

Diocese of Wilmington

Youth Leadership Team 2024-2025

Stations of the Cross

The reflections and prayers for this Stations of the Cross have been developed by the members of the 2024-2025 YLT. They have prayed and worked together to create a spiritual exercise that can be used by young people and those of all ages to reflect on this traditional Lenten practice. The description of each station is taken from St. Alphonsus Liguori's Stations of the Cross.

How to use these stations:

1. Take a few minutes at the beginning to put yourself in a prayerful mindset. Try to eliminate outside distractions or noise. If possible, these Stations can be prayed in a church or in front of images or statues of the stations.
2. Each station has a brief description of that point in Jesus' journey to the Cross from St. Alphonsus Liguori. Consider what actually happened during these moments in the life of our Lord, and try to place yourself in the scene.
3. In between the description and the reflection questions, take a few moments of silence and contemplation.
4. After considering the reflection questions, take another moment of quiet before reading the prayer that the YLT wrote for each station.
5. Conclude by reading the Closing Prayer and offering one Our Father, one Hail Mary, and one Glory Be for your own intentions or for someone who has asked for your prayers.

First Station - Jesus is Condemned to Death



Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross.

Reflection Questions:

- When we are confronted by the choice to follow Jesus or reject Him, where will we stand?
- It can be easy to “go with the flow” and end up condemning Jesus, so how can we avoid that?

Prayer:

- Jesus, please help us make the right decision, even if it is not what everyone else is doing.
- Our Father... Hail Mary... Glory Be...

Second Station - Jesus is Given His Cross



Consider Jesus as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father in our behalf, the death He was about to suffer.

Reflection Questions:

- How can we avoid being beaten down or beat down others?
- How are we being called to accept our crosses?

Prayer:

- Lord, please help us to accept our crosses and avoid negative words from others.
- Our Father... Hail Mary... Glory Be...

Third Station - Jesus Falls the First Time



Consider the first fall of Jesus. Loss of blood from the scourging and crowing with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross.

Reflection Questions:

- How can we ensure that the people around us are being fed and healthy, both physically and spiritually?
- How can we show others our struggles and ask others for help without feeling like a burden?

Prayer:

- Jesus, please help us to acknowledge others' struggles and give us the proper guidance to help them bear our crosses.
- Our Father... Hail Mary... Glory Be...

Fourth Station - Jesus Meets His Mother



Consider how the Son met his Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

Reflection Questions:

- How do the world and society distance us from our families? How do we combat the obstacles that have a hold on us?
- Do we love our families as much as they love us? How can we increase love and forgiveness?
- “Jesus meets His best friend” - being more available, meeting someone where they are
 - What does this mean within and beyond family?

Prayer:

- Lord, please help us to be emotionally present and open when connecting with our family.
- Our Father... Hail Mary... Glory Be...

Fifth Station - Simon Helps Jesus Carry the Cross



Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our Lord.

Reflection Questions:

- How can we be like Simon and help others carry their crosses?
- How can we be like Jesus and accept the help of others?
 - Don't think of ourselves as burdens to others, and also work to help relieve other's burdens

Prayer:

- Jesus, please help us not to think of ourselves as burdens and help us relieve others of their burdens.
- Our Father... Hail Mary... Glory Be...

Sixth Station - Veronica Wipes the Face of Jesus



Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of his sacred countenance.

Reflection Questions:

- How can we see the humanity of all people, be more empathetic, put ourselves in someone else's shoes?
- How can we accept that compassion from other people, even when we're at our lowest?
- How do we let others care about us and see us, where we are and where they are?

Prayer:

- Lord, help us be like Veronica and lend a helping hand even in the face of judgement or discomfort. Let us be able to see others struggles and be a light in the darkness for them. Give us the strength to put our own worries aside and be a vessel of your love for others.
- Our Father... Hail Mary... Glory Be...

Seventh Station - Jesus Falls a Second Time



Consider how the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted Lord.

