can also appear in Church yards arranged along paths.

HAVE YOU EVER PRAYED THE STATIONS OF THE CROSS BEFORE?

DO YOU KNOW IF YOUR LOCAL CHURCH HAS A SET OF STATIONS? WHAT DO THEY LOOK LIKE?



Even if you don't know the prayers that go with the Stations, you can always walk from one to the next, thinking about what you see in each scene and speaking to Jesus about what He is going through there. Or you can watch the video dramatised by the young people at Holy Family Mission available on the Diocese of Waterford & Lismore YouTube channel.



NUMERACY TRICK TO HELP YOU REMEMBER THE STATIONS

14

Stations

3-7-9

Falls of Jesus

4-6-8

Jesus meets women  
on the Via Crucis



# A short guide to the Stations



## I. JESUS IS CONDEMNED TO DEATH

Jesus was innocent, blamed for things He did not do, and having been scourged cruelly, He was sentenced to death by Pontius Pilate.



## II. JESUS TAKES UP HIS CROSS

Crucifixion was a routine but horrifically cruel way of executing criminals at the time. The soldiers dragged Jesus out and placed a heavy cross on His shoulders.



## III. JESUS FALLS FOR THE 1ST TIME

Jesus was already exhausted from being beaten, scourged, crowned with thorns, mocked and spat on. Now He fell flat on his face under the weight of the cross.



## IV. JESUS MEETS HIS MOTHER

Mary pushed through the crowd to be near her son, Jesus, to offer Him consolation. Of all people, she understood best why He had to suffer in this way.



## V. SIMON OF CYRENE HELPS JESUS

Simon was an onlooker, pulled from the crowd to help Jesus carry His cross because it was too heavy for Jesus in His weakened state.



## VI. VERONICA WIPES JESUS' FACE

Bravely, Veronica stepped forward, offering the only comfort she could, to wipe the blood, sweat and dirt from Jesus' face with her veil.



## VII. JESUS FALLS FOR THE 2ND TIME

Jesus fell again under the heavy weight of the cross, as His strength failed on the way to Calvary. Yet again, He got up and continued on.



## VIII. JESUS CONSOLES THE WOMEN

A number of women were crying at the roadside as Jesus passed. He told them not to weep for Him, but for themselves.



## IX. JESUS FALLS FOR THE 3RD TIME

Almost at the top of Calvary, Jesus could barely get up and continue on, as the soldiers whipped Him and hurled abuse at Him.



## X. JESUS IS STRIPPED OF HIS CLOTHES

We can only imagine the pain Jesus felt as the soldiers tore His blood-clotted clothes from Him, reopening His wounds and humiliating Him.



## XI. JESUS IS NAILED TO THE CROSS

Huge nails were driven into Jesus' wrists and feet as He was nailed to the cross and remained there in agony for hours.



## XII. JESUS DIES ON THE CROSS

At three o'clock on Good Friday, having asked God the Father to forgive everyone, Jesus bowed His head and died.



## XIII. JESUS IS TAKEN DOWN FROM THE CROSS

Jesus was placed in the arms of Mary. She must have remembered what it was like to hold Him as a baby, and now her son lay dead.



## XIV. JESUS IS PLACED IN THE TOMB

Joseph of Arimathea gave the followers of Jesus a tomb where He could be buried: the Light of the World by darkness was slain.

**THE TRADITIONAL STATIONS OF THE CROSS END WITH STATION XIV. THEY ARE PRAYED THIS WAY ON GOOD FRIDAY. AT OTHER TIMES OF THE YEAR, A 15TH STATION, THE RESURRECTION, CAN BE ADDED.**



## XV. THE RESURRECTION

Jesus rose from the dead, defeating sin and death. We celebrate this on Easter Sunday, and every Sunday. Christians are a people of hope.



# The Role of Mary



USE [WWW.BIBLEGATEWAY.COM](http://WWW.BIBLEGATEWAY.COM) TO SEARCH FOR THE PASSAGES (WE RECOMMEND USING THE NRSVCE OR NVV TRANSLATION)



## WHAT DO YOU ALREADY KNOW ABOUT MARY?

List some key ideas / words about her life, her role, her personality, and her faith:

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EACH OF THESE PASSAGES FROM SCRIPTURE INVOLVES MARY. CAN YOU SEE ANY CONNECTIONS BETWEEN THESE STORIES AND THE EVENTS OF JESUS' PASSION? CHOOSE ANY TWO PASSAGES AND REFLECT ON THOSE LINKS.

CLICK EACH OF THE LINKS TO READ THAT PASSAGE

[Luke 1: 26-38](#) \_\_\_\_\_

[Luke 1:39-45](#) \_\_\_\_\_

[Luke 2:1-20](#) \_\_\_\_\_

[Luke 2:22-40](#) \_\_\_\_\_

[Luke 2:41-52](#) \_\_\_\_\_

[John 2:1-12](#) \_\_\_\_\_

You can watch a fantastic dramatisation of John 2:1-12 in "The Chosen" TV series Episode 5 on YouTube: [click here](#)



MARY SHOWED INCREDIBLE STRENGTH AND ENDURANCE THROUGHOUT THE WHOLE PASSION: WHAT DO YOU THINK GAVE HER THAT STRENGTH AND SENSE OF HOPE?

