Teen-Led Stations of the Cross Guide

What are the Stations of the Cross?
The Stations of the Cross began with pilgrims to Jerusalem who would retrace the steps of Jesus the day before His death. As they followed this path there were many places where it was customary to stop in order to reflect and pray about a particular moment in Jesus’ final hours. These stops became known as Stations. In the 15 century, Franciscan friars, who had been granted guardianship of the Holy Land, began working on ways that those who unable to travel to the Holy Land could observe this devotion more locally. These began as a series outdoor shrines of an indeterminate number but by the 19th century had evolved to the 14 icons found in most Catholic churches today. While the Stations can be prayed through at any time, communal observance of the practice is common during Lent, particularly on Fridays.

How are the Stations of the Cross Prayed?
There are many different options for praying the Stations of the Cross but all involve moving from depiction to deception, stopping at each to pray and reflect on that moment in Christ’s Passion. In this year’s Youth-Led Stations, at each station we will hear from a figure present at Jesus’ Passion. Then we will be invited to reflect and pray for a particular need related to that station.

Below you will find a list of the Station, along with the figure who will speak…

1. **Jesus is Condemned to Death**: Pilate
2. **Jesus Carries His Cross**: Bystander
3. **Jesus Falls for the First Time**: Bystander
4. **Jesus Meets His Mother, Mary**: Mary
5. **Simon of Cyrene Helps Jesus Carry the Cross**: Simon
6. **Veronica Wipes the Face of Jesus**: Veronica
7. **Jesus Falls for the Second Time**: Bystander
8. **Jesus Meets the Women of Jerusalem**: A Woman of Jerusalem
9. **Jesus Falls for the Third Time**: Bystander
10. **Jesus is Stripped of His Clothes**: Roman Soldier
11. **Jesus is Nailed to the Cross**: A Disciple
12. **Jesus Dies on the Cross**: A Roman Soldier
13. **Jesus is Taken Down from the Cross**: Joseph of Arimathea
14. **Jesus is Placed in the Tomb**: Joanna

Why should we participate in the Stations of the Cross?
Praying the Stations of the Cross is a powerful way to remember just how great a gift Jesus has given us. By reflecting on key moments of suffering from Christ’s Passion we are better able to appreciate just how much He loves us and what He was willing to undergo for our sakes. Taking time to recount Jesus’ sacrifice by praying the Stations of the Cross is both a way of showing our gratitude to God for that sacrifice and a way of opening ourselves up to how He may be calling us to respond to that sacrifice. This is particularly true on Good Friday, a day that should be spent in solemn reflection of the sacrifice that Christ made on our behalf.
Teen-Led Stations of the Cross Reflection

Family Last Name: ________________________________

First Names of Adult Participants: ___________ ___________

First Names of Youth Participants: ________________________________

Which Station held the most meaning for you? Why?

______________________________________________________

______________________________________________________

______________________________________________________

______________________________________________________

Did you feel called to change anything in your life as a result of praying the Stations? If so, what?

______________________________________________________

______________________________________________________

______________________________________________________

Did Youth-Led Stations help you connect with God and/or our parish community?
If yes, how? If not, why not?

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______________________________________________________

What is one thing about Youth-Led Stations that you would like to share with others?

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