



Sensory Stations of the Cross

Pray the Stations of the Cross using your senses!

Gather the items below and use the guide to pray along with the Stations of the Cross in a new way.

Print out the various pictures of stations and set them up in your parish, home, or classroom. At each station, stop to pray using the guide.

Items Needed:

- 14 pictures of bus, train, or gas stations
- Hand wipes
- Individually packaged cookies
- Small wooden cross (easy to find at craft or dollar stores), wrapped in ribbon or wrapping paper
- Small metal washers or weights
- Small piece of wood or cork board
- Small nails (1/2" to 1/4" length)
- Rough twine string
- Quarter sized bag (if you decided to individually wrap items for each person)







Introduction:

Show pictures of a bus stop, train stop, gas station, etc.

Leader: What do you think of when you hear the word station? A bus station? A gas station? A weigh station? A train station? A fire station? A police station? There are many kinds of stations! A station is a place where you can stop and rest and is generally of a specialized service.

Today we're going to learn about a different kind of station. It's called the stations of the cross. Just like the stations we've discussed, we still stop and rest at each station of the cross and reflect on Jesus' crucifixion and death. Every church shows the Stations in a different way. Today we are going to experience the stations of the cross with our senses.

The First Station-Jesus is Condemned to Death

For this station you will need the rough twine, cut in strings long enough for the participants to tie on their wrist.

Leader: The First Station. Jesus is Condemned. What does it mean to be condemned? Jesus was accused of many crimes he did not commit. Have you ever been blamed for something you did not do? Just like Jesus, our feelings can be hurt. Take this rough twine and place it on your wrist. Try to stay silent and not make any noises because Jesus remained quiet when others shouted for him to be put to death.

The Second Station-Jesus Carries His Cross

For this station you will need the small washers or weights.

Leader: The Second Station. Jesus takes up the cross. The cross was big and heavy and difficult to carry. We too are asked to face things we cannot handle in this life, however, we do not carry our crosses alone. Jesus carries us. Pick up the weights and think of how hard it must have been for Jesus to carry such a heavy cross.

The Third Station-Jesus Falls the First Time

Leader: The third station. Jesus Falls the first time. Please kneel in body or spirit. *(Wait for participants to kneel or bow their heads)*

Feel the ground beneath your knees. Recognize how hard it is. We too face hard things in our lives. Think of a time when you have gotten hurt or some event or activity was frustrating. When we fall, struggle, or are brought to our knees in this life, we still have the opportunity to pray for God to help us. Jesus got back up after he fell, and together, so do we. Please stand.

The Fourth Station-Jesus Meets His Blessed Mother

Leader: The Fourth Station. Jesus meets his sorrowful mother. Mary was sad to see Jesus hurt but Jesus was comforted by her love. Mary is our mother too and Mary will pray for you when you are sad, scared, or hurting like Jesus was. Trust in the Lord's love for you like Mary did even when your heart is hurting. Give your mother or father a hug and think about Mary and the love that Mary and Jesus share.

The Fifth Station-Simon of Cyrene Helps Jesus Carry His Cross

For this station you will need enough small crosses for each participant.

Leader: The Fifth Station. Simon helps Jesus carry the cross. Have you ever been asked to do something you didn't want to do? Perhaps it was difficult. Perhaps it was embarrassing. As Christians we are asked to leave everything behind and follow Jesus. We too carry our cross. Pick up a cross to carry Jesus along with you in your heart.

The Sixth Station-Veronica Wipes the Face of Jesus

For this station you will need your hand wipes or baby wipes.