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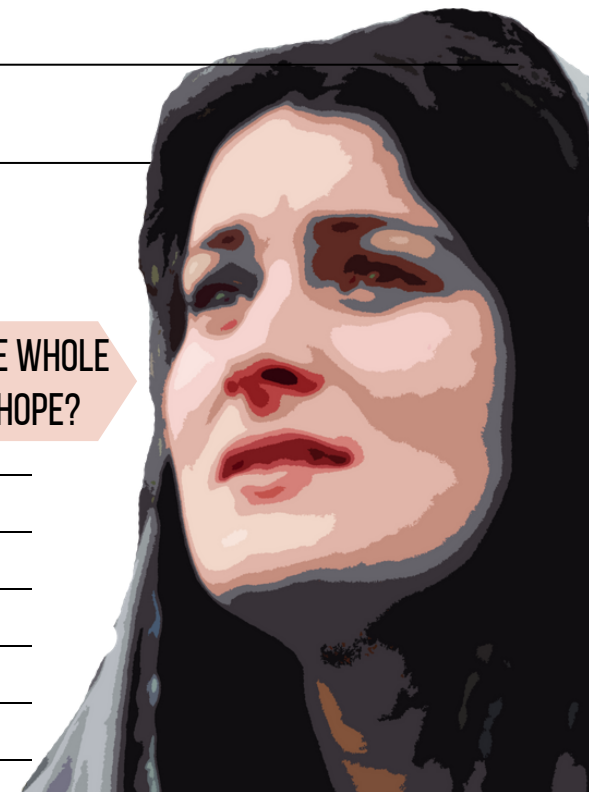
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(SAINT) MOTHER TERESA USED A VERY SIMPLE PRAYER IN TIMES OF NEED: 'MARY, MOTHER OF JESUS, PLEASE BE A MOTHER TO ME NOW.'

"FROM MARY WE LEARN TO SURRENDER TO GOD'S WILL IN ALL THINGS. FROM MARY WE LEARN TO TRUST EVEN WHEN ALL HOPE SEEMS GONE. FROM MARY WE LEARN TO LOVE CHRIST HER SON AND THE SON OF GOD!" - ST JOHN PAUL II -





# The Pietà in Art



The word **pietà** means "pity" or "compassion" in Italian. A *pietà* image is meant to evoke pity or compassion (or both) in the viewer. The familiar scene of La Pietà below shows Mary holding the dead body of her son after His crucifixion and death, when He was taken down from the cross and placed in her arms, before He was placed in the tomb.

## EXAMINE THE FOLLOWING FAMOUS WORKS OF ART DEPICTING THE PIETÀ (STATION XIV)

Describe the differences between the way the same moment is portrayed.

**Hints:** What characters are involved? Describe their body language (particularly Mary's hands).

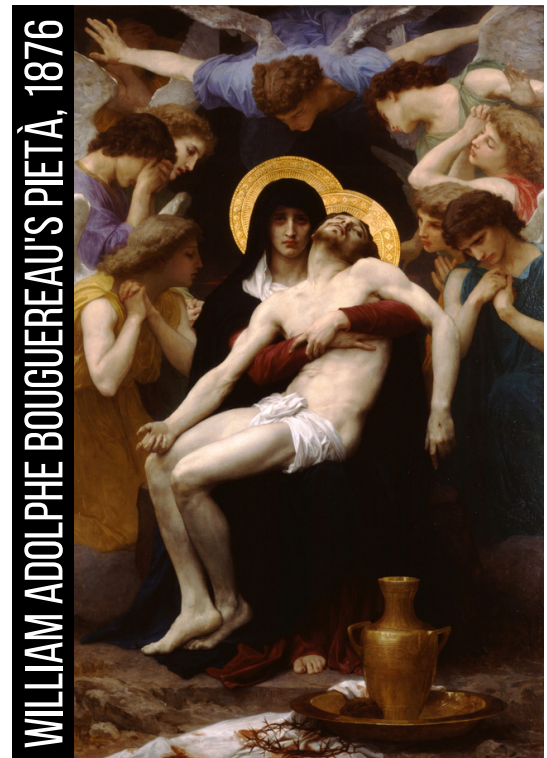
Look at their facial expressions and in particular, where Mary's gaze rests.

Look at the contrasting colours used in the painting. Note how the characters are positioned relative to each other. Are there other props used in the scene?

**What message do you think each artist wished to portray and how well does he do this?**



Juan M Romero, CC BY-SA 4.0 <<https://creativecommons.org/licenses/by-sa/4.0/>>, via Wikimedia Commons



William-Adolphe Bouguereau, Public domain, via Wikimedia Commons

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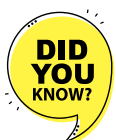
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Michelangelo carved his Pietà from one single slab of Carrara marble, when he was only 24 years of age. It is also the only sculpture he signed, although he reportedly later regretted doing this. In 1972, the sculpture was viciously attacked with a hammer, and the attacker knocked off Mary's left arm, snapped off the tip of her nose, and damaged her cheek and left eye. It has since been repaired seamlessly, after a ten month process to restore 100 pieces of marble to the original statue. Now the Pietà is kept behind bullet-proof glass in St Peter's Basilica in Rome.



# Where is it written?



## DID YOU KNOW THAT THE LIFE, DEATH AND RESURRECTION OF JESUS WAS NOT JUST RECORDED IN THE GOSPELS, BUT BY MANY NON-CHRISTIAN WRITERS AT THE TIME?

