

Stations of the Cross for Teens

The First Station: Jesus is Condemned to Death.

Although sinless, Jesus is sentenced to death as a criminal. Pilate has the ability to release Jesus, but instead he gives in to what the crowd wants. Pilate thinks Jesus is innocent, but he isn't courageous enough to stick up for Him. Pilate washes his own hands of the matter and ties Jesus' hands behind His back. The journey to the cross begins.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Dear Jesus, You surrendered your power, so that we might be saved. When we feel powerless and unfairly treated, we can come to You, knowing that You will understand. As we set out on our Lenten journeys, help us to remember that You will stand up for us, even when no one else will.

The Second Station : Jesus Takes Up His Cross.

Jesus not only is condemned to death unfairly, but also has to carry the cross on which He will die. The cross is heavy, not only because of the wood, but also because of the weight of all of the sins of the world, past, present, and future. Jesus takes up the cross willingly to take away our sins and ease our burdens. He takes it up out of love.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Jesus, you take up the cross to save us from our sins and ease our pain. This Lent, please help us to give up our sins, so that we can lighten your load. Help us to give you our burdens, so that you can lighten our load. Only in you can we find peace, hope, and salvation.

The Third Station: Jesus Falls the First Time.

The burden of the cross is more than anyone can bear. Jesus falls under the weight of the cross. He falls under the weight of our sins, worries, addictions, stresses, and hurts. Despite His pain, He is pulled up and forced to continue.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Jesus, you know how it feels to fall under the weight of the world's problems. You help us to endure our struggles. This Lent, please pick us up when we fall and give us the strength to continue.

The Fourth Station: Jesus Meets His Mother.

His eyes meet those of His beloved mother. Perhaps Mary meets her Son's gaze and gives Him the only gift she has left, a loving smile that, while forced, gives her Son the strength He needs to continue. At the wedding at Cana, Mary told the servants to "Do whatever he tells you." On the Way of the Cross, Mary must take her own advice and do as her Son told her – believe in God's will and love as Jesus loved, even against all odds. Allowing her heart to be pierced by the sword, Mary holds back her tears and, with undying love, holds up her Son.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Lord Jesus, this Lent, help me to be like your mother and do whatever You tell me. Help me to reach out to the trusted people in my life and accept the love that You and Your mother always offer.

The Fifth Station: Simon Helps Jesus Carry His Cross.

The soldiers pull a man named Simon from the crowd and force him to help Jesus carry His cross. The soldiers don't care about helping Jesus; they only care about crucifying Him. Simon doesn't volunteer for this. Maybe he would rather not get involved, but he is not given a choice. Likewise, Jesus doesn't ask for help, but does accept it.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Dear Jesus, you know how it feels to give and receive help. You always offer to help us to carry our crosses. Please help us to accept your offer and give us the strength to pay it forward and help one other.

The Sixth Station: Veronica Wipes the Face of Jesus.

From the crowd comes a woman. She can no longer stand by and watch Jesus suffer; she has to do something, even if that something is as little as wiping Jesus' face with her veil. Veronica does not change the outcome of the day, but her small actions do make a big difference. Her compassion and her courage are signs of her love for Jesus. Jesus gives Veronica an outward sign of His love for her too, the image of His face imprinted on her veil for her to cherish forever.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Dear Jesus, you don't ask us to solve the problems of the world on our own. You ask us to love one another. The rest will follow. Please give us the strength to reach out to others in ways, great and small, and the courage to believe that all of our actions, when done out of love, do make a difference.

The Seventh Station: Jesus Falls the Second Time.

Jesus' pain is unbearable and He falls a second time. Lying on the ground, maybe Jesus wants to give up, but He is forced to continue. His love for us gives Him the strength to keep going.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Dear Jesus, even though you fell along your journey, you never gave up. Please give us the strength to endure our hardest days. This Lent, help us to remember that you will always help us up when we fall. With your love, we will never be alone.

The Eighth Station: Jesus Meets the Women of Jerusalem.

Jesus continues His journey to the cross. His friends have deserted Him, His body is failing Him, His dignity is diminishing. Along the way, Jesus meets a group of women. They have not abandoned Him. As Jesus sheds His blood, they shed their tears. Despite His own pain, Jesus stops to console these women. Selfless to the end, He gives them His comfort.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Jesus, the life of discipleship is not easy. Help us to be faithful and to follow you even when we feel alone. You will never abandon us; please give us the courage to do the same for You.

The Ninth Station: Jesus Falls the Third Time.

Jesus falls yet again. Perhaps He feels like a failure. Perhaps He is angry at Himself for falling again. Perhaps even Jesus is wondering how good can come out of this suffering. Love gives Him the strength to continue.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Jesus, help us to trust that, in your eyes, we are never failures. Help us to always give our time and attention to You. Please help us to love all people, including ourselves, with a love like Yours.

The Tenth Station: Jesus is Stripped.

Jesus not only has been condemned to the most brutal means of execution; he also is subject to humiliation. As the soldiers strip Him of His clothing, they strip away His dignity. Jesus is totally exposed to a world that is blind to His love.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Dear Jesus, when we feel embarrassed, help us to turn to You, knowing that You understand. Give us the courage to stand up for the dignity of every person, including ourselves. This Lent, help us to love as You love.

The Eleventh Station: Jesus is Nailed to the Cross.

Jesus reaches the end of the road and the soldiers crucify Him. As they pound nails through Jesus' wrists and feet, the sound is deafening and echoes throughout the land. The pain is beyond words, yet Jesus bears this out of love for us.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Lord Jesus, please help us to remove from our lives the sins that pound the nails into your wrists and feet. When we are tempted to sin, help us to remember the echo of the hammer hitting the nails and give us the strength to turn to love instead.

The Twelfth Station: Jesus Dies on the Cross.

As Jesus hangs on the cross, each breath is a struggle. After three hours, Jesus can bear no more. He cries out, "My God, my God, why have you abandoned me?" Jesus breathes His last and gives up His spirit, all out of love.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Dear Jesus, you accepted death out of love for us. This Lent, help us please to make sacrifices in our own lives to show our love for You and to bring Your love into this world.

The Thirteenth Station: Jesus is Taken Down from the Cross.

Jesus' body is taken down from the cross and given to His mother one last time. Mary and the faithful disciples grieve and mourn, and yet, somehow, they stay strong. They serve quietly and humbly, without credit or recognition. Their love for Jesus remains. As Mary holds her Son, her tears wash away the horror of the day. She continues to love, even though her heart has been pierced by the sword.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Dear Jesus, please give us the courage to serve you always. Help us to trust in Your love, even during our darkest hours.

The Fourteenth Station: Jesus is Laid in the Tomb.

Jesus' friends lay his lifeless body in a cold dark tomb. The journey of the Cross seems to end in sadness and desperation. The disciples must have felt that hope, love, and goodness died with Jesus too and were laid to rest in the same dark tomb. But, today, as people of faith, we know that life does not end with the tomb. Jesus died so that death would be no more, so that hope, love, and goodness will be ours for eternity.

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Pray: Jesus, help us please to live in hope. Fill our emptiness with your love. Replace our pain with your comfort. Help us to see past the tomb and look towards the Resurrection.

The journey to the Cross can change your life. When you are struggling, lean on Jesus. When peer pressure is high, when burdens at school are heavy, when you feel alone in trying to live out your Christian values, find strength and courage in Jesus and His cross. Open your heart to the fire of Jesus' love. His Love will change your life when you let it. Go now, renewed by the Way of the Cross. Go forth in peace; go forth in love; go forth in the name of the Father and of the Son and of the Holy Spirit. Amen.

(These Stations were written by a Youth Group)