Reflection Questions:

- How do we seek Jesus in uncomfortable situations?
- How do we use our discomfort to bring us closer to Christ and our community?
 - Try to think about Jesus in our difficult situations.

Prayer:

- Jesus, in our uncomfortable situations, please help us turn to you. Help us see God's light in our lives during the dark times. Help us trust you more during our times of suffering, just as you trusted God in yours.
- Our Father... Hail Mary... Glory Be...

Eighth Station - Jesus Meets the Women of Jerusalem



Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as he walked along. Jesus said to them, “Weep not so much for me, but rather for Your children.”

Reflection Questions:

- How would we want others to comfort us in our suffering?
- How can we put our own needs aside to care for others?

Prayer:

- Jesus, help us to comfort those in need, and allow us to put our own suffering aside for those who may need help, just as you comforted the women on your walk to Calvary. Give us the strength to care for others in their time of need.
- Our Father... Hail Mary... Glory Be...

Ninth Station - Jesus Falls the Third Time



Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move.

Reflection Questions:

- How do we react when we are poor and vulnerable?
- How can we let other people help us when we are at our most vulnerable, instead of being defensive and mean?
- In a human way, how many times do we fall to sin? How can we keep returning to the path to heaven instead of staying fallen in sin?

Prayer:

- Jesus, help us to be vulnerable and sensitive to God's presence in our lives. In the moments when we are open to the world, help us to stay strong. Help us to respond to our vulnerability in a good way and not to fall back on sin when our defenses are gone, just as you did when you were at your most vulnerable point. Help us grow stronger in our vulnerability and not view it as a weakness.
- Our Father... Hail Mary... Glory Be...

Tenth Station - Jesus is Stripped of His Garments



Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to his lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated and reflect with Him:

Reflection Questions:

- How can we treat each other with more dignity as human beings?
- In situations where we see someone being stripped of their dignity, what can we do to lend a helping hand?
- How can we make sure to not neglect those struggling around us and put their needs above ours when necessary?

Prayer:

- Lord, give us the grace to treat everyone the way you intended. Allow us to put aside our own struggles to see those around us and what they are going through. Help us be brave enough to push back against the norms around us and do what we know is right.
- Our Father... Hail Mary... Glory Be...

Eleventh Station - Jesus is Nailed to the Cross



Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish.

Reflection Questions:

- What kinds of responsibilities should we prioritize and uphold as high schoolers?
- How can we work to be selfless and help uphold our peers' God-given rights?

Prayer:

- Christ, teach us to selflessly take on our responsibilities and to courageously stand up for the God-given rights of all.
- Our Father... Hail Mary... Glory Be...

Twelfth Station - Jesus Dies on the Cross



Consider how Your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (Kneel)

Reflection Questions:

- What sacrifices can we make in our everyday lives to be more selfless, and to improve the lives of others?
- What sacrifices have you seen other people make for you?

Prayer:

- Christ, give us the strength to make selfless sacrifices and be instruments of justice.
- Our Father... Hail Mary... Glory Be...

Thirteenth Station - Jesus is Taken Down from the Cross



Consider how, after Our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom.

Reflection Questions:

- What small changes can we make in our everyday lives to better treat God's creation with the utmost respect and ensure that it is preserved?
- How can we show better respect to those that have passed?

Prayer:

- Lord, remind us to treat your creations with love, respect, and care.
- Our Father... Hail Mary... Glory Be...

Fourteenth Station - Jesus is Laid in the Tomb



Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed.

Reflection Questions:

- How would you feel if one of your closest friends passed away?
- How would that impact your day-to-day life?
- How might you allow the death of Jesus to affect your life today?

Prayer:

- Christ, make us instruments of justice and strengthen us with the courage to fight through loss and darkness.
- Our Father... Hail Mary... Glory Be...

Closing Prayer:

God, please help me to reflect on the stations and gain a deeper understanding of what Jesus went through and how it affects us in our daily lives. Help me to use these examples to guide me and help me to understand what others around me are struggling with. Help us to see the burdens they are bearing and help guide them through it. Amen.

2024-2025 YLT

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