
STATIONS OF THE CROSS AT HOME

A “station” is a stopping place along a route or path where a specific task or activity happens. The Stations of the Cross are places where you can stop and remember the things that happened to Jesus just before and when he died on the cross. At each station, you will have the chance to hear words from the Bible and complete an activity. Then, at the completion of each station, draw a picture or write some words at the bottom of each page of this guide to help you remember the stations that you participated in.



Station 1 • Jesus prays in the garden



Then Jesus went with his disciples to a place called Gethsemane. He said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him. He began to be sad and troubled. Then he said to them, "My soul is very sad. I feel close to death. Stay here. Keep watch with me." He went a little farther. Then he fell with his face to the ground. He prayed, "My Father, if it is possible, take this cup of suffering away from me. But let what you want be done, not what I want." Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. "Watch and pray. Then you won't fall into sin when you are tempted. The spirit is willing, but the body is weak." (Matthew 26:36-41)

Think: Jesus was scared and sad when he was in the garden because he knew that he would soon die on the cross. When he was scared and sad, he prayed to God to ask him for help.

Do: Give each member of the family a chance to hold the item that represents a garden (grass, leaf, etc.) Say a prayer together individually or as a family. Your prayer could include asking him to teach you something through these stations, thanking him, or asking him for help for something specific in your family's life.

Draw a picture or write some words about your experience at this station here:

Station 2 • Jesus is betrayed by Judas and arrested

One of the 12 disciples went to the chief priests. His name was Judas Iscariot. He asked, "What will you give me if I hand Jesus over to you?" So they counted out 30 silver coins for him. From then on, Judas watched for the right time to hand Jesus over to them. (Matthew 26:14-16)



Then later in the garden... Just as Jesus was speaking, Judas appeared. He was one of the 12 disciples. A crowd was with him. They were carrying swords and clubs. The chief priests, the teachers of the law, and the elders had sent them. Judas, who was going to hand Jesus over, had arranged a signal with them. "The one I kiss is the man," he said. "Arrest him and have the guards lead him away." So Judas went to Jesus at once. Judas said, "Rabbi!" And he kissed Jesus. The men grabbed Jesus and arrested him. (Mark 14: 43-46)

Think: One of Jesus' disciples, Judas, betrayed Jesus by agreeing to help the soldiers arrest him. Judas was supposed to be Jesus' friend and follower, but instead he did something that hurt Jesus for just a few coins. Have you ever had a friend hurt you? How did you feel?

Do: Give each member of the family a chance to hold and count the three coins as a symbol of the coins that Judas received for betraying Jesus.

Draw a picture or write some words about your experience at this station here:

Station 3 • The guards make fun of Jesus

They began laughing at him and beating him. They blindfolded him. They said, "Prophecy! Who hit you?" They also said many other things to make fun of him. (Luke 22:63-65)

The governor's soldiers took Jesus into the palace, which was called the Praetorium. All the rest of the soldiers gathered around him. They took off his clothes and put a purple robe on him. After they had made fun of him, they took off the robe. They put his own clothes back on him. Then they led him away to nail him to a cross. (Matthew 27:27-28, 31)

Think: The soldiers made fun of Jesus in front of the crowd. They took off and tore his clothes. Have you ever had someone make fun of you? How did that make you feel?

Do: Tear the piece of cloth to remind you of how Jesus was made fun of by the soldiers.



Draw a picture or write some words about your experience at this station here:

Station 4 • Jesus is beaten and crowned with thorns



Then Pilate took Jesus and had him whipped. The soldiers twisted thorns together to make a crown. They put it on Jesus' head. Then they put a purple robe on him. They went up to him again and again. They kept saying, "We honor you, king of the Jews!" And they slapped him in the face. (John 19:1-3)

Think: Pilate and the soldiers continued to make fun of and hurt Jesus. They whipped him and put a crown of thorns on his head. Even when people were hurting him, he didn't fight back. He kept doing what he knew he needed to do.

Do: Carefully touch (with adult help as needed) the sharp object (thorn, push-pin, needle) Imagine how that must have hurt Jesus to have a crown made out of sharp objects (thorns) placed on his head.

Draw a picture or write some words about your experience at this station here:

Station 5 • Jesus is denied by Peter

Peter was sitting out in the courtyard. A female servant came to him. "You also were with Jesus of Galilee," she said. But in front of all of them, Peter said he was not. "I don't know what you're talking about," he said. Then he went out to the gate leading into the courtyard. There another servant saw him. She said to the people, "This fellow was with Jesus of Nazareth." Again, he said he was not. With a curse he said, "I don't know the man!" After a little while, those standing there went up to Peter. "You must be one of them," they said. "The way you talk gives you away." Then Peter began to curse and said to them, "I don't know the man!" Right away a rooster crowed. Then Peter remembered what Jesus had said. "The rooster will crow," Jesus had told him. "Before it does, you will say three times that you don't know me." Peter went outside. He broke down and cried. (Matthew 26: 69-75)



Think: While Jesus was being arrested by Pilate, one of Jesus' closest friends, Peter, was telling others that he did not even know Jesus. Maybe Peter was scared about what would happen to him too. Can you think of a time when you hurt a friend? How do you think that friend felt?