### JEWISH WRITERS

• **Flavius Josephus** was a first-century Romano-Jewish historian who was born in Jerusalem and died approximately 98AD. He wrote books on Jewish history for Roman people and in his writings we can find specific references to Jesus.

*"About this time arose Jesus, a wise man, who did good deeds and whose virtues were recognized. And many Jews and people of other nations became his disciples. Pilate condemned him to be crucified and to die. However, those who became his disciples preached his doctrine. They related that he had appeared to them three days after his crucifixion and that he was alive. Perhaps he was the Messiah in connection with whom the prophets foretold wonders."* [Josephus, Jewish Antiquities, XVIII 3.2]



• The **Talmud** is a Jewish Source which features historical references to Jesus. Although He is not explicitly referred to by name, later rabbis identify the person as Jesus. The writings were preserved through the centuries by Jews, not Christians. Mentioned there are Jesus' miracles (although the Talmud writers claim they were magical arts from Egypt).

It also dates the crucifixion as 'on the eve of the Feast of the Passover' (which coincides with what we find in [Luke 22:1](#) and [John 19:31](#)). It also records an earthquake and the tearing in two of the Temple curtain during the crucifixion. [See [Mt 27:51](#)]

### GREEK & ROMAN WRITERS

A number of Greek and Roman writers, from the 2nd century onwards also referenced Jesus in their writings.

• **Pliny the Younger**, proconsul in Asia Minor, 111AD, wrote to the Emperor Trajan:

*"...it was their habit on a fixed day to assemble before daylight and recite by turns a form of words to Christ as a god; and that they bound themselves with an oath, not for any crime, but not to commit theft or robbery, or adultery, not to break their word, and not to deny a deposit when demanded. After this was done, their custom was to depart, and meet again to take food..."* [Pliny, Epistle 97]

• **Tacitus**, a famous Roman historian respected by modern scholars for historical accuracy (115AD) wrote:

*"The author of the denomination was Christ[us] who had been executed in Tiberius time by the Procurator Pontius Pilate. The pestilent superstition, checked for a while, burst out again, not only throughout Judea...but throughout the city of Rome also."* [Tacitus, Annals, XV 44]

• **Phlegon of Tralles**, a first century secular Greek historian, in his work, *The Olympiades*, wrote about an eclipse of sun accompanied by earthquakes during the reign of Tiberius. [see [Luke 23:44-45](#)]

These sources are worth examining as many of the writers were anti-Christian or at the very least had no reason to lie or exaggerate in favour of Christianity. Pliny actually punished Christians for their faith. These sources do not prove Jesus is the Son of God or even the Christ, but they do show that a good man named Jesus lived in the early first century A.D. and founded a religious movement. He was at least called Christ (Messiah) by his followers. Christians in the first century also appeared to consider Him to be God. These writings also support other facts found in the Gospels.



[See: The Real Jesus Christ :: Catholic News Agency](#)

### ACTIVITIES



**CHECK OUT THIS ARTICLE FROM THE GUARDIAN NEWSPAPER EXAMINING EVIDENCE FOR THE HISTORICITY OF JESUS (WHETHER JESUS WAS A HISTORICAL FIGURE OR NOT).**

1

Imagine **you are a reporter with the Jerusalem Times**, and have been asked to cover the events of Good Friday (although you will not call them that). Start with the riotous scenes outside Pilate's Praetorium in the morning and finish with the death of Jesus on the cross at 3pm, including the earthquake and the tearing of the veil of the temple in two. Present a factual account, quoting two or three key eye-witnesses.

2

Imagine **you are an interviewer** preparing a news item on these events. Choose two characters in the story to interview. Consider your questions well. Be aware of the potential bias they may show. Present your work in question / answer format (whether you choose written or oral interview). Be sure to include a few lines of introduction at the beginning.

3

Group Activity: **Create a TV news report** on the events of Good Friday. Roles needed: studio anchor; weather and / or traffic report (be sure to mention the earthquake / darkness); reporter in the field with eye-witnesses; an "expert" in the studio. You can deliver this report live, or record and edit the clips together.

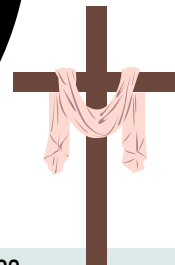






**CHECK THE ORIGINS OF THE ADJECTIVE "EXCRUCIATING".**

# What was a Roman Crucifixion?



- LUKE 23:33 -

"WHEN THEY CAME TO THE PLACE THAT IS CALLED THE SKULL, THEY CRUCIFIED JESUS THERE WITH THE CRIMINALS, ONE ON HIS RIGHT AND ONE ON HIS LEFT."

## WHY ARE WE NOT GIVEN MORE DETAIL ABOUT THE CRUCIFIXION?

None of the Gospel writers give a detailed account of what was involved in a crucifixion, most likely because those living at the time would have been very familiar with crucifixions, since they were a routine form of punishment at the time of Jesus' death. Since it was exceptionally cruel, Roman citizens convicted of capital crimes and sentenced to death were never crucified, but beheaded. *[Check how St Paul was martyred]*. Cicero called it the 'most cruel and repulsive of punishments'.

