

Pray with the Lord, journey with Refugees

Praying the Stations of the Cross or the Way of the Cross is a traditional way of praying during Lent. We pray this familiar prayer to be with Jesus Christ who walked this journey, carrying the Cross, the instrument of his death, out of love and commitment to us.

We pray it also because we wish to become close to who this Jesus is who loves me and us so deeply. We walk this journey with him to get a glimpse at the heart and mind of Jesus Christ, who is alive today and experiencing the journey to the Cross wherever our sisters and brothers are suffering throughout the world.

We have developed this Stations of the Cross resource to aid your prayer during Lent and Holy Week.

You can use this resource as a Parish Group, as family, or as an individual. Each station begins with a piece from scripture, followed by a reflection, and culminates with a prayer to say together.

We hope you find this resource fruitful.