"Jesus, I love You!"

SUNDAY SEEDS
Free Mass worksheets and faith at home for little ones
sunday-seeds.pages.dev
Free for families, schools and parishes: please copy and share.

Walking with Jesus

The Stations of the Cross

for children



Fourteen stations, and a joyful fifteenth: Jesus is risen!

This booklet belongs to: _____

For grown-ups

How to use this booklet

- The Stations of the Cross follow Jesus on His way to the cross. The Church prays them on the Fridays of Lent and on Good Friday.
- Walk round the church from station to station, or put the pages round the house and walk from room to room.
- At each station, say the response together, look at the picture, read the two sentences and talk about the "we can" idea.
- Little ones can do just three or four stations. That is a lovely start.
- Many parishes add a fifteenth station, the Resurrection, because the story does not end at the tomb.

To print

- Print double-sided on A4, flipping on the short edge.
- Keep the sheets in order, fold the pile in half and staple along the fold.

The tap-through version for your phone is at
sunday-seeds.pages.dev/stations/

To finish

Thank You, Jesus

Thank You, Jesus, for loving us so much. Help us to love You, and to love each other, every day. Amen.

We end with an Our Father, a Hail Mary and a Glory Be.

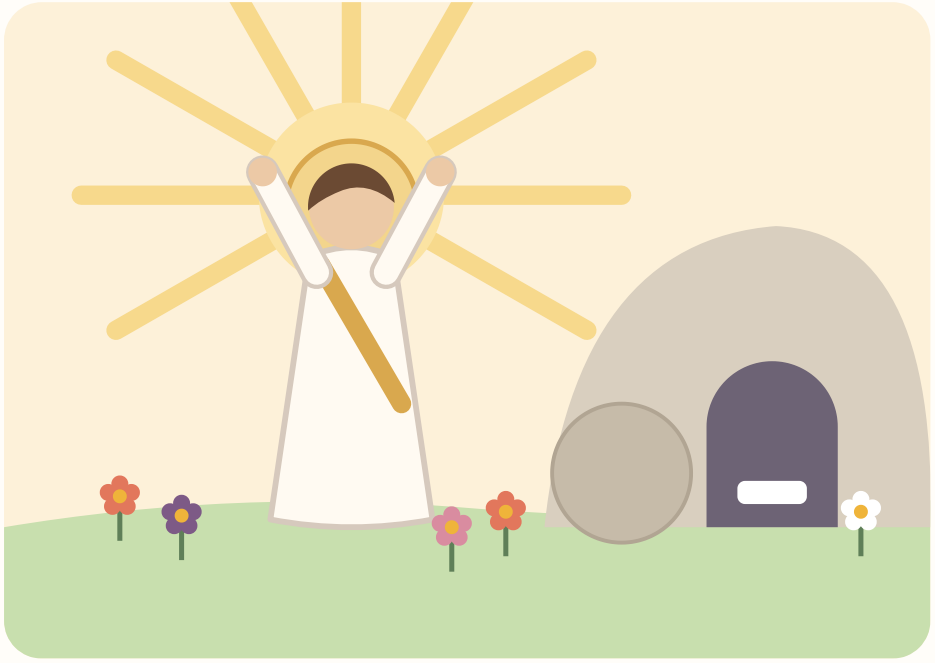
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Draw a picture for Jesus

Station XV · Alleluia is coming!

Jesus rises from the dead

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



On the third day, Jesus rose from the dead! The tomb was empty, because Jesus is alive, and He is with us always.

We can be full of joy, because Jesus is alive! At Easter we will sing "Alleluia!" again.

Let us begin

The Way of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Jesus, we want to walk with You on Your way of the cross. Help us to remember how much You love us, and to love You back. Amen.

At each station

At each station, the leader says the first line and everyone answers. Many people genuflect (bend one knee) or bow.