Remember that before Jesus was taken to be crucified, He had already suffered His agony in the garden, been arrested and beaten the night before, endured a sleepless night, suffered physical and emotional abuse, appeared before various tribunals, was scourged heavily and crowned with thorns.

The crossbar weighed 75 - 125lbs (34-57kg) and was carried by the prisoner.

When Jesus was stripped of His blood-clotted garments, His wounds were opened up again. Nails were driven into Jesus' feet and wrists, causing dislocation and blood loss. Nailing in this spot would cause perforation of the Destot's space, severing the median nerves, causing intense pain. His body weight could not have been supported if the nails had been driven through the palms of the hand since they would tear open. A single nail would be driven through both feet. The nailing would have caused fiery pain to shoot through the arms. Jesus would also have suffered from excruciating muscle cramps, unbearable thirst and dehydration.

"IN HIS ANGUISH HE PRAYED MORE EARNESTLY, AND HIS SWEAT BECAME LIKE GREAT DROPS OF BLOOD FALLING DOWN ON THE GROUND." - LUKE 22:44 -

**LOOK UP THE MEANING OF HEMATIDROSIS.**

"AND THEY OFFERED HIM WINE MIXED WITH MYRRH; BUT HE DID NOT TAKE IT."

- MARK 15:23 -

**MYRRH HAD PAINKILLING PROPERTIES BUT JESUS REFUSED IT. WHERE ELSE IN THE LIFE OF JESUS WAS HE OFFERED MYRRH?**



Nailed to the cross, the body of the victim would have sagged downwards, causing agonising pain and severe cramp in the arms, shoulders and chest. The weight of the body pulling down meant the crucified victim would need to pull themselves up to force air into their lungs. The feet were therefore supported by a footrest so that the crucifixion would last longer. To finally end the misery, the legs were broken below the knees, so the victim could no longer push himself up to breathe. Death on the cross was finally caused by asphyxiation when carbon dioxide could no longer be fully expelled from the lungs. Due to the beating, scourging and heavy blood loss, Jesus was already dead when the soldiers came to break His legs, so was pierced in the side with a spear instead.

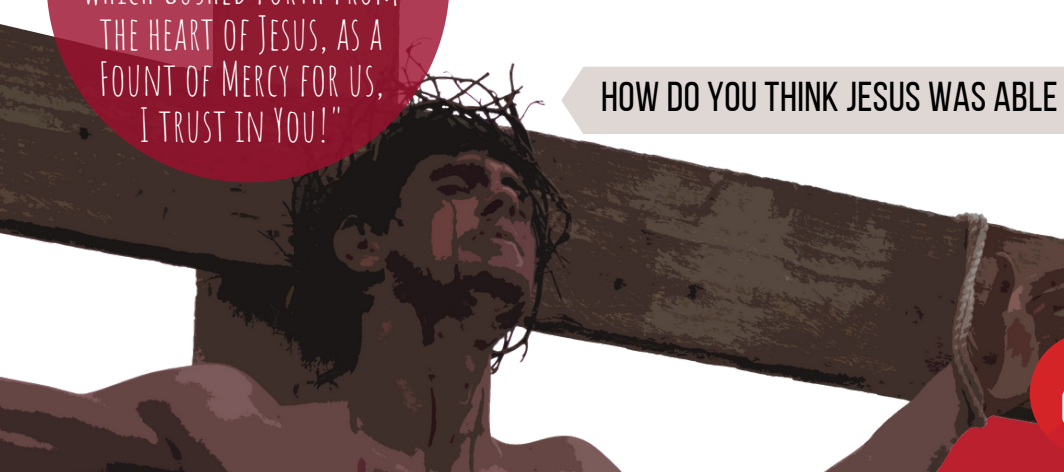
"INSTEAD, ONE OF THE SOLDIERS PIERCED HIS SIDE WITH A SPEAR, AND AT ONCE BLOOD AND WATER CAME OUT."

- JOHN 19:34 -

**HAVE YOU HEARD OF THE DIVINE MERCY PRAYER?**  
"OH BLOOD AND WATER,  
WHICH GUSHED FORTH FROM  
THE HEART OF JESUS, AS A  
FOUNT OF MERCY FOR US,  
I TRUST IN YOU!"

**DID ANYTHING SURPRISE YOU ABOUT THIS DESCRIPTION OF A CRUCIFIXION?**

**HOW DO YOU THINK JESUS WAS ABLE TO BEAR ALL OF THIS SUFFERING?**



**WATCH: MARK HART ON JESUS CHRIST'S PASSION AND DEATH (LIFETEEN)**

# Stations of the Cross Quiz!

How well do you know the Stations of the Cross?



- 1 WHAT ARE THE STATIONS OF THE CROSS?
  - A. Moments we remember from Jesus' whole life and ministry?
  - B. Moments we remember from Jesus' journey to Calvary?
  - C. Moments we remember from Jesus' life after the resurrection?
- 2 HOW MANY STATIONS ARE THERE IN THE TRADITIONAL SET? (NOT COUNTING THE RESURRECTION)



- 3 ALTHOUGH THEY CAN BE PRAYED AT ANY TIME, WHEN TRADITIONALLY ARE THE STATIONS OF THE CROSS PRAYED IN CHURCH BY CATHOLICS?
  - A. Palm Sunday
  - B. Holy Thursday
  - C. Christmas Day
  - D. Good Friday
- 12 HOW MANY OTHERS WERE CRUCIFIED WITH JESUS THAT DAY?
  - A. 3
  - B. 2
  - C. No one else

- 4 WHICH ROMAN OFFICIAL CONDEMNED JESUS TO DEATH?

