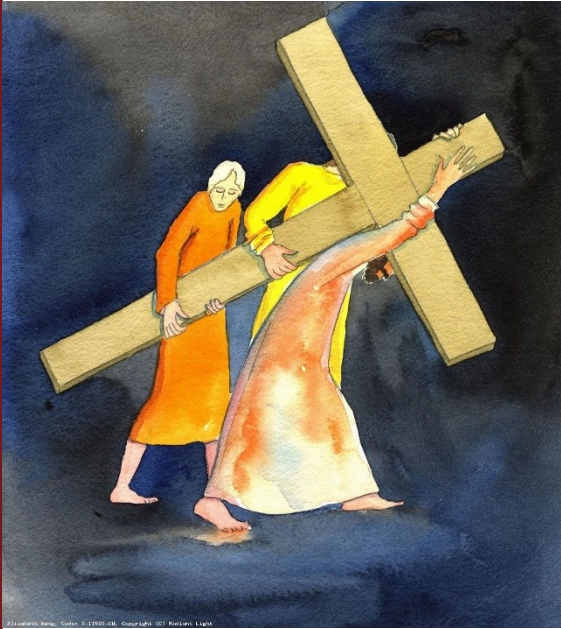


Stations of the Cross For your Family

Stations of the Cross usually take place every Friday during Lent, including on Good Friday. They enable us to go on pilgrimage, accompanying Jesus to the Cross. This year we offer a Stations of the Cross for your family to use at home on Good Friday. You can use this in whichever way suits your family best.



Elizabeth Wang, T-11591-CW, radiantlight.co.uk

- You can view these electronically but they are designed to be printed at home (each one is an A4 page). While best printed in colour, they will work equally well printed in black and white.
- Put each station up in a different place or room in your home so that you can move from one to the other, in the same way we do in church as we accompany Jesus on the Way of the Cross.
- You could light a candle at each station and perhaps ring a bell at the beginning of each station (something your children will enjoy taking turns to do).
- If you have young children you could put these up and pray with a few stations as a family each day in Holy Week.
- It is up to you to adapt how you enable each child to use these as an aid to prayer.

Stations of the Cross as Visio Divina

Visio Divina (Divine Seeing) is a 4-step process where we carefully look at a piece of art, meditate on it so as to hear what God is saying, then speak directly to God in prayer, and finally spend some time thinking about how God has spoken to us and how we can incorporate this into our daily lives. We each react differently to what we see around us, no matter our age, and Visio Divina gives each member of your family an opportunity to pray in their own way, appropriate to their age.

Visio Divina - we pray while looking at the picture:

- L Lectio (read):** Look carefully at the picture. Then, close your eyes, what can you remember?
- M Meditatio (meditate):** Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- O Oratio (pray):** Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- C Contemplatio (contemplate):** What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?



Agency for Evangelisation
and Catechesis

Archdiocese of Southwark

<https://aec.rcaos.org.uk/>

1

The First Station: Jesus is condemned to death



Behold the Man, Antonio Ciseri, 1821-1891, Museo Cantonale d'Arte, Lugano, Switzerland

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

And Pilate said, 'Why, what evil has he done?' But they shouted all the more, 'Let him be crucified!' Matthew 27:23

Visio Divina - we pray while looking at the picture:

L Look carefully at the picture. Then, close your eyes, what can you remember?

M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?

O Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?

C What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

2

The Second Station: Jesus takes up his Cross



Christ Carrying the Cross, El Greco, 1590-1595, Museu Nacional d'Art de Catalunya

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

So they took Jesus, and he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha. John 19:16-17

Visio Divina - we pray while looking at the picture:

L Look carefully at the picture. Then, close your eyes, what can you remember?

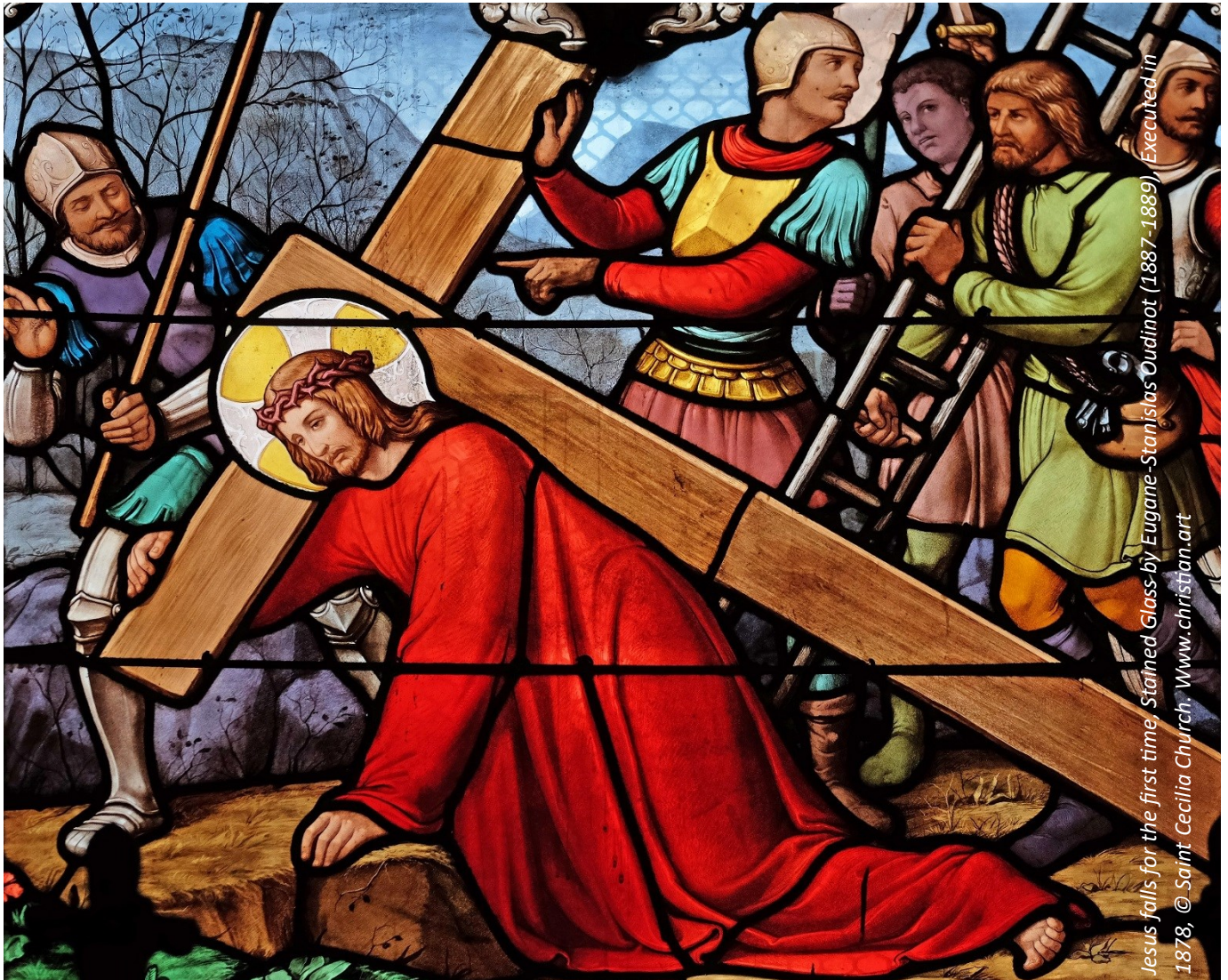
M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?

O Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?

C What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

3

The Third Station: Jesus Falls the First time



Jesus falls for the first time, Stained Glass by Eugène Stanislas Oudinot (1887-1889), Executed in 1878, © Saint Cecilia Church, www.christian.art

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

Come to me, all who labour and are heavy laden, and I will give you rest. Matthew 11:28

Visio Divina - we pray while looking at the picture:

- L Look carefully at the picture. Then, close your eyes, what can you remember?
- M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- © What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

4

The Fourth Station: Jesus meets his mother



We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

For he who is mighty has done great things for me, and holy is his name. And his mercy is for those who fear him from generation to generation. Luke 1:49-50

Visio Divina - we pray while looking at the picture:

- L Look carefully at the picture. Then, close your eyes, what can you remember?
- M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- © What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

5

The Fifth Station: Simon of Cyrene helps Jesus



Simon the Cyrenian compelled to carry the cross with Jesus, James Tissot, 1894,
Brooklyn Museum

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

And they compelled a passer-by, Simon of Cyrene, who was coming in from the country, the father of Alexander and Rufus, to carry his cross. Mark 15:21

Visio Divina - we pray while looking at the picture:

- L Look carefully at the picture. Then, close your eyes, what can you remember?
- M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- © What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

6

The Sixth Station: Veronica wipes the Face of Jesus



Head of Christ, Correggio, 1521, Getty Museum, Los Angeles

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

Of you my heart has spoken, 'Seek his face.' It is your face, O Lord, that I seek; hide not your face from me. Dismiss not your servant in anger; you have been my help. Psalm 27:8

Visio Divina - we pray while looking at the picture:

- L Look carefully at the picture. Then, close your eyes, what can you remember?
- M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- O Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- C What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

7

The Seventh Station: Jesus Falls a second time



Stations of the cross paintings produced by a group from the congregation of St Wulfran's Church, Ovingdean, under the leadership of artist Revd Helen Rawlings. Used with permission.

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

'Behold, the Lamb of God, who takes away the sin of the world!' John 1:29

Visio Divina - we pray while looking at the picture:

L Look carefully at the picture. Then, close your eyes, what can you remember?

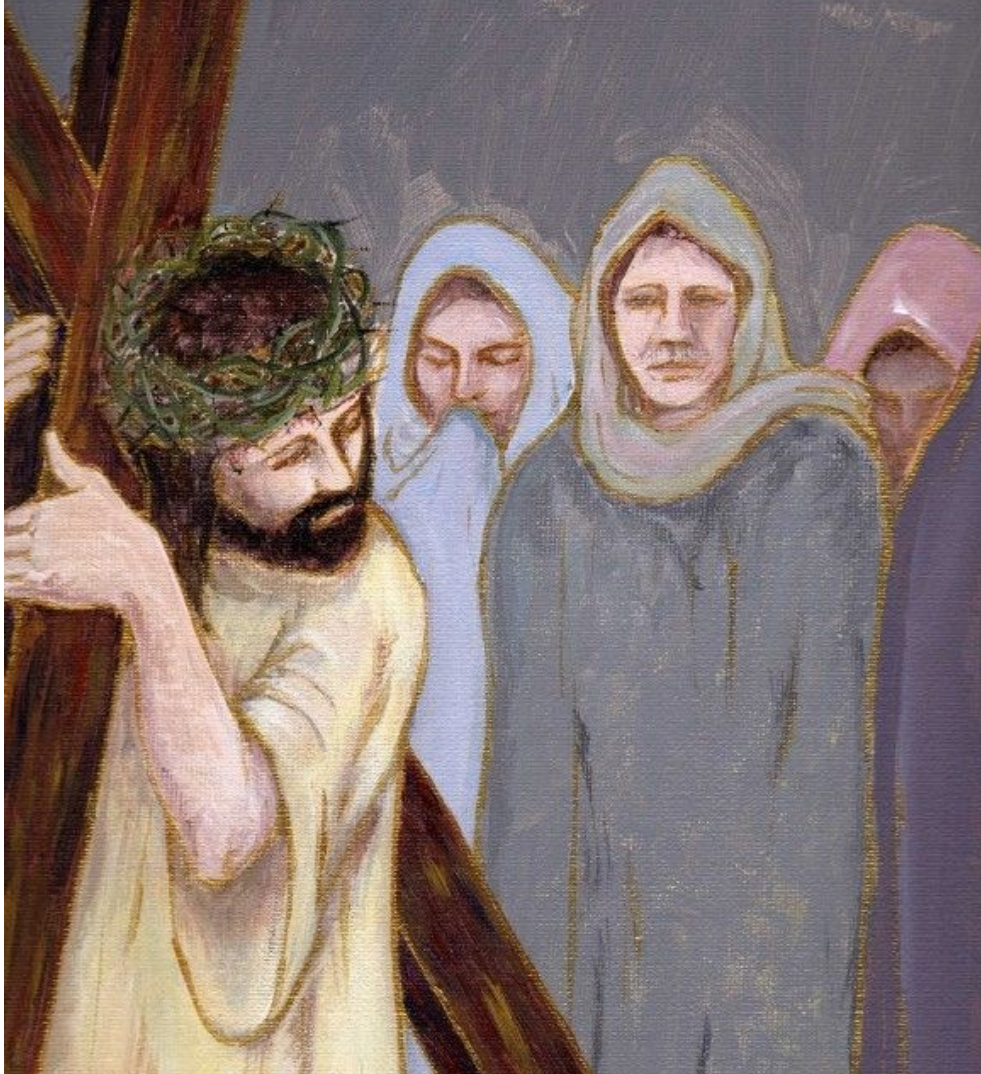
M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?

© Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?

C What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

8

The Eighth Station: Jesus meets the women of Jerusalem



Stations of the cross paintings produced by a group from the congregation of St Wulfran's Church, Ovingdean, under the leadership of artist Revd Helen Rawlings. Used with permission.

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

But turning to them Jesus said, 'Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children.' Luke 23:28

Visio Divina - we pray while looking at the picture:

L Look carefully at the picture. Then, close your eyes, what can you remember?

M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?

O Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?

C What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

9

The Ninth Station: Jesus Falls a third time



The Way to Calvary, Domenichino, 1610, Getty Center

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. John 12:24

Visio Divina - we pray while looking at the picture:

- L Look carefully at the picture. Then, close your eyes, what can you remember?
- M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- © What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

10

The Tenth Station: Jesus is stripped of his garments



Jesus is stripped of his clothing, James Tissot, 1894, Brooklyn Museum

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

And they crucified him and divided his garments among them, casting lots for them, to decide what each should take. Mark 15:24

Visio Divina - we pray while looking at the picture:

- L Look carefully at the picture. Then, close your eyes, what can you remember?
- M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- O Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- C What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

11

The Eleventh Station: Jesus is nailed to the cross



What our Lord saw from the Cross, James Tissot, 1894, Brooklyn Museum

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. And Jesus said, 'Father, forgive them, for they know not what they do.' Luke 23:33-34

Visio Divina - we pray while looking at the picture:

- L Look carefully at the picture. Then, close your eyes, what can you remember?
- M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- © What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

12

The Twelfth Station: Jesus dies on the Cross



*I saw Jesus, crucified and bloody, head bowed in torment. This is where love brought him'
Elizabeth Wang, radiantlight.org.uk T-00378-BW-X2*

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

When Jesus had received the sour wine, he said, 'It is finished', and he bowed his head and gave up his spirit. John 19:30

Visio Divina - we pray while looking at the picture:

- L Look carefully at the picture. Then, close your eyes, what can you remember?
- M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

13

The Thirteenth Station: Jesus is taken down From the Cross



Jesus is taken down from the cross, Edward Arthur Fellowes Prynne, 1921,
St Stephen's House, Oxford

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. Romans 8:38,39

Visio Divina - we pray while looking at the picture:

- L Look carefully at the picture. Then, close your eyes, what can you remember?
- M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?
- O Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?
- C What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

14

The Fourteenth Station: Jesus is laid in the tomb



Jesus is laid in the tomb, Edward Arthur Fellowes Prynne, 1921, St Stephen's House, Oxford

We begin, saying together:

We adore you, O Christ, and we praise you because, by your cross, you have redeemed the world.

We read From the Bible:

And Joseph took the body and wrapped it in a clean linen shroud 60 and laid it in his own new tomb, which he had cut in the rock. And he rolled a great stone to the entrance of the tomb and went away. Matthew 27:59-60

Visio Divina - we pray while looking at the picture:

L Look carefully at the picture. Then, close your eyes, what can you remember?

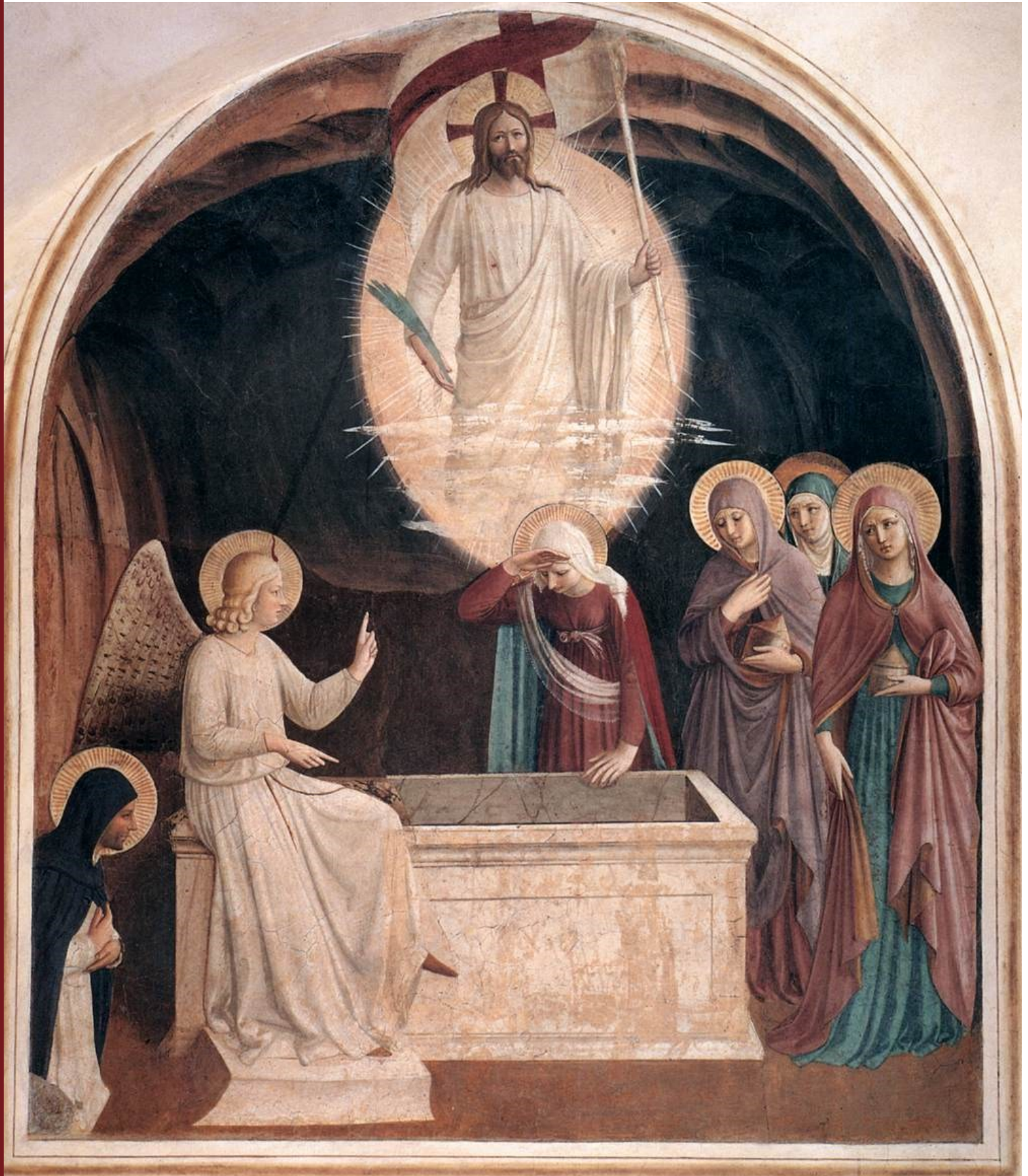
M Open your eyes. Look at the image again. Think about the painting. Remember the scripture you have just heard. What is God saying to you?

O Speak now to God. Thank Jesus for what he has done for you. Ask him to help you understand what you are seeing. What might God be saying to you?

C What is Jesus teaching you? Listen in silence. You may wish to share your thoughts with your family. How will this time of prayer change the way you act today?

15

The Fifteenth Station: the Resurrection



But the angel said to the women, 'Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay.' Matthew 28:5-6