

# Step by Step with Jesus



*Learning the Stations,  
Learning to Love*

## Introduction

During Lent, we follow Jesus on his journey of love—the Way of the Cross. Each station shows us something important about Jesus and his heart: He is brave, loving, forgiving, and full of hope. Even when he was hurting, he kept choosing love for us. As we walk with Jesus, we learn how to love others the way he does.

The Stations of the Cross help us remember that Jesus understands every fear, every sadness, and every struggle we face. He is with us when we make mistakes and when we try again. He is with us when we help others and when we choose what is right.

*Let us walk beside Jesus,  
one step at a time. May this journey  
help us grow closer to him and share  
his love with the world. Amen.*

## I. The First Station



### **Jesus is Condemned to Death**

Jesus stood before people who judged him unfairly. Even though he was innocent, they chose to punish him. Jesus accepted this because he wanted to save us and show that love is stronger than fear. Sometimes we face false accusations or misunderstandings too. Jesus teaches us not to respond with anger, but to stay truthful and trust God's plan. His love gave him courage.

*Jesus, help me be strong and calm when I'm treated unfairly. Teach me to trust you and choose love. Amen.*

## II. The Second Station



### **Jesus Accepts His Cross**

Jesus took up the heavy cross, knowing it would be painful. He didn't run away. He carried the weight of our sins with love. We all have burdens—like challenges, responsibilities, and doing what is right. When we carry them bravely, we follow Jesus' example. He is always with us, helping us take each step with courage and faith.

*Jesus, help me carry my burdens with patience and love. Give me strength to do what is right, even when it's hard. Amen.*

### III. The Third Station



#### **Jesus Falls the First Time**

The cross was heavy and the road was rough. Jesus fell to the ground, but he didn't give up. He stood and continued his mission of love. We fall too—by choosing wrong or giving up easily. Jesus understands. He shows us that we can rise again, learn from mistakes, and keep going. God's mercy always gives us a second chance.

*Jesus, help me rise after I fall.  
Give me the courage to try again and  
become the person you want me to be. Amen.*

## IV. The Fourth Station



### **Jesus Meets His Mother**

Mary's heart hurt when she saw Jesus suffering. Still, she stayed close to him and offered strength with her love. Sometimes we can't take away someone's pain, but we can help by simply being there. Jesus shows us that love stays—even in sadness. We can support others the way Mary did, with comfort, faith, and courage.

*Jesus, help me be a person who stands  
by others. Teach me to love and support  
those who are hurting. Amen.*

## V. The Fifth Station



### **Simon Helps Jesus Carry His Cross**

Simon wasn't planning to help Jesus, but he was chosen to do so. At first, he didn't want to—but then his heart changed. Helping someone can surprise us and change us for the better. Jesus accepts our help and invites us to care for others as Simon did. Every time we help someone, we also help Jesus.

*Jesus, open my heart to help others. Make me generous and ready to serve, even when it wasn't part of my plan. Amen.*

## VI. The Sixth Station

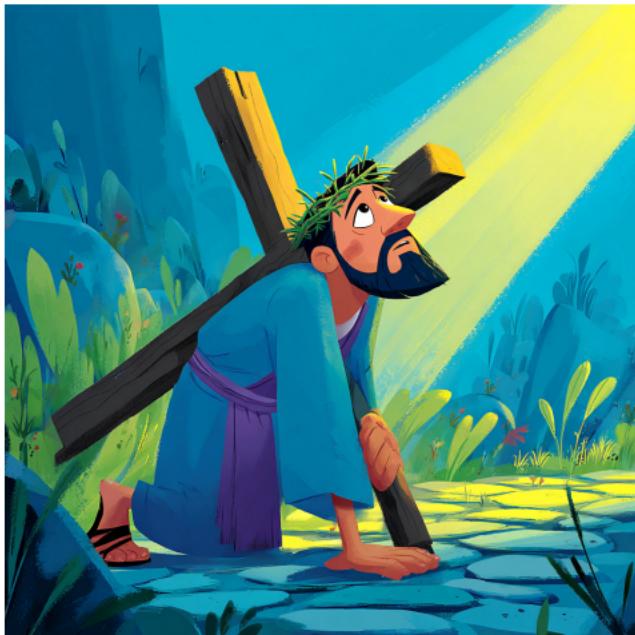


### **Veronica Wipes the Face of Jesus**

Amid the angry crowds, Veronica stepped forward bravely. She didn't stop the suffering, but she did something loving and kind. Her courage gave Jesus comfort, and his holy face remained on her cloth as a gift of gratitude. Small acts of kindness can shine God's love in dark places. We can be brave like Veronica.

*Jesus, help me notice when others  
need kindness. Give me courage to act  
with love, even when it's difficult. Amen.*