- 5 WHO HELPED JESUS TO CARRY HIS CROSS?

- 6 WHO WIPED THE FACE OF JESUS WITH HER VEIL?

- 13 SOMETIMES A 15TH STATION IS INCLUDED. WHAT IS DEPICTED THERE?
  - A. The descent of the Holy Spirit
  - B. The Ascension
  - C. The Resurrection
  - D. The Assumption

- 7 IN WHICH STATIONS DO WE REMEMBER JESUS FALLING:

- A. 2,5,7
- B. 3,7,9
- C. 2,4,6

- 8 WHO DOES JESUS MEET AT THE 4TH STATION?

- A. John
- B. Simon
- C. His Blessed Mother
- D. Peter

- 9 WHAT DOES JESUS RECEIVE ON THE SECOND STATION?

- A. a drink of vinegar
- B. an apology
- C. the cross
- D. a scourging

- 14 WHO WAS WITH MARY AT THE FOOT OF THE CROSS?

- A. Peter, James and John
- B. John and Mary Magdalene
- C. Joseph and Mary Magdalene

- 15 CAN YOU SOLVE THESE ANAGRAMS?

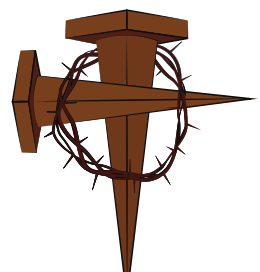
All these words feature in the Stations of the Cross:

- A. mencodden \_\_\_\_\_
- B. andlei \_\_\_\_\_
- C. ricenova \_\_\_\_\_
- D. crynee \_\_\_\_\_
- E. juremeals \_\_\_\_\_
- F. lavacry \_\_\_\_\_

- 10 WHY WOULD IT HAVE BEEN PARTICULARLY PAINFUL FOR JESUS TO BE STRIPPED OF HIS GARMENTS?

- 11 THE 13TH STATION WAS COMMEMORATED BY WHICH FAMOUS RENAISSANCE SCULPTOR?

- A. Da Vinci
- B. Raphael
- C. Michelangelo






# Prayer time:

MY PRAYER

Set aside a few minutes of silence. Make the sign of the cross and pray:

WE ADORE YOU, OH CHRIST,  
AND WE PRAISE YOU BECAUSE  
BY YOUR HOLY CROSS, YOU  
HAVE REDEEMED THE WORLD.

PICK ONE STATION TO REFLECT ON.

You might find it helpful to first re-watch your chosen station. 

Think about what happened in that scene, what action can be seen, what can be heard, who the characters are and how they are responding to Jesus, how Jesus acted, and lastly how this can speak to your life. You could pick one of the songs below to listen to. Maybe you would like to write your own prayer. Finish by making the sign of the cross.