Do: Take a slip of paper and write down a time that you haven't been a friend to someone else or to Jesus (keep it with you for now)

Draw a picture or write some words about your experience at this station here:

Station 6 • Jesus takes up his cross and is helped by Simon

As the soldiers led Jesus away, they took hold of Simon. Simon was from Cyrene. He was on his way in from the country. They put a wooden cross on his shoulders. Then they made him carry it behind Jesus. (Luke 23:26)

Think: Jesus was so badly hurt that he couldn't carry the heavy cross by himself. A man named Simon helped him carry it. We can imagine that Jesus was thankful for Simon's help! Can you think of a time that you helped a friend or a friend helped you with something that you could not do by yourself?



Do: Carefully try to pick up the weight of the "heavy object" (weight, brick, chair). You might need help from someone in your family! Imagine walking up the side of a large rocky hill with this on your shoulders!

Draw a picture or write some words about your experience at this station here:

Station 7 • Jesus is crucified

The soldiers brought them to the place called the Skull. There they nailed Jesus to the cross. He hung between the two criminals. One was on his right and one was on his left. Jesus said, "Father, forgive them. They don't know what they are doing." The soldiers divided up his clothes by casting lots. (Luke 23: 33-34)

Think: Being nailed to a cross (called crucifixion) was very painful for Jesus. They put nails through his feet and hands, and his body became very tired and thirsty. Even though he was in lot of pain, he still asked God to forgive the people who had done this to him.



Do: Take the slip of paper with how you hurt a friend or Jesus on it (from the 5th station) and nail it to the piece of wood. As you hammer, think about how Jesus was nailed onto a wooden cross to take away those sins (things that you have done wrong).

Draw a picture or write some words about your experience at this station here:

Station 8 • Jesus is given sour wine to drink

At three o'clock in the afternoon Jesus cried out in a loud voice, "Eloi, Eloi, lema sabachthani?" This means "My God, my God, why have you deserted me?" (Psalm 22:1)



Some of those standing nearby heard Jesus cry out. They said, "Listen! He's calling for Elijah. Someone ran and filled a sponge with wine vinegar. He put it on a stick. He offered it to Jesus to drink. "Leave him alone," he said. "Let's see if Elijah comes to take him down. (Mark. 15:36)

Think: Jesus was in so much pain and was so sad right before he died, that he asked God why he had left him. Someone offered him a sour vinegar drink and others continued to make fun of him. Think of how sad Jesus must have been to think that God was not even there to help him! Is there ever a time that God is not with you? No!

Do: Taste the sour item you collected (vinegar, lemon, etc.) that symbolizes the vinegar that they gave to Jesus right before he died.

Draw a picture or write some words about your experience at this station here:

Station 9 • Jesus forgives



Two other men were also led out with Jesus to be killed. Both of them had broken the law. The soldiers brought them to the place called the Skull. There they nailed Jesus to the cross. He hung between the two criminals. One of the criminals hanging there made fun of Jesus. He said, "Aren't you the Messiah? Save yourself! Save us!" But the other criminal scolded him. "Don't you have any respect for God?" he said. "Remember, you are under the same sentence of death. We are being punished fairly. We are getting just what our actions call for. But this man hasn't done anything wrong." Then he said, "Jesus, remember me when you come into your kingdom." Jesus answered him, "What I'm about to tell you is true. Today you will be with me in paradise. (Luke 23:32-34, 39-43)

Think: Jesus forgave the man who believed that Jesus was God's son even though he was a criminal and had done bad things. Can you think of someone that you need to forgive?

Do: Write down on the "erasable item" (pencil and paper, dry erase board, shaving cream, sand) someone that you need to forgive. Ask Jesus to help you forgive that person in your heart. "Erase" the name from the item as a symbol of your forgiveness.

Draw a picture or write some words about your experience at this station here:

Station 10 • Jesus dies on the cross

With a loud cry, Jesus took his last breath. The temple curtain was torn in two from top to bottom. A Roman commander was standing there in front of Jesus. He saw how Jesus died. Then he said, "This man was surely the Son of God!" (Mark 15:37-39)



Think: After many hours of hurting and sadness, Jesus died on the cross. He did that for you to show you how much he loves you! What would you do to show someone how much you love them?

Do: Light the candle. Say a prayer to thank Jesus for what he did. Blow out the candle to remember the moment when Jesus died.

Draw a picture or write some words about your experience at this station here:

Station 11 • Jesus is laid in the tomb



As evening approached, a rich man came from the town of Arimathea. His name was Joseph. He had become a follower of Jesus. He went to Pilate and asked for Jesus' body. Pilate ordered that it be given to him. Joseph took the body and wrapped it in a clean linen cloth. He placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb. Then he went away. (Matthew 27: 57-60)

Think: We know that Mary and Jesus' friends were sad that Jesus was dead. They took his body off of the cross and one of Jesus' followers, named Joseph, carefully took care of Jesus' body and put it in a tomb. He put a big stone in front of the tomb to close it up. Imagine how sad the people were that their friend and teacher was dead! They did not know what would happen three days later...do you know what happened?

Do: Give each member of the family a chance to hold the rock/ stone to symbolize the large stone that was placed over the opening of the tomb and imagine how the people must have felt when Jesus died. Say a prayer to thank God that we know that Jesus did not stay dead! Tell Him how excited you are to celebrate Easter on Sunday!

Draw a picture or write some words about your experience at this station here: