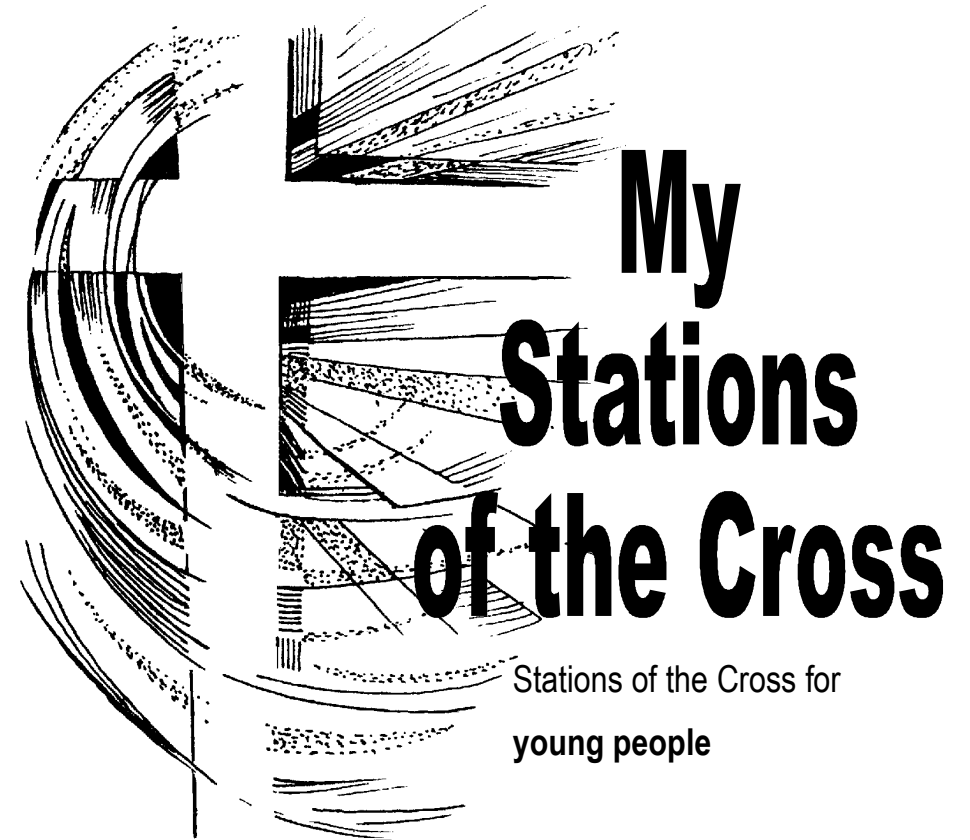


ENTER THE MYSTERY . . .

*of Christ's Suffering,
Death and Resurrection*



My Stations of the Cross

Stations of the Cross for
young people

*Another resource from:
Diocese of Llandaff
Youth Department*

Useful Links

Here are some useful addresses for more advice and information on some of the topics dealt with in these Stations of the Cross. They will be of use both to young people who need help and advice, and for youth leaders and clergy.

CHILDLINE

The website www.childline.org.uk has various help and advice sheets for young people on a variety of topics, from bullying and domestic violence to exam stress and relationships, and is a useful resource too for youth leaders and clergy. They also provide links to other sites where other advice is needed.

The telephone helpline number for young people is **0800 1111**

The local Childline office number for general enquiries in South Wales is **0870 336 2935**

NSPCC

Check out www.nspcc.org.uk for advice, information, statistics, etc.

NSPCC, Weston House, 42 Curtain Road, London, EC2A 3NH

Tel: **020 7825 2500** Fax: 020 7825 2525

They have a child protection helpline: 0808 800 5000

Email: help@nspcc.org.uk

TEENGROWTH

A useful website for young people is www.teengrowth.com.

TeenGrowth is a unique and interactive Web site specifically tailored toward the health interests and general well-being of the teenage population. TeenGrowth offers a secure environment to search for, request and receive valuable health care information on topics such as alcohol, drugs, emotions, health, family, friends, school, sex and sports.

