

Praying the Stations of the Cross

Dear parents,

The 14 Stations of the Cross, represented with the beautiful sculptures along the walls in Sacred Heart Church, commemorate the events that occurred during Jesus's crucifixion. This Lenten season, at Children's Liturgy of the Word, we will be talking about the Stations of the Cross with the children in grades 3 – 5. Each week we will focus on 2-3 stations, pray about them, and think about something we can do during the week that reflects what we have talked about, whether prayer, fasting, or service.

Week 1 (March 1) we prayed the first two Stations of the Cross

Station 1: Jesus is Told He Must Die by Being Crucified

We prayed: God, when I see someone who is lonely, help me to be friendly and to make that person feel loved.

During the week, the children are encouraged to show kindness to family and friends, especially those who may feel left out, such as by eating lunch with a lonely classmate, playing with a brother or sister, or giving a sincere compliment to someone who needs a little boost. Children may also want to pray for those who are lonely that they may feel God's love through the kindness of others.

Station 2: Jesus Accepts His Cross

We prayed: Any problems I have are my crosses. They are not fun and happy things. Lord, help me to try to accept my problems as you accepted your cross.

During the week, the children are encouraged to accept their challenges without complaining—for instance, accepting a bad grade without blaming anyone else, doing chores cheerfully when asked, asking for God's help to deal with sad events, such as the loss of a pet, or with disappointments.

More ideas for Prayer, Fasting, and Service may be found on the back of this sheet.

We invite your family to look at the 2 Stations of the Cross in the church that we talked about during Children's Liturgy.

Full presentation of the Stations of the Cross will take place each Friday in Lent at 6:30 PM at Saint Mary of the Immaculate Conception Church. Stations will be followed by Mass at 7 PM. The next Stations of the Cross will be held on March 6.

For more information about Children's Liturgy of the Word at Sacred Heart, go to www.childrenslitrgy.weebly.com.