Leader: The Sixth Station. Veronica wipes the face of Jesus. When Jesus carried the cross he carried the weight of the world he was tired, exhausted, and thirsty. Veronica wiped his face to comfort Jesus. Veronica risked getting in trouble to do what was right. We now wipe our face or hands with this wet cloth, thinking of the sweat and tears Jesus poured out for us. *(Do not force participants to use this, just offer it as an option)*

The Seventh Station-Jesus Falls the Second Time

Leader: The Seventh Station - Jesus falls a second time. Jesus was so tired and exhausted as he carried the cross that he fell a second time. Do you ever have moments where you struggle? Perhaps you forget to listen the first time. Perhaps you forget to follow the rules. Even Jesus fell a second time. Please kneel and pray a Hail Mary for someone you know that continues to struggle despite their best efforts to get back up in this life.

The Eighth Station-Jesus Meets the Women of Jerusalem

For this station you will need the packaged cookies or snacks.

Leader: The Eighth Station. Jesus Speaks to the Women of Jerusalem. Jesus could see some of the women and children were sad for Him. Jesus, in his pain and suffering, stopped and comforted these women and children. Take one of these cookies and taste the goodness of the love Jesus has for others. The cookies are delicious, but Jesus' love is sweeter.

The Ninth Station-Jesus Falls the Third Time

Leader: The Ninth Station. Jesus falls the third time. Jesus, our perfect and most Holy God fell three times while carrying the cross. Yet, during the time of His death, He prayed for us. At this time please kneel in body or spirit and say an Our Father, praying to the God who prayed for us.

The Tenth Station-Jesus is Stripped of His Garments

For this station you will need enough small crosses for each participant.

Leader: The Tenth Station. Jesus is stripped of his garments. Have you ever lost or had something taken from you? It may have left you feeling sad or hurt. Imagine how embarrassed Jesus must have felt when the guards took his clothing and cast lots for it. At this time, please take the pretty wrapping off your cross.

The Eleventh Station-Jesus is Nailed to the Cross

For this station you will need the small wooden board/cork with nails already nailed in.

Leader: The eleventh station. Jesus is nailed to the cross. Soldiers drove nails into Jesus' hands and feet as they nailed him to the cross. Jesus was innocent. We too often are guilty of driving insults into others that we cannot take back. The pain of those words still leave a mark. Feel the sharpness of the nail as you take it out of the board. Notice the hole that was left behind. Think of holes in our hearts and Jesus' body that sins cause.

The Twelfth Station-Jesus Dies on the Cross

Leader: The Twelfth Station. Jesus dies on the cross. Jesus told us that the greatest commandment is to love your God with all your heart and the second, to love others as yourself. Jesus died for us. There is no greater love than to lay down one's life for a friend. Can you imagine a world without God? When Jesus died the sky turned black and earthquakes shook the land. Even on our worst days we still have Jesus with us. Thank you Jesus for giving your life for us. Please touch or kiss the cross and thank Jesus for his love for you.

The Thirteenth Station-Jesus is Taken Down from the Cross.

Leader: The Thirteenth Station. Jesus is taken down from the cross. When Jesus was taken down from the cross, he was placed in his mother Mary's arm. When Jesus was a baby, Simeon prophesized Mary's heart would be pierced. May we always remember that like Mary, our hearts, both full of joy and sorrow, should always point to Jesus. Please join me in singing "Jesus Remember Me When you come into your Kingdom."

The Fourteenth Station- Jesus is Laid in the Tomb

If praying within the parish or with a priest there may be the option to use anointing oils during this portion.

Leader: The Fourteenth Station. Jesus is laid in the tomb. When Jesus was laid in the tomb people thought He was gone forever. Let us remember that God is greater than any of our worries, despair, or sadness in our minds.

When Jesus died, his body was anointed with oils. If you wish, please have your parent or friend make the sign of the cross on your forehead and ask God to guard your mind from all anxiety.

If Using Anointing Oils

Here are oils that are used in our sacraments. When Jesus died, his body was anointed with oils. If you wish, please have your parent or friend make the sign of the cross on your forehead and ask God to guard your mind from all anxiety.

Thank you Our Lady's Immaculate Heart Church, Ankeny, IA, for sharing this original document.