

Interactive Stations of the Cross



Station 1: Jesus Before Pilate

The people who were mad at Jesus had him arrested. He was brought before a man named Pilate. Pilate knew Jesus had done nothing wrong. But, because of the pressure from the crowd, he decides to turn Jesus over to them to be crucified. While you wash your hands, remember to stand up to bullies and not let other people push us to make bad decisions. Stand up for other people, too. Together we can help all people find justice.

Supplies: Bowl of water and towel

Station 2: Jesus Carries His Cross

It was the tradition for those people who were to be crucified, to carry their own cross. Jesus had to carry the heavy crossbeam of his cross to the place where he would be crucified. The cross he carried is like the difficulties and challenges we all face. Our burden might be something wrong with us physically or emotionally. Some people carry sadness or anger or grief with them everyday. We help to make these burdens lighter by listening, showing that we care by what we do or say. Lift up the cross beam together and see how much easier it is when we have help.

Supplies: Wooden beam. Something heavy that your family can lift together but might be hard to left alone.

Station 3: Jesus Falls the First Time

The cross is very heavy. Jesus falls to his knees under its weight. Have you ever fallen and scraped your knee? It hurts. Jesus wants us to care for people who are hurting. It helps us when someone who loves us puts a bandaid on our cuts. Put a bandaid on and think about a time when someone helped you feel better. Take one with you to remember to help someone out when they fall or get hurt.

Supplies: Band-aids

Station 4: Jesus Meets His Mother

Along the road, Jesus meets his mother. Mary loves Jesus very much. She watched over him as he grew up, but she can't save him now. Parents do not want their children to be hurting. Mary's heart is full of sadness and love as she watches her child. Even though Jesus is grown up, Mary still wants to protect him. Stuff and decorate a heart in honor of the people who love you! You can give it to someone you love. Let them know how much it means to you that they love you.

Supplies: Two foam hearts stapled around the edges leaving an opening for stuffing with polyfil. May substitute foam hearts with paper. Markers and stickers to decorate the heart.

Station 5: Simon Carries Jesus's Cross

The cross is too heavy for Jesus to carry. The soldiers find a man in the crowd to carry it for him. His name is Simon of Cyrene. Simon is not a close friend of Jesus, but he helps him out anyway. Sometimes people we don't even know help us out when we are lost, or hungry, or need to use a phone. Pick up one of the crosses and as you carry it, think of a time you were helped by someone you didn't know very well. Think of a time that you helped someone else.

Supplies: Wooden Cross. You can substitute a laundry basket full of things to make it heavy- books, shoes, hand weights- and carry the basket around.

Station 6: Veronica Wipes the Face of Jesus

One of the women who saw Jesus on his way to the cross was named Veronica. We don't know if she was a follower of Jesus or if she had met him before that day. She saw him struggling and offered him her veil to wipe the sweat from his face. A lot of people don't know what to do when they see someone in trouble or struggling. Veronica used what she had. Feel the softness of the blankets or touch the baby wipe. The softness represents how a little kindness can help our hearts from hurting.

Supplies: Soft blanket or cloth. Could also use baby wipes.

Station 7: Jesus Falls the Second Time

As Jesus walks along the road, he stumbles and falls a second time. In every life, there are times when we stumble and fall. One thing we can do to lift someone up, is to say a prayer or send them a card. There are some children in our church who could use both! Take a moment to write a prayer card for someone you know who needs a prayer. Be sure to sign your name. We may not change the circumstances, but we can lift up someone's spirits.

Supplies: Write a prayer on a piece of paper or card. If you have a sacred space, put it there. Make a card for someone.

Station 8: Women of Jerusalem

Women gather to weep as Jesus goes by. These women may have listened to Jesus or may have been healed by him. They know he is a good man. Our sad tears taste bitter. Taste a little of the greens dipped in saltwater. This represents our tears. Yet, even when we are sad, when we have those who comfort us, there is sweetness as well. See the strawberries? They are shaped like a heart. Taste one and see how sweet it is when we share our sorrows with someone else.

Supplies: Strawberries, salted water, and parsley. Can substitute fruit and other herbs.

Station 9: Jesus Falls the Third Time

This is a dark day for Jesus, his friends and followers, his family. He was the one in whom many people placed their hopes. He was a light to them in their times of darkness. Jesus continues to be a light to us. He shows us the way to live and the way to God. He lights up God's word. In memory of God's light to us in times of darkness, we light candles in church. The warmth from the candles reminds us that God is present with us when we are happy and when we are sad or lonely. Indeed, God is always with us! Light a candle and say thank you to God for caring for and loving us.

Supplies: Candles, lighter or matches.

Station 10: Soldiers Take Jesus' Clothes

When Jesus was alive on earth, people did not own many clothes. Clothing was expensive. The soldiers were not paid very much. They took clothing of those who were condemned to die. One of the very special pieces of clothes that the Jewish men had were called prayer shawls. They wore these when they prayed, holding them over their heads like a tent. They also wore these silver boxes with words of scripture inside them. The boxes are called phylacteries. They wore them on their forehead and on their arms so that God would be in their thoughts and in their actions. Take a shawl and cover yourself with it like a tent. Remember to keep God in your thoughts and actions, too.

Supplies: Shawl, flat sheet, or throw.

Station 11: Jesus is Crucified

To be nailed to the cross was a terrible way to die. Jesus died for us to show us a better way to live. He stood up against those who were not taking care of the poor. He let everyone know that God loves and heals everybody. It is not about being rich in things. It is about being rich in love, forgiveness, and mercy. Jesus asked God to forgive the people who crucified him. Hammer in a nail and ask God to forgive you for something that you are sorry about. Ask God to help you forgive someone who was mean to you. Then take a rock and place it in the bowl. We wash these rocks as a symbol of God's forgiveness.

Supplies: Hammer, nail, and wooden cross. Can substitute a push pin and a board. If you are substituting, you might write down what you want forgiveness for on a piece of paper and pin it to the wood.

Station 12: Jesus's Body is Laid in the Tomb

At this final station, we place Jesus in the tomb. His friends and family did not know that he would be coming back. But, we won't be sad for long, because we know Easter is coming. Jesus said our body was like a seed. After a seed falls from a tree, it seems like it is dead. But once it is planted in the ground it grows and becomes a new tree. Death, life, and resurrection surrounds us all the time. Plant a seed in the ground. Water it. Watch it grow. Use a strip of cloth and wrap a wooden Jesus and lay him in the tomb. Remember that this life will end for us all so we need to use our time wisely! And then, after this life we will live in a new way. What does that look like? We don't know. That is what hope is all about.

Supplies: Soil, wheat grass seed or other seed, water, a clay pot laid on its side in the dirt, a strip of cloth, a clothes pin or wooden peg, a rock to cover the clay pot.