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



Station I

Jesus is condemned to death

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



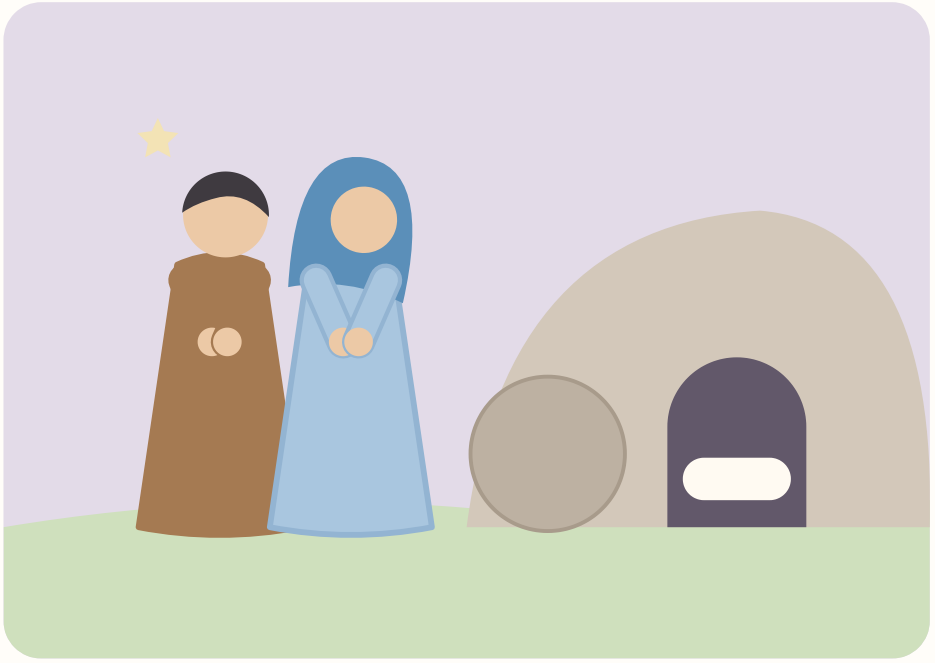
Pilate said that Jesus must die, even though Jesus had done nothing wrong. Jesus stayed quiet and calm, and kept on loving everyone.

We can stay kind, even when something feels unfair.

Station XIV

Jesus is laid in the tomb

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



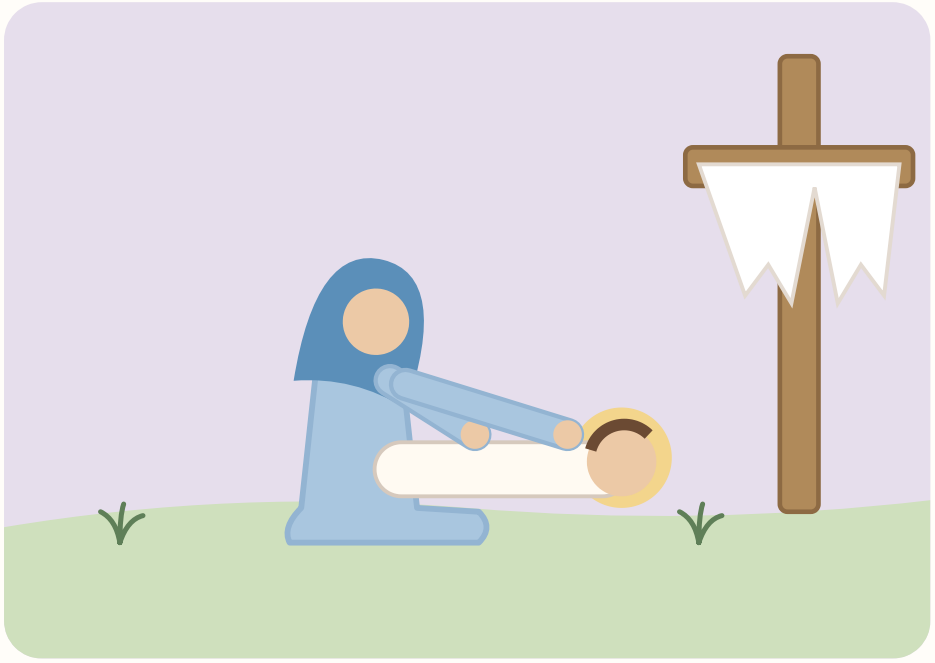
His friends wrapped Jesus in a clean white cloth and laid Him in a tomb cut in the rock. Then everything was quiet, and they waited.

We can wait patiently, and trust that God keeps His promises.

Station XIII

Jesus is taken down from the cross

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



Jesus' friends gently took His body down from the cross. Mary, His mother, held Him close in her arms.

We can stay close to someone who is sad.

Station II

Jesus carries His cross

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



Jesus was given a big, heavy wooden cross to carry. He carried it because He loves us so much.

We can do hard jobs without grumbling, and offer them to Jesus.

