

Praying the Stations of the Cross at Home

Scriptural Stations of the Cross

The Scriptural Stations of the Cross are based on those prayed by Pope St. John Paul II on Good Friday, 1991. In 2007, Pope Benedict XVI approved this set of stations for meditation and public celebration. They are presented here as an alternative to the traditional stations and as a way of reflecting more deeply on the Scriptural accounts of Christ's passion.

This guide accompanies the [playlist \(posted on YouTube\) of the Stations of the Cross](#) that were presented at the Diocese of Buffalo Youth Convention on February 29, 2020. Each station includes a question for reflection. These questions, along with some more general reflection questions, are listed here. As you pray the stations during this Lenten season, we invite you to use these questions for personal reflection and conversation in your family, with friends, or in a small group with others from your parish.

Setting the Stage: As much as possible, try to create a prayerful environment in which to pray these stations. Limit distractions from TV, phones, or other devices. Create a prayer space, with a crucifix, candles, or other holy images or objects. Pray the stations at your own pace; do not rush. If you do not finish all 14 at once, that is okay.

Note that if you plan to play the closing song (using link below), you may wish to click the link before you begin your time of prayer and cue the video to the start of the song so as to avoid ads that would disrupt your time of prayer.

Consider the following two options for praying the stations as a family:

1.) Pause the videos between stations (after each/every other/as needed) to invite conversation about the questions and stories that were shared.

2.) Watch the entire playlist, and then have a conversation as a family, using the following questions to guide your conversation. Feel free to revisit the stations videos as needed. You may also consider dividing the family up and having siblings and parents discuss the questions separately and then share together.

- Which station most connected with an experience from your own life? Share about your own experience that connects with Jesus' suffering in that situation.
- When was a time you struggled in life and how did Jesus help you through it?
- What is it like for you to live out your faith?
- In what ways have you personally experienced the truth that “Christ saves me?”

End your time in a simple prayer, inviting members of the family to share intentions, and then joining in the Our Father together.

Closing Song: [10,000 Reasons \(Bless the Lord\)](#)

**Note: If you plan to play the song/video, click the link before you begin your time of prayer and cue it to the start of the song so as to avoid ads that would disrupt your time of prayer.*

Scriptural Stations of the Cross & Reflection Questions

First Station: Jesus Prays in the Garden

- Reflection question: How have you cried out to God when you were angry or in pain?.

Second Station: Jesus is Betrayed and Arrested

- Reflection Question: When was a time you were betrayed by someone you trusted?

Third Station: Jesus is Condemned by the Sanhedrin

- Reflection Question: When was a time you went against the crowd and stood up for what you believed in?

Fourth Station: Jesus is denied by Peter

- Reflection Question: When was a time a friend neglected you or failed to stand up for you?

Fifth Station: Jesus is Sentenced to Death

- Reflection Question: When was a time you were falsely accused?

Sixth Station: Jesus is Scourged and Crowned with Thorns

- Reflection Question: When was a time you were mocked or made fun of?

Seventh Station: Jesus Takes Up His Cross

- Reflection Question: When was a time you struggled with a heavy burden or serious challenge?

Eighth Station: Jesus is Helped by Simon to Carry His Cross

- Reflection Question: When was a time you needed help from someone else?

Ninth Station: Jesus Meets the Women of Jerusalem

- Reflection Question: When was a time you wept for yourself, your children, or another?

Tenth Station: Jesus is Crucified

- When was a time you forgave someone who hurt you?

Eleventh Station: Jesus Promises His Kingdom to the Repentant Thief

- Reflection Question: When was a time you hurt someone but were forgiven?

Twelfth Station: Jesus Cares for His Mother

- Reflection Question: When was a time your heart broke for one of your parents?

Thirteenth Station: Jesus Dies on the Cross

- Reflection Question: When was a time you felt surrounded by darkness emotionally or even felt dead inside?

Fourteenth Station: Jesus is Laid in the Tomb

- Reflection Question: When was a time you had to say goodbye to something or someone you cared about?