DIOCESAN YOUTH DEPARTMENT

The Llandaff Diocesan Youth Department has a website www.enterthemystery.com. We are currently working on advice and information sheets on a variety of topics which will be added to the site soon. The Department is eager to resource and equip parishes in youth work and provide encouragement and opportunities for young people to grow in the Faith.

Telephone: **029 20499867** E mail: youth@llandaff.org.uk

NOTE:

Any young people or adults who are in a position of supporting young people are encouraged to follow the links to get up to date and professional advice on any specific issue. The information given in this publication, 'My Stations of the Cross' are intended to highlight issues and to point people in the right direction for help and support.

Not Just a Story!

An example of exploring the Stations of the Cross with young people

Have a selection of different images and pictures of Jesus – modern and traditional. Ask the young people to choose one image that really speaks to them. Alternatively, depending on the number in the group, place a few images around the room and ask them to stand by a picture that appeals to them. Ask the young people to explain why they chose the picture they did.

Jesus means different things to all of us because of our own faith, personality, circumstances and relationship with him. Perhaps, in a few years' time (or even a few weeks) you may choose a different image.

Jesus isn't simply an historical figure, confined to the past. He is a living reality now! In the Stations of the Cross, we tell the story of Jesus' journey made to Golgotha. But it isn't just an historical narrative. We can relate the Stations to our own lives.

Now, either spread the names or images of the various stations around the room and invite the young people to pick one that appeals to them, a Station that really speaks to them and ask them to prepare something for the station: it could be a prayer, a meditation, or simply an explanation of why they chose that particular station. Give them some time to do this. Then make the journey with the young people leading each Station they have chosen.

You will need: various pictures and images of Jesus (either postcards or photocopies from books or get the USPG resource '*The Christ we Share*' which has a pack of images), pictures or names of the Stations of the Cross, paper and pens.

My Stations of the Cross

Introduction

The Stations of the Cross trace the journey Jesus made through Jerusalem—the *Via Dolorosa*—to Golgotha, the place of his death. For centuries, Christians have made that last journey, stopping at various points along the way to remember various incidents. This happens especially on Good Friday but also whenever anyone makes a pilgrimage to Jerusalem. Not everyone is able to make that particular pilgrimage so many churches have their own Stations of the Cross where people can enter into the experiences of Jesus in those last hours. However, they are not just an historical retelling of the events of Jesus last journey, or simply a remembering, or acting out. They are devotional: helping us to experience the passion, death and resurrection of Jesus, to know his love and compassion, and so grow closer to him.

Jesus said, 'Whoever wants to follow me must take up his cross.' He never promised us that life would be easy. In fact he often tells us how difficult and sacrificial life can and will be. So, the Stations of the Cross allow us to look at our own lives, especially in the light of Jesus saving death and resurrection. Using the Stations of the Cross enables us to experience Jesus in our own lives, and to realise that his suffering and death is experienced in the circumstances of our life and the lives of those around us, as well as 2000 years ago.

These Stations have been written from the perspective of teenagers and deal with many of the issues that young people face. They can be used by an individual or with a group of people, of any age. They are, of course, most appropriate for the young, but are a good way for people who are 'not so young' to enter into the experience of many teenagers. You may want to have a brief discussion at each Station. You could use the Stations as part of a youth group meeting – perhaps dealing with a few Stations each week.

They can also be used with young people to talk about the various issues that arise, and to encourage them to write/create a Stations of the Cross from their perspective. Remember to be sensitive to any young people who may be directly affected by those issues. If you are aware of them before they start it may be useful to talk to them beforehand. You can use these Stations with any images of the Stations you have in church or get the young people to design their own in paint, collage, etc.

There are fifteen Stations altogether. The fifteenth is the Resurrection and if you are using

these devotions during Lent or Holy week it would be appropriate to leave out the fifteenth in anticipation of Easter. However, end with the alternative conclusion.

Each Station has:

An Opening Verse.

This is a suggestion. You can use other more appropriate verses or different ones for each station.

A Bible Reading

A Teenager's Reflection dealing with a certain issue

A Prayer that links this reflection to that Station experience of Jesus.

Think about: giving a thought, statistic or some other bit of information about the issue that's being dealt with. Obviously, this information is restricted. However, you are encouraged to find out more by following the links given in the back of the booklet. This information is directed both to young people and to adults.

You may want to end each station with the 'Our Father...' or 'Glory be...' or 'Hail Mary..' or other appropriate prayer or verse and response that those present can say together.

In the back of the booklet you will also find some other ideas and examples of how to use the Stations of the Cross with young people.

Please use and adapt these Stations as appropriate to your situation and enter into the mystery of Christ's suffering and saving death and resurrection.

Stations of the Cross **Some Other Suggestions**

Here are some other ideas for walking the Stations of the Cross with young people. Hopefully, they will spark off some ideas of your own! Perhaps you could spend Good Friday Morning with a group of young people, creating a workshop followed by the Stations of the Cross. Or spend some time using the ideas in a Youth group Meeting

- Don't be afraid of reducing the number of Stations on certain occasions (e.g. representing only one fall of Jesus or combining a few stations into one)
- Use the idea of Footsteps, by placing paper footprints around the path you will take or using foot print templates on which the young people write prayers and leave as they make each Station stop.
- People who helped Jesus – choose the Stations that feature people who helped Jesus: for example, Mary, Simon of Cyrene, the women of Jerusalem, Mary Magdalene, Joseph of Arimathea, Veronica (non biblical). Think and pray about the people who help us through life, particularly difficult times, or who support us in the Christian Way. You could make 'Helping Hands' by drawing around each other's hands on card or paper and cutting them out. Use them to write prayers for those who help us, to be used at each Station. Leave them at appropriate stations as you make the journey.
- Through the eyes of Mary or other characters – write meditations from the perspective of onlookers or imagine you were there, walking alongside Jesus.
- Make a journey outdoors. Perhaps visit various parts of the community for each station, or simply use the church grounds.
- Light tapers or candles at each stop.
- Make Station signs for each stop like the ones at Railway Stations.

Alternative Conclusion
(when the fifteenth station is not used)

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

We know that Christ has been raised from the dead and will never die again. Death has no power over him any more. For by dying, he is dead to sin once and for all, and now the life that he lives is life with God. In the same way, you must see yourselves as being dead to sin but alive for God in Christ Jesus. (*Romans 6:9-11*)

It's scary sometimes, God.

Life, I mean.

I get scared by all kinds of things.

Scared of war and tragedies,

Violence, crime...the things I hear on the news...all kinds of things.

It is scary, God, isn't it?

Lord, help me to live in expectation and hope,
Knowing that your Resurrection from the dead
makes all things well. Amen.

Think about:

The well known TV programme Crime Watch ends with a reminder that the incidents of crime and violence are rare, and then we are given the charge, 'Don't have nightmares!' Yet, the news and media are so much more likely, it seems, to report bad news than good, and we can be left with a rather one sided perspective on life, that can scare us. Young people can be deeply affected by things such as war, violence and tragedies. Clergy, teachers and youth leaders should be ready to talk to young people and explore their feelings, especially when tragic or frightening things happen. If you are young, remember to look at the good things that are happening in the world, too! Perhaps you could do something to respond to tragedies and help make the world a better place, and reveal the hope and resurrection that Christ brings to bad and hopeless situations.

The First Station:
Jesus is Condemned to Death

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

Pilate spoke to them again: 'Then what shall I do with the man you call king of the Jews?' They shouted back, 'Crucify him!' 'Why, what wrong has he done?' Pilate asked; but they shouted all the louder, 'Crucify him!' So Pilate, in his desire to satisfy the mob, released Barabbas to them; and he had Jesus flogged, and then handed him over to be crucified.' (*Mark 15:12-15*)

They hate me; they bully me everyday.

I hate going there, seeing them,

Hearing them calling me names, taunting me.

Sometimes I'm so scared.

Lord, your own people condemned you
They mocked and teased and bullied you.
Help me to be strong,
Help me to get through this—to find a way forward. Amen.

Think about:

In 2005 more than 31,000 children and young people called Childline about bullying. In a survey from the same organisation, half of primary school children and more than one in four secondary school students said they had been bullied within the last year. Most schools these days will have procedures in place to prevent bullying, or to help those who are being bullied. Bullying can take many forms—physical and emotional, and, these days, by text and email, in school as well as out of school. Jesus said that we are all valuable and precious in the sight of God. It doesn't matter what we look like or who we are, or whether or not we fit into people's expectations. People who are being bullied are encouraged to talk to someone.

The Second Station:
Jesus Receives his Cross

Lord, by your cross and resurrection you have set us free;

You are the Saviour of the world.

Reading

He had no form or charm to attract us, no beauty to win our hearts;

He was despised, the lowest of men, a man of sorrows, familiar with suffering...

Yet ours were the suffering he was bearing, ours the sorrows he was carrying. *(Isaiah 53:2-4)*

I hate my life!

I wish life was different.

Why can't I be like the others?

Why can't I have what they have?

Why can't I act like they do?

There's so much stopping me!

I wish life was different.

Lord, when you first received that Cross

How did you feel?

Help me to receive the cross given to me

And to carry it to the end. Amen.

Think about:

Most of us, at some stage in our lives, wish life was different! Young people have many pressures to conform from peers and modern culture. Some of them will have a poor self image, and may find it difficult to like, yet alone love, themselves. They cope with this in different ways. It's estimated that as many as 1.15 million people in the UK suffer from some kind of eating problem, for many different reasons, sometimes because they are unhappy with themselves. People with anorexia, for example, will often feel fat even though they look thin. Jesus values us, even when we think that we are of no value. He is always with us, even when we think we are not worth being with. He looks on us as a beautiful creation, even when we think that we have nothing to attract others to us.

The Fifteenth Station:
He is Risen!

Alleluia! Christ is risen!

He is risen indeed! Alleluia!

Reading

Early on the first day of the week, while it was still dark, Mary of Magdala came to the tomb.

She saw that the stone had been moved away from the entrance, and ran to Simon Peter and the other disciple, the one whom Jesus loved. 'They have taken the Lord out of the tomb,' she said, 'and we do not know where they have laid him.' So Peter and the other disciple set out and made their way to the tomb....he saw the linen wrappings lying there, and the napkin which had been round his head, not with the wrappings but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in, and he saw and believed; until then they had not understood the scriptures, which showed that he must rise from the dead.

(John 20:1-9)

It was the camp that did it –

It made me realise that there was so much life there,

So much energy, so much happiness!

What an experience! Amazing!

Lord, your Resurrection

Showed us the promise of everlasting life

I now know that it is not a distant hope for the future

But something that starts right here, right now. Alleluia! Amen.

Think about:

According to statistics by church growth experts, 85% of people who come to faith in Christ do so under the age of 25. Yet so many young people are leaving the church. There is a great spiritual thirst, but people often search for it's fulfilment outside the church. If you are a young person, why not find out what is happening in your area? And if there isn't much happening, why not try to initiate something? Churches are encouraged to take youth work seriously. If you are a priest or minister, why not see what you can do for young people, perhaps by working with neighbouring parishes, or taking your young people to a large scale youth event?

The Fourteenth Station: **Jesus is Laid in the Tomb**

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

When evening fell, a wealthy man from Arimathaea, Joseph by name, who had himself become a disciple of Jesus, approached Pilate and asked for the body of Jesus. Joseph took the body, wrapped it in his own unused tomb, which he had cut out of the rock. He then rolled a large stone against the entrance, and went away.' (*Matthew 27:55-60*)

I don't know what to do.

It wasn't my fault.

I didn't do anything.

They just came over to me in the street, and took my phone.

I'm so upset

My father will go mad!

Lord, you were a victim,
They took everything from you.
You know how it feels.
Help me, when things go wrong, to do the right thing.

Think about:

With all the talk of Youth Crime and ASBOS, and the way the Media portray young people and crime, it's worth remembering that, according to one survey, half of all UK young people will be a *victim* of crime by the time they reach 16-years-old. Nearly 25 per cent had been verbally abused in the street by a stranger, while one in four has had their mobile phone stolen. Between 1995 and 2002 crime by young people didn't rise and the number of known young offenders fell by 14% yet, three-quarters of respondents in one survey believed the number of young offenders had risen. If you are a victim of crime you shouldn't be afraid to report it, and you can often do it anonymously. Being a victim of crime can leave us feeling scared and vulnerable, so it will help to talk to someone.