Station III

Jesus falls the first time

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



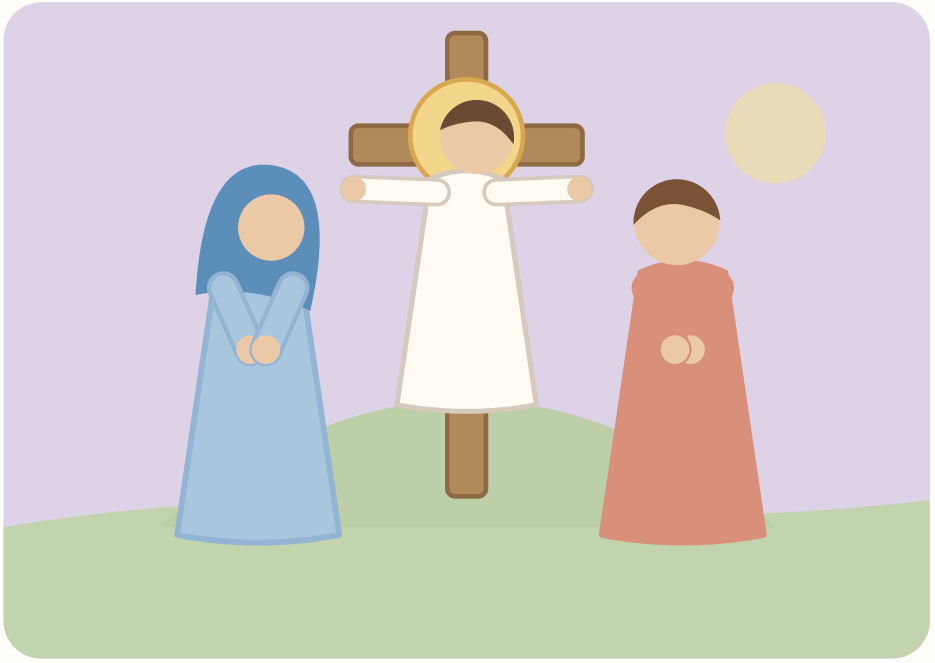
The cross was very heavy, and Jesus fell down. Then He got up again and kept going.

We can get up and try again when things go wrong.

Station XII

Jesus dies on the cross

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



Jesus gave His life for us on the cross, and He died. It was the greatest love there has ever been.

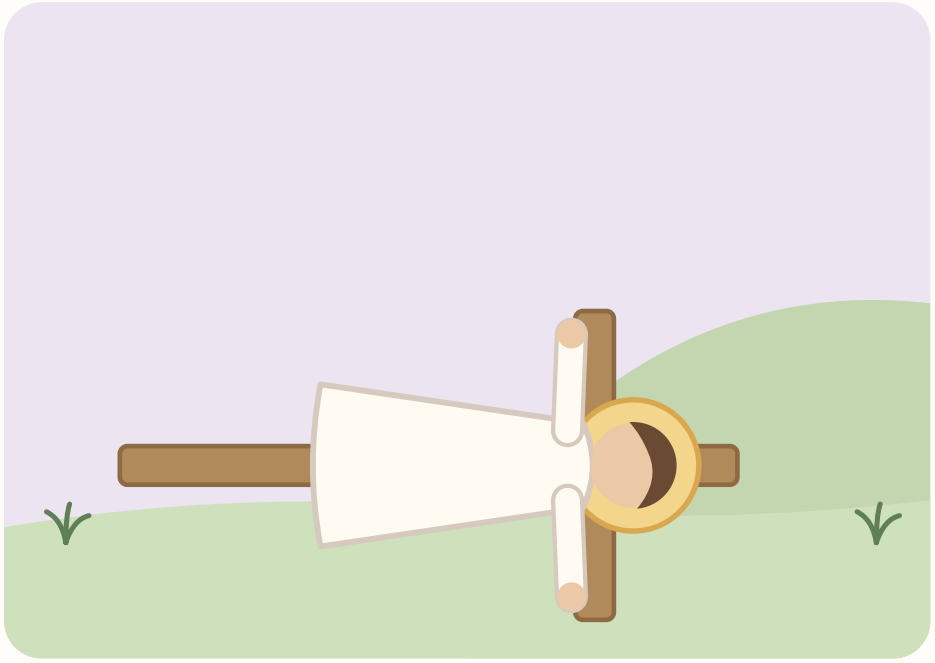
Everyone kneels for a quiet moment.

We can say “Thank You, Jesus” for loving us so much.