## Music to help you reflect on the Passion of Jesus

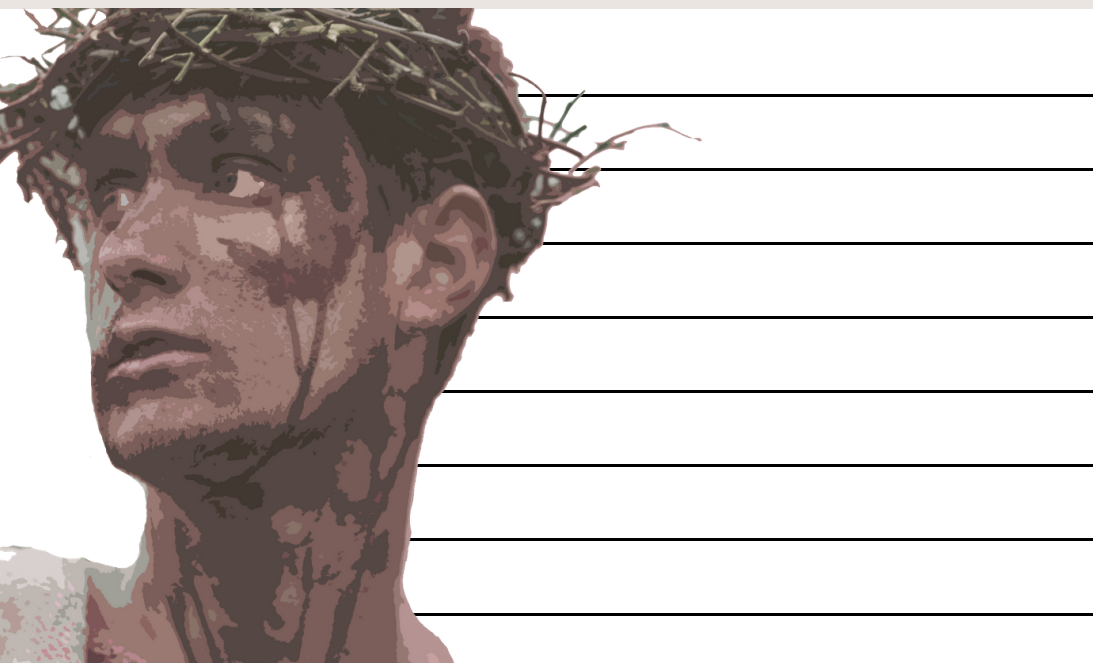
EACH SONG TITLE IS A YOUTUBE LINK ALSO

- "Watch the Lamb" - Ray boltz
- "Why?" - Nicole Nordeman
- "Worthy is the Lamb" - Hillsong
- "At the Cross" - Hillsong
- "How Deep the Father's Love for Us" - Fernando Ortega
- "Forever" - Kari Jobe
- "Above All" - Michael W Smith
- "In Christ Alone" - Stuart Townend
- "Anastasis" (O Praise the Name) - Hillsong
- "What a beautiful name" - Hillsong
- "You gave your life away." - Paul Baloche
- "Amazing Love" - Graham Kendrick
- "Once Again" - Matt Redman
- "My Redeemer Lives" - Nicole C Mullen
- "Who am I" - Casting Crowns
- "O Come to the Altar" - Elevation Worship
- "The Passion" - Hillsong
- "Reckless Love" - Cory Asbury
- "Stay with me" - Taize Chant
- "Jesus remember me" - Taize Chant
- "Misericordias Domini" - Taize Chant
- "Crucem Tuam" - Taize Chant
- "Nearer my God to Thee" - Sarah Flower Adams
- "This is Jesus" - Jim Cowan



What music would you include on a playlist for Easter? 

What songs do you know that address issues of suffering, loss, hope?



CHECK OUT THE FOLLOWING  
RESOURCES TO HELP YOU  
CELEBRATE HOLY WEEK!



Praying Through  
Holy Week

ASCENSION PRESENTS

FR MIKE SCHMITZ: PRAYING THROUGH HOLY WEEK



READ  
OR  
WATCH:



"THE LION, THE WITCH AND  
THE WARDROBE" (CS LEWIS)

Pay particular attention to how  
Aslan portrays the Christian  
themes of sacrifice and  
redemption.



What did it make you think about and how did it make you feel?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





## PONTIUS PILATE / STATION 1



# Via Crucis Crossword Puzzle



USE THE CLUES BELOW  
TO FILL IN  
THE CROSSWORD PUZZLE

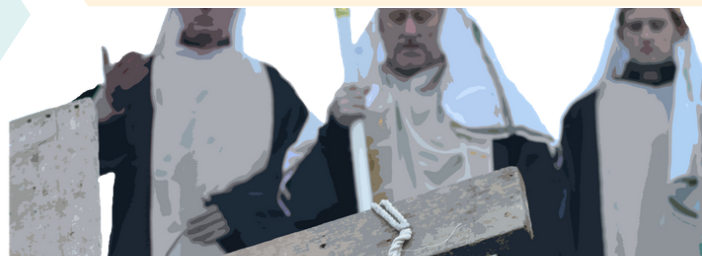


## DOWN

1. How Jesus was punished before he was crucified [6]
2. The station where Jesus receives his cross [6]
4. Where Joseph, who provided a tomb for Jesus, was from [9]
7. The city where Jesus was crucified [9]
8. The day on which Lent begins [3,9]
9. The Garden in which Jesus was arrested [10]
11. Where Simon, who helped Jesus carry his cross, was from [6]
13. The Roman Official who condemned Jesus to death [7,6]
14. The day Jesus died [4,6]
17. Jesus entered Jerusalem on this animal on Palm Sunday [6]
19. The number of times Jesus fell on his way to Calvary [5]

## ACROSS

3. The young woman who wiped the face of Jesus with her veil [8]
5. How Jesus was secured to the Cross [6]
6. The apostle who betrayed Jesus in the garden of Gethsemane [5]
10. Another name for a Roman soldier [9]
12. The station where Jesus meets his Mother [6]
13. The First Day of Holy Week [4,6]
15. Lent is a season of \_\_\_\_\_ days [5]
16. A medical condition where one appears to sweat blood [12]
18. The Hebrew name for Calvary [8]









# Station Snapchat


CHOOSE ONE OF THE  
STATIONS OF THE  
CROSS.

CREATE A  
SNAPCHAT USING  
THE TEMPLATE  
TO CAPTURE WHAT  
YOU SEE /  
EXPERIENCE THERE.












PICTURE CAPTION:

 Save  Story  Send To

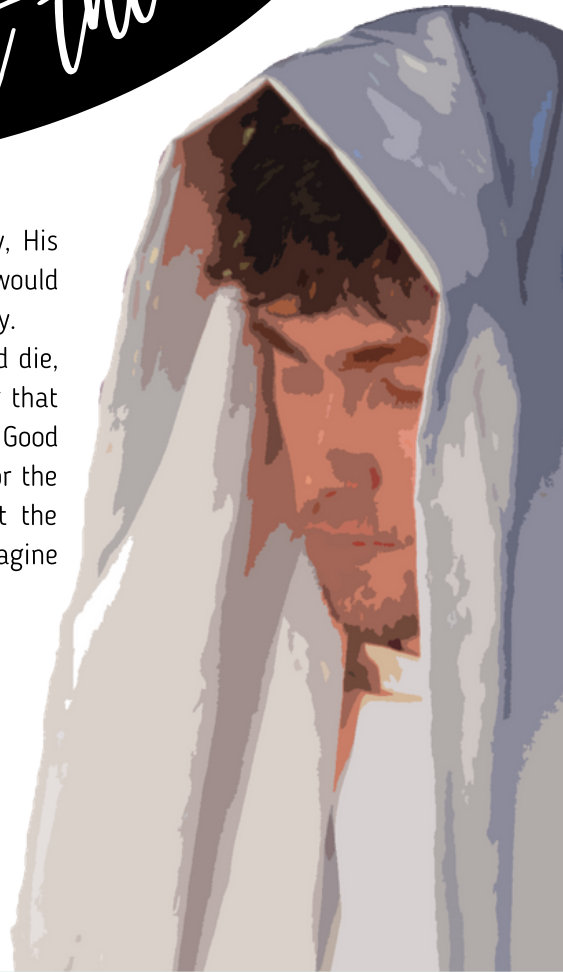


# Good Friday was not the end



WHAT IS HOPE?

If Jesus had just been an innocent man who was put to death on Good Friday, His death would have been tragic and an act of senseless cruelty, and the story would have ended there. For Christians, however, Good Friday is not the end of the story. Jesus told his followers on numerous occasions that He would have to suffer and die, but on the third day He would rise again. They were incapable of understanding that at the time. Imagine the pain, grief and hopelessness they must have felt on Good Friday, watching their good friend suffer and die, and with Him all their hopes for the future? Then imagine their overwhelming joy and sense of hope they felt at the resurrection! His mother, Mary, never lost hope in Jesus' promises. Can you imagine how joyful their reunion was after the Resurrection?



## CHECK OUT THE FOLLOWING RESOURCES ON THE THEME OF HOPE:



Bishop Phonsie's  
Messages of Hope:  
True Hope



The Prayer of  
Bl. Pier Giorgio Frassati  
"Verso l'alto!"



Fr Mike Schmitz:  
What is Hope and  
Why Do You Need It?



Fr Mike Schmitz:  
The Role of Hope  
in Holy Week



Leeland:  
Way Maker



Lauren Daigle:  
Trust In You (Live)



Send a message of encouragement or gratitude to someone who you think could be struggling at the moment.

**HOPE  
IS THE  
ANCHOR OF  
THE SOUL**

**H.O.P.E.  
Hold On,  
Pain Ends**



Each morning you wake up, think of ten things you are grateful for. Start your day choosing joy and gratitude to God for his blessings!

## WHAT IS YOUR DEFINITION OF HOPE?



Why not create an Instagram post or story with your definition to share with your friends on social media? Or commit to only sharing positive and hope-filled messages for the next week? Print it out and stick it on your bedroom mirror.



Create a playlist for yourself, with music filled with messages of hope - listen to this whenever you feel like you are struggling, or share it with a friend who might need a reminder that hope is real.

*Hope is  
"trust in  
another,  
extended into  
the future."  
Fr Mike Schmitz*



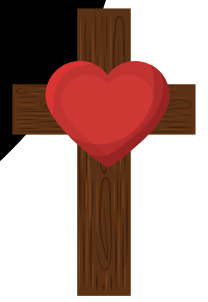
# Doodle Prayers

For *God*  
so *loved* the world  
that he gave  
his only SON,  
SO THAT EVERYONE  
who believes in him  
may not perish  
BUT MAY HAVE  
eternal LIFE .

JOHN 3:16



# Activity Ideas



## VISIT YOUR LOCAL CHURCH

- Check out the Stations of the Cross there. Spend a little time thinking about each scene as you move from one station to the next.
- Why not take pictures of the Stations in your local church and print them for or send them to an elderly / housebound person in your area who can't visit the church at the moment?
- Or share the images with your parish for use on the parish website / social media?
- You could also use the pictures of the Stations in your local church on your own phone to meditate on the stations wherever you are?

## CREATE A PRAYER SPACE IN YOUR OWN HOME / ROOM

Place a candle, a crucifix or a holy image if you have one, maybe a prayer intentions box. [Find ideas on LifeTeen.](#)

## SPOTIFY PLAYLIST

Create a Holy Week Spotify Playlist for yourself (*you could use the songs in this resource pack*). Why not share it with others too?

## RESEARCH

- "[The Seven Sorrows of Mary](#)." Catholic Devotion - see how these relate to the Stations of the Cross.
- Research the [Sudarium of Oviedo](#) or the [Shroud of Turin](#) and the [Holy Crown of Thorns](#) (*saved from the fire at Notre Dame Cathedral, Paris*)

## WATCH

"[The Chosen](#)" TV Series charts the beginning of Jesus' mission, and really helps us to understand the kind of person Jesus was and how He related to others.

## ASK

Do you know anyone who prays the Stations of the Cross regularly? Ask them why they use this form of prayer?



**Find out when the Stations of the Cross will be prayed in your church on Good Friday [and if they will be live-streamed if you are not able to attend in person.]**

## FREEZE-FRAME

In groups of 4 or 5, choose one scene to "freeze frame". Choose who each person will be in the scene, get into position and freeze! You must act and think in character. When asked, briefly speak your thoughts as you think your character would in that moment. The other groups should try to guess which station it is and who each character is.

## DISCUSS

- Which Station do you think is most relevant to young people today?
- Where are people suffering in today's world? What crosses are people carrying? How can we be like Simon and Veronica and help lighten their burdens?