## VII. The Seventh Station

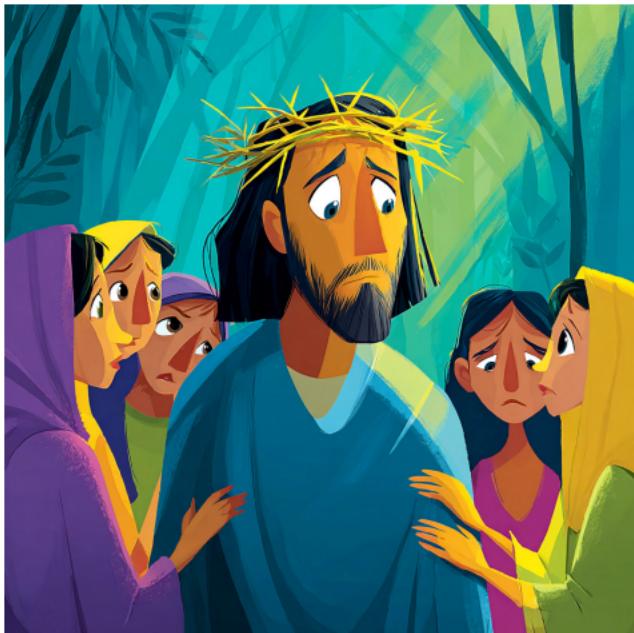


### **Jesus Falls the Second Time**

Jesus fell again because he was tired and hurting. But his love pushed him forward. We may feel frustrated when we fail again and again. Jesus shows us that trying again matters. God doesn't give up on us—so we shouldn't give up on ourselves either. Every step we take with Jesus makes us stronger.

*Jesus, when I feel like giving up, remind me that you are beside me. Help me keep going with hope and courage. Amen.*

## VIII. The Eighth Station



### **Jesus Meets the Women of Jerusalem**

Even while suffering, Jesus noticed the sadness of others. He told the women to stay faithful and stay close to God. Jesus shows us how to care about others—even when we have our own struggles. Loving others doesn't stop when life is hard. Jesus wants us to look around and offer comfort, hope, and prayer that helps hearts heal.

*Jesus, help me see when others need comfort.  
Make me a friend who brings your love and  
peace to those around me. Amen.*

## IX. The Ninth Station



### **Jesus Falls the Third Time**

Jesus' body could barely keep going, but his mission of love gave him strength. This third fall reminds us that God's love helps us rise even from our lowest moments. When we feel discouraged or stuck in sin, Jesus tells us we can get back up again. His love always reaches down to lift us up.

*Jesus, when I feel hopeless, remind me of your love. Help me rise and walk forward again with faith. Amen.*

## X. The Tenth Station



### **Jesus Is Stripped of His Garments**

The soldiers took away Jesus' clothes to embarrass him. He stood humbly, showing that our value doesn't come from what we own, but from God. Jesus teaches us to respect the dignity of every person. We should never bully, tease, or shame others. God made each of us precious.

*Jesus, help me respect others and  
never put anyone down. Teach me to see  
the goodness and dignity in every person. Amen.*

## XI. The Eleventh Station



### **Jesus Is Nailed to the Cross**

Jesus' hands and feet were nailed to the cross. Even in that pain, he forgave those who hurt him. Jesus shows us the power of forgiveness. When we choose to forgive, we let love win. Forgiveness doesn't mean the hurt was okay—it means we trust God to heal hearts. Jesus forgives us and invites us to do the same.

*Jesus, help me forgive like you. Take away anger from my heart and fill it with peace, mercy, and love. Amen.*

## XII. The Twelfth Station



### **Jesus Dies on the Cross**

Jesus took his final breath and gave his life for us. The world grew dark, and his friends were heartbroken. But his death wasn't a defeat—it was the greatest act of love in history. Jesus died to save us and open heaven for God's children. The cross reminds us how much Jesus loves us—completely and forever.

*Jesus, thank you for giving your life for me.  
Help me stay close to you and share  
your love with others. Amen.*

## XIII. The Thirteenth Station

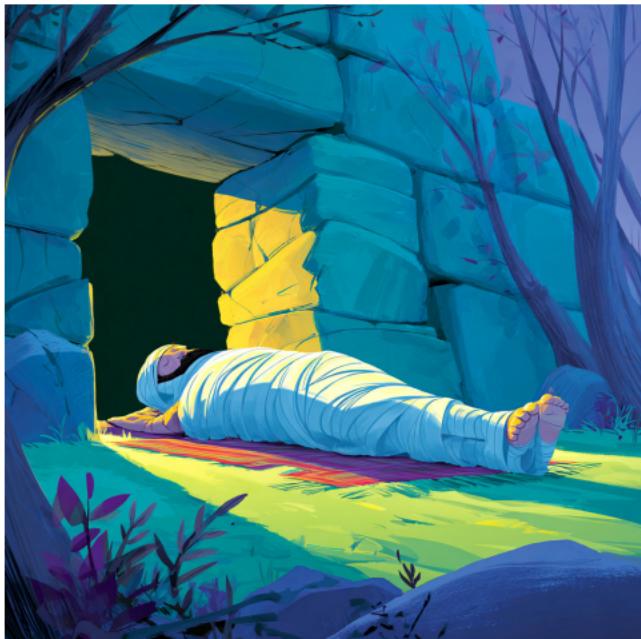


### **Jesus Is Taken Down from the Cross**

Jesus' lifeless body was gently removed from the cross and placed in Mary's arms. She held him with deep sorrow and deep love. Sometimes life brings sadness, but God never leaves us alone in it. Jesus teaches us that even in grief, love remains. We can bring comfort to others just by being present.

*Jesus, help me be a person who brings comfort and love, especially when someone is hurting. Amen.*

## XIV. The Fourteenth Station



### **Jesus Is Laid in the Tomb**

Jesus' friends laid his body in a tomb. It seemed like the end of everything good. But God was preparing the greatest miracle—Jesus would rise! This station reminds us that God brings light out of darkness and hope out of sorrow. When we feel afraid or lost, Jesus promises joy is coming. The tomb leads to Easter!

***Jesus, fill me with hope when things seem dark. Help me trust that your love always brings new life. Amen.***