Station XI

Jesus is crucified

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



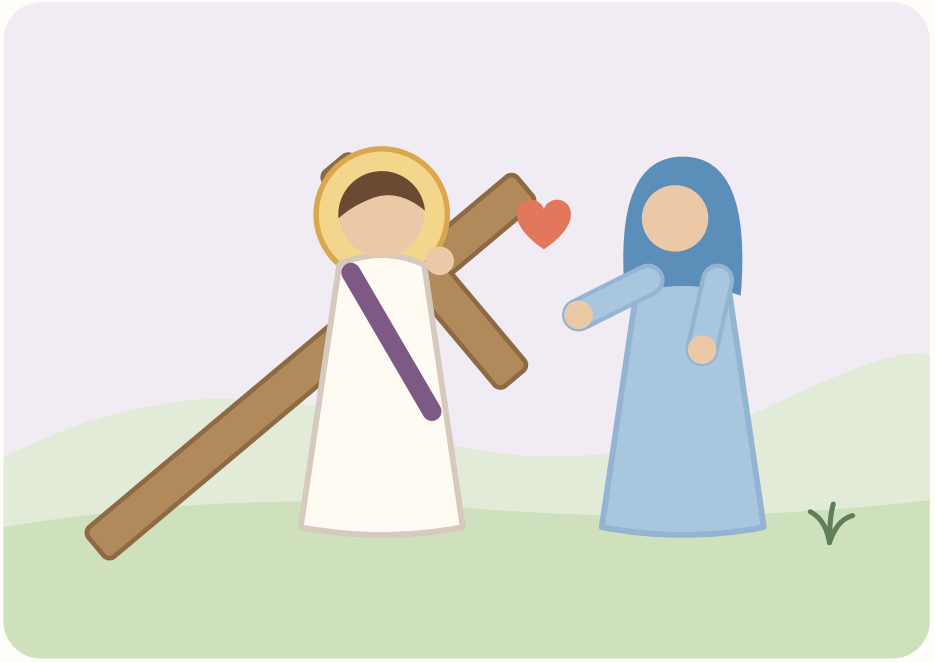
The soldiers put Jesus on the cross. Jesus forgave them, and prayed, “Father, forgive them.”

We can forgive people who are unkind to us.

Station IV

Jesus meets His mother

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



Mary, Jesus’ mother, came to be close to Him. Seeing each other gave them both love and courage.

We can give a hug or a kind word to someone who is sad.

Station V

Simon of Cyrene helps Jesus carry the cross

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



The soldiers told a man called Simon to help. Simon carried the cross with Jesus.

We can help someone carry something heavy, like the shopping.

Station X

Jesus is stripped of His garments

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



The soldiers took away Jesus' clothes. Jesus gave up everything He had, for us.

We can share our things with people who need them.

Station IX

Jesus falls the third time

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



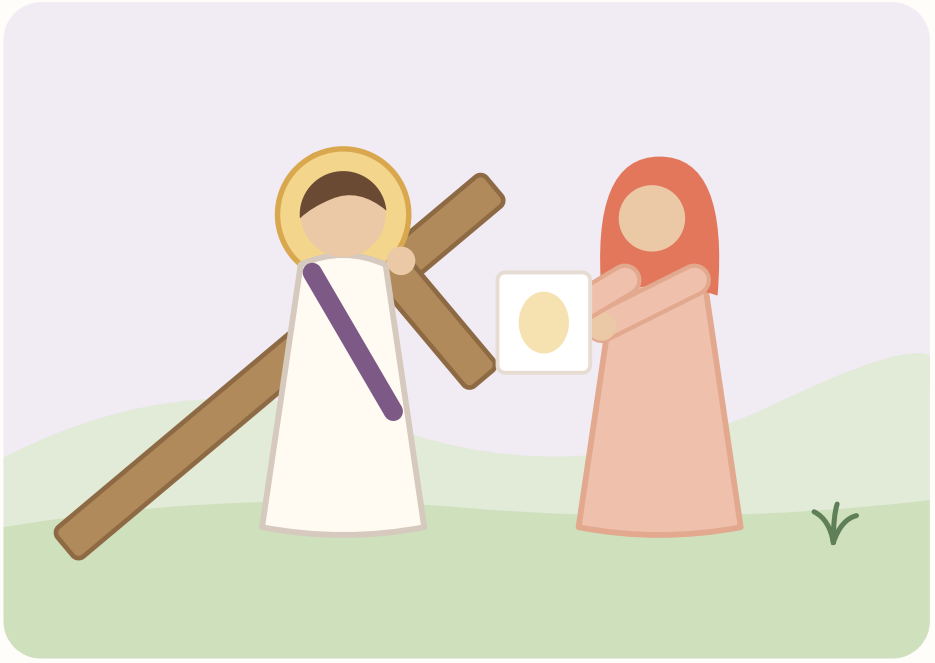
Jesus fell a third time. He got up once more, because He wanted to finish His great work of love.

We can finish what we start, even when it is hard.

Station VI

Veronica wipes the face of Jesus

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



A brave and kind lady called Veronica came close and gently wiped Jesus' face with a soft cloth.

We can be kind and brave, even when other people are not.

Station VII

Jesus falls the second time

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



Jesus was very tired, and He fell again. But He did not give up, because He loves us.

We can keep going when we feel tired.

Station VIII

Jesus meets the women of Jerusalem

Leader: We adore You, O Christ, and we praise You.
All: Because by Your holy cross You have redeemed the world.



Some women were crying for Jesus. Jesus stopped and spoke to them, because He cared about them more than about Himself.

We can notice how other people feel, and care about them.