Walk with us: Way of the Cross

This family-friendly Way of the Cross offers us the opportunity to come together and reflect on how we can make a difference in the lives of people who are hungry, through the lens of the final steps of Jesus.

The first Station: Jesus is condemned to death

Jesus, you know what it means to stand alone in front of those who reject and fear you.

Walk with us,

through the times when we feel powerless to bring about the changes we know are needed.

Guide and sustain us as we seek to make a difference. Teach us how to live with your love and your truth.

The second Station: Jesus carries his cross

Jesus, you picked up your cross, though you knew it would lead to your death.

Walk with us,

during the times we feel uncertain and afraid.

Grant us the courage to dedicate ourselves to serve you, as we act to bring an end to hunger and work to transform our world.

The third Station: Jesus falls for the first time

Jesus, you know how it feels to struggle and to fall, to face temptation and to fight it.

Walk with us.

And show us how to walk with others as they too struggle and stumble.

You reach out to us with caring hands show us how to hold out our hands to bring food to those who are hungry.
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The fourth Station: Jesus meets his mother
Jesus, you looked through the crowd and saw your mother’s eyes. Her love and compassion sustained you.

Walk with us.

When it’s not easy to listen, help us to hear. When it would be easier to look away, bring us back.

Show us how to be the love and compassion that strengthens and sustains others.

The fifth Station: Simon of Cyrene carries his cross
Jesus, you know what it means to depend on someone and rely on their help.

Walk with us.

And show us how to share generously with others when they rely on us.

Show us how to listen and be gentle, how to be loving and how to care.

The sixth Station: Veronica wipes the face of Jesus
Jesus, you know what it means to be in pain and to cry out, for sweat to pour from your brow in your agony.

Walk with us.

And show us how to walk with others, together in dignity.

Show us how to love and to be transformed by your love.

The seventh Station: Jesus falls the second time
Jesus, you stumbled and fell, lost strength, and became fragile. Yet you carried on.

Walk with us,

though we cannot always be strong, and do not always feel secure.

Show us how to be held by your love, how to trust and hope in you, so that we can offer that hope and love to those in need.
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The eighth Station:
Jesus meets the women of Jerusalem

Jesus, you cared and spoke out,
even on the road to your death.
You knew and felt the suffering of others.

Walk with us,

so that we may walk with you.
So that we may console and support,
listen and understand.
As we hear the stories of our sisters
and brothers
who live in poverty,
show us how to care and to speak out
like you,
as we take action together for change.

The ninth Station:
Jesus falls for the third time

Jesus, you felt the darkness around you,
the crowds surrounded and crushed you,
you fell once more.

Walk with us,

when we lose hope,
and when we are crushed.

Show us how to reach out and hold
the hands
of those who feel lost and forgotten.

May your light lead us on
and shine before us,
as we walk the path with you.

The tenth Station:
Jesus is stripped of his garments

Jesus, you have faced the worst insults
And have been treated as inhuman.

Walk with us.

When you were in prison, did we visit you?
When you were naked, did we clothe you?

Help us to continue
our battle against discrimination
and prejudice.
Bring passion to our fight against torture
and injustice.

The eleventh Station:
Jesus is nailed to the cross

Jesus, you hang broken and beaten.
In pain, you feel abandoned
and cry out.

Walk with us.

Challenge us - when we hold people back
and look down on them.
Help us to remember that everyone is equal
and born free.

Stay with us when we are tempted
by power,
status or glory, and
remind us that in your wounded brokenness
you are God.
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The twelfth Station: Jesus dies on the cross

Jesus, you know what it’s like to feel abandoned, lost and afraid.

Walk with us.

And show us how to walk with others, who live in fear, who face death through hunger and thirst, violence and war.

Show us how to pray for those we do not know and will not meet, but who are always loved by you.

The thirteenth Station: his body is taken down from the cross

Jesus, you know what it means to have friends, who risked their own lives to take your body from the cross.

Walk with us.

And show us how to go further than we think we can, to overcome our fears.

Show us how to seek you and see your face in others, to walk the path of compassion and turn our hearts towards you.
The fourteenth Station:
Jesus’ body is laid in the tomb and covered in incense

Jesus, in the darkness of the tomb you were surrounded by love, by grief and by fear as the women prepared your body for burial.

Walk with us.

May we feel the comfort of your love for us.

And may we turn outwards to share that love with others, with the same generosity and gentle loving kindness that you showed to all.

The fifteenth Station:
Jesus is raised from the dead

Jesus, you share your joy, your light and your peace with us all.

Walk with us.

And show us how to be witnesses of your love, to live in joy and share the good news.

Show us how to act in love, for the good of all, so that our brothers and sisters around the world may know your glory and we may be transformed by your light.

Courtesy of CAFOD