

# Lesson – The Stations of the Cross

## Lesson Preparation:

Read the lesson and watch the video. You will need to have at least one Bible for this session. You will also need to prepare for your class to pray the Stations of the Cross together by having prayer aids ready and securing access to the church, if possible. Also, be sure to print the sheets for the lesson activity.

## Opening Prayer:

Scripture: “He was pierced for our offenses, crushed for our sins, upon him was the chastisement that makes us whole, by his stripes we were healed. We had all gone astray like sheep, each following his own way; but the Lord laid upon him the guilt of us all.” Isaiah 53:5-6

Leader: Lord, we know that it was our sins that crucified You. Help us to learn about the Stations of the Cross today so this prayer can help us to appreciate Your great suffering and comprehend Your great love. Amen.

Together: Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and You shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit, we may be truly wise and ever rejoice in His consolations, through Christ our Lord. Amen.

## Opening:

Tell the students that today you will be learning about the Stations of the Cross. Stimulate their background knowledge by asking them what the Stations of the Cross is, and what they know about it. Be sure that they finish this part of the discussion with at least the knowledge that the Stations of the Cross is a type of prayer in which we meditate on the Passion of Jesus. *(Note: Students may need to be taught what meditation is. It is an act of the mind through which we focus on*

*something in order to understand it more deeply. When the topic of our meditation is God, it is a form of prayer.)*

Next, read with the students one of the gospel accounts of the crucifixion, such as Luke 23:24-56. Remind the students that there are four gospels, and that different details are included in the different gospels. However, as you read this account, students should take note of any of the Stations they hear mentioned in the gospel (if they are familiar with the Stations), or, if they are not familiar with them, they should see if they can identify different events that occurred during the crucifixion. They can record what they find in a notebook.

### **Watch the Catholic Brain Video on the Stations of the Cross**

**Comprehension Questions:** *Note: These questions are asked after the video, just to check student comprehension. They are not discussion questions, but be sure students understand the answers to these questions before moving on*

1) What is the Stations of the Cross?

*It is a type of prayer in which we meditate on the suffering and death of Jesus by “walking with Him” through different stops along the way.*

2) Where do we often find the Stations displayed?

*Posted along the walls of a church, or on a path outside of the church.*

3) How many Stations of the Cross are there?

*Fourteen*

4) During which liturgical season is the frequent praying of the Stations of the Cross particularly common?

*It is a particularly common practice during Lent, when parishes often host the Stations weekly, but it is good to pray them throughout the year.*

**Discussion Questions:** *Note: These questions are for student discussion. The students should consider these questions and comment on them. There are some key points included in this lesson, after each question, that you can use to help guide their discussion toward truth. It's important that the students think about and discuss these things, but that they don't leave the discussion with false impressions about what is true.*

1) Why is it important to meditate on the Passion of Christ?

*Jesus died for us; the more we understand His suffering, the more deeply we understand His love, and also, the more deeply we understand the gravity of our sins, which crucified Him.*

2) Why is the Stations of the Cross a useful form of prayer to help us meditate on His suffering and death?

*Having a form of prayer is helpful for many people; many beautiful meditations on the Stations have been crafted for us; the Stations also allow us to pray together as a community.*

3) What are some other ways we can meditate on the Passion?

*Answers will vary, but may include reading Scriptural accounts of the crucifixion, praying before a crucifix, or even a pilgrimage to the Holy Land and visiting the sites where the events occurred.*

### **Go Deeper:**

In the “Go Deeper” part of the lesson, it is important that students have the opportunity to experience praying the Stations of the Cross. Find a version of the Stations that is age appropriate for your students. The parish may have pamphlets with prayers and meditations, or you can find your favorite version online. Make sure you have enough copies for each student to have his or her own. If you are at a parish, go into the Church or wherever the Stations are posted, and pray them together.

If you're not at a Church, you may want to go out and find a place you can prayerfully meditate on the Stations. You may even want to do the activity for this

lesson first, in which the students will be drawing the Stations, and post them so you can walk the Stations as you pray them.

Or, you can watch again the portion of today's video that goes through each of the Stations of the Cross, pausing it after each one for a time of reflection.

### **Activity:**

Using the attached activity sheets, the students will draw and explain the 14 Stations of the Cross. You can save the drawings and post them to create a fitting classroom environment during Lent. They can also be used by the class to help pray the Stations of the Cross, especially if you don't have access to a church where they are posted.

### **Closing Prayer:**

**Leader:** Jesus, we thank You for Your suffering and death, and we know that You went through it all for us, because You love us. We pray that our meditation on Your Passion will help us understand Your love more deeply, help us to love You more fully, and give us the strength to avoid sin. Amen.

**Together:** Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.