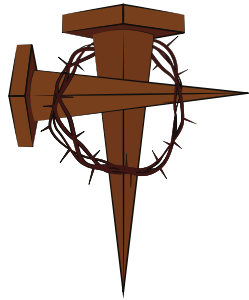
## CREATE

- Create a collage with images, stories and words from newspapers / magazines or online which represent the themes and ideas in the Stations of the Cross for you in modern life.
- Write a haiku poem for one of the characters or about one of the Stations. Haiku format is: 1st line, 5 syllables; 2nd line, 7 syllables; 3rd line 5 syllables.
- Sketch / paint a scene from the Stations.
- Participate in the [Busted Halo InstaLent Photo Challenge 2021](#) even for Holy Week, or create your own collection.



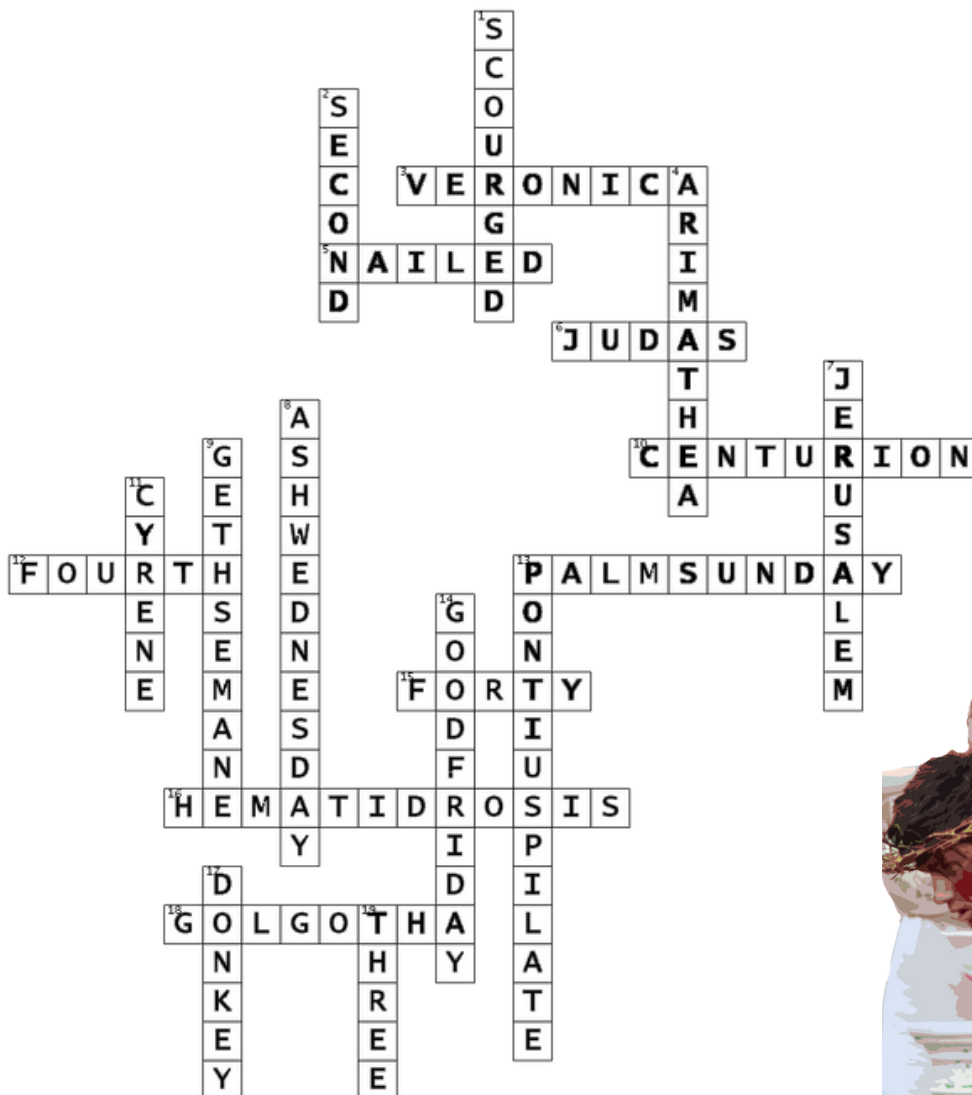
# ANSWERS TO STATIONS OF THE CROSS QUIZ

1. B
2. 14
3. D
4. Pontius Pilate
5. Simon of Cyrene
6. Veronica
7. B
8. C
9. C
10. His blood-clotted wounds were opened again
11. C



12. B
13. C
14. B
15. Anagrams
  - A: condemned
  - B: nailed
  - C: Veronica
  - D: Cyrene
  - E: Jerusalem
  - F: Calvary

## CROSSWORD SOLUTION



# Stations of the Cross: Based on "Mary's Way of the Cross"



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- The Stations of the Cross can be viewed on the **Diocese of Waterford & Lismore YouTube Channel.**
  - **Based on "Mary's Way of the Cross"** by Richard G Furey C.Ss.R.
  - **Dramatised by Holy Family Mission**  
[www.holyfamilymission.ie](http://www.holyfamilymission.ie)
  - **Filmed & Produced by the Servant Sisters of the Home of the Mother**  
[www.homeofthemotherr.org](http://www.homeofthemotherr.org)
  - **Resource Pack produced by Ascend: Waterford & Lismore Youth Ministry**  
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