

First Person Stations of the Cross

This mediation will take youth through the way of the cross. They will see each station as if they were there. The prayers are meant to relate to their own lives. This is appropriate during Lent or even if you will be offering youth an opportunity for reconciliation soon.

Opening prayer:

You must have felt so alone as you walked the road to Calvary dear Jesus. Today I ask to accompany you. I want to be united with you on this journey.

The First Station: Jesus Is Condemned to Death

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

I see you standing before Pilate dear Jesus. He is going to sentence you to death. I know I should speak up and defend you. You have done nothing wrong. But I stand here silently, not wanting to draw any attention to myself.

There have been other times when I should have spoken up, but I have said nothing. When my friends were spreading rumors about about a girl in our class, I said nothing to stop them.

Please grant me the courage to speak up for those who cannot speak for themselves.

The Second Station: Jesus Takes Up His Cross

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

You stagger as they lay the heavy beam on your shoulders. I don't know how you can bear it. I should help you, but I don't. I don't want to be near your suffering.

The world tells us that suffering is to be avoided at all costs. I avoid sickness, death, old age. When my uncle was sick, I didn't want to visit him. It made me uncomfortable.

Please give me the strength to assist and accompany the people in my life who are suffering.

The Third Station: Jesus Falls for the First Time

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

You trip on an uneven stone in the pavement and fall. The soldiers yell at you and beat you. I should help you but I don't. I am afraid that they will be cruel to me also.

I let myself be controlled by peer pressure. When a boy I knew was being bullied online, I looked the other way. I could have done something to help, but I didn't want to be a target also.

Jesus, please grant me the grace to help those who are being mistreated by others.

The Fourth Station: Jesus Meets His Mother Mary

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

You see your mother. She cries out in grief at the site of you. As you are pushed forward, I see her weeping. I should say something to her, but I continue on instead.

I find grief hard to understand. After my grandfather died, my grandmother wanted to talk about him all the time. It made me uncomfortable, so I avoided talking to her.

Lord, help me to understand that my presence means more to those who are grieving than any words I might say.

The Fifth Station: Simon Helps Jesus Carry His Cross

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

The soldiers grabbed Simon of the crowd and forced him to help carry the cross. I am glad it wasn't me. I don't like it when people tell me what to do.

When my mother asked me to clean my room yesterday, I ignored her. I was busy playing a game. And when the game was over, I wanted to watch TV. Doing chores around the house is boring and I try to get out of them.

Jesus help me remember that I have to help carry the weight around our home and help my family.

The Sixth Station: Veronica Wipes the Face of Jesus

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

Your face is grimy and dirty, but Veronica pushed through the crowd so she could wipe it off. She didn't seem to mind the mess. I think I would have been afraid that some of the filth would get on me.

When I am approached by a homeless person on the street, I am repulsed by their appearance. I could never serve at a soup kitchen. I just don't like being around people like that.

Jesus, help me see your face in the people I meet who are dirty and ignored by society.

The Seventh Station: Jesus Falls for a Second Time

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

You stumble and fall. You are worn down by the weight of the cross and the beatings. I should go forward and say that you matter, but I continue to hold back.

I find it difficult to encourage people who are struggling or having a bad day. When we were at the store, the girl at the checkout looked so sad. I could have said something nice or just smiled at her, but I didn't.

Jesus, help me remember that a positive message can make a big difference in someone else's life, even if I don't always see it.

The Eight Station: Jesus Meets the Women of Jerusalem

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

I am shocked that you would find the energy to console that group of women. They are nobodies in our society. Why did you bother?

I don't try to talk to people I don't know. If they are outside of my group of friends I make no attempt to get to know them better.

Lord, help me to reach out to those around me and offer them my friendship.

The Ninth Station: Jesus Falls for the Third Time

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

You fall yet again. This time it is from sheer exhaustion. I'm not sure you are going to get back up. It doesn't seem possible that you can keep going. You are in so much pain, but I don't think I can do anything to help.

Sometimes the problems of this world seem too big for me to solve, so I don't even try. The few cans of food that I am giving to the food pantry are not going to solve the problem of hunger.

Jesus, teach me that even small acts of kindness can give others the strength to keep going.

The Tenth Station: Jesus Is Stripped of His Garments

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

Your wounds are ripped open as your clothes are stripped away. You stand before the crowd, naked and humiliated. I am unwilling to give up my cloak to you. They would probably take it away and then it would have just been wasted.

I have so many nice clothes and other things. I appreciate them, but they are mine. When I give things away, it is usually clothes or games I don't use anymore.

Lord, help me to remember that nothing is really mine. All I possess is a gift from you.

The Eleventh Station: Jesus Is Nailed to the Cross

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

I hear the strike of the hammer on the nail and I see your body writhe in pain. They lift you up so the whole world can see your defeat. You seem utterly alone.

Sometimes I like to see other people defeated. When someone who has hurt me is humiliated, I have to admit that I feel a sense of satisfaction. They should feel the kind of pain that they inflicted on me.

Jesus, teach me to love as you love, and to always want what is best for others, even my enemies.

The Twelfth Station: Jesus Dies on the Cross

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

You are gone. The earth seems so empty and silent. Nothing will ever be the same again. I feel all of my hope leaving me as I give into despair.

When I feel alone and hopeless I don't know where to turn. I forget that you are always with me. You are there in my friends and family and people I meet every day.

Jesus, help me to remember that I am never alone. You provide help when I call out to you.

The Thirteenth Station: Jesus Is Taken Down from the Cross

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

Your lifeless body is removed from the cross and placed in the arms of your mother. You are really gone. It is all over. What am I supposed to do now? I thought I was going to spend the next few years following you and listening to you preach. Now I am lost.

I like having a plan. I know what I want to do for the next few years. When something changes my plans, I get upset. I want to be in control of my own life.

Holy Spirit, please guide me when my plans are disturbed or my path is uncertain.

The Fourteenth Station: Jesus Is Laid in the Tomb

We adore you, O Christ, and we bless You,

Because by your holy cross you have redeemed the world.

Your body is sealed in the tomb. I will never see you again. There are so many things I wish I had said and done differently.

I often regret my words and actions, but I find it difficult to say I'm sorry. I find it embarrassing to apologize to my friends when I have hurt their feelings. And I never seem to make it to confession to say I'm sorry to you.

Jesus, help me know that you are always waiting for me, ready to listen to me and forgive me. Even now, you are patiently waiting for me to come to reconciliation.

Closing Prayer

Jesus, I know our journey does not end here. You have shown us that death does not have the final word. My journey with you is never perfect, but I will keep trying. Help me to remember to continue walking with you when I am at school, at home, and with my friends. I am grateful for your love and grace.