The Third Station: **Jesus Falls the First Time**

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

Harshly dealt with, he bore it humbly,
He never opened his mouth,
Like a lamb that is led to the slaughter-house,
Like a sheep that is dumb before its shearers,
Never opening its mouth. (*Isaiah 53:7*)

My exams didn't go too well

I could have tried harder

I know that my mum is disappointed

I have fallen and failed

Lord, when you fell, you picked yourself back up.
Lord, I know that I can do this.
Help me
Help me pick myself up as you did. Amen.

Think about:

Exam stress affects every young person at some stage in their lives. They may worry about letting their families down, or what will happen if they don't get the results they need. It's important to realise that there is life after exams and that they are not the only route to success. Remember that you are still valued and loved no matter how you perform! Parishes should be aware of this important and stressful times in lives of young people and remember to pray for them and give them the support and encouragement they need. There are some good hints and tips to studying for exams. Talk to a teacher or check out www.s-cool.co.uk and other similar sites for ideas.

The Fourth Station:
Jesus Meets his Mother

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

All who pass this way, look and see: is there any sorrow like the sorrow that afflicts me? How can I describe you, to what compare you, daughter of Jerusalem? (*Lamentations 1:12, 2:13*)

*I get really nervous meeting new people
I don't really know what to say to them
I suppose I'll make friends eventually
But I was glad when the bell rang
Glad to see my mother waiting in the car.*

Lord, how happy you must have been to see your own mother
When you needed comforting
Thank you for my mother and the comfort she brings me. Amen.

Think about:

Most young people receive the care and support they need from a loving family. However, some children and young people are hurt or neglected by adults or other young people. It can be physical, sexual, emotional or neglect. Young people who find themselves in this position shouldn't think that it's their fault, but should talk to someone, such as a teacher, or call *Child-line* or some other organisation that can offer professional help and support. NSPCC research shows that a significant minority of children suffer serious abuse or neglect: 7% of children experienced serious physical abuse at the hands of their parents or carers during childhood. 1% of children experienced sexual abuse by a parent or carer and another 3% by another relative during childhood. 11% of children experienced sexual abuse by people known but unrelated to them. 5% of children experienced sexual abuse by an adult stranger or someone they had just met. 6% of children experienced serious absence of care at home during childhood. 6% of children experienced frequent and severe emotional maltreatment during childhood.

The Thirteenth Station:
Jesus is Taken Down from the Cross

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

The soldiers came and broke the legs of the first man who had been crucified with him and then of the other. When they came to Jesus, they found he was already dead, and so instead of breaking his legs one of the soldiers pierced his side with a lance; and immediately there came out blood and water...After this Joseph of Arimathea, who was a disciple of Jesus, though a secret one because he was afraid of the Jews, asked Pilate to let him remove the body of Jesus. Pilate gave permission. (*John 19:32-38*)

*My mum says not to worry or think about death in a morbid way
She says we should embrace life.
I feel better
She always knows the right thing to say, my mum.*

Thank you Lord for my parents
Thank you for the people who take me gently from my cross.

Think about:

Mary followed Jesus every move, but also gave him the freedom he needed to become his own person. Lots of people don't have the same relationship with their parents. Since Child-Line started in 1986, over 31,000 children and young people have phoned or written about running away and being homeless. For most young people, running away isn't something they have planned. It's a spur of the moment decision, and the young person is often not prepared, with no money, no warm clothes, no phone numbers, nor any idea about where they might find help. Some of the main reasons children and young people run away, or find themselves homeless are: arguments with parents, violence within the family, physical or sexual abuse, pregnancy, and running from care. Around 25 per cent of rough sleepers are aged between 18 and 25.

The Twelfth Station:
Jesus Dies on the Cross

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

From midday a darkness fell over the whole land, which lasted until three in the afternoon; and about three Jesus cried aloud, 'My God, my God, why have you forsaken me?' Hearing this, some of the bystanders said, 'He is calling Elijah.' One of them ran at once and fetched a sponge, which he soaked in sour wine and held it to his lips at the end of a stick. But the others said, 'Let us see if Elijah will come to save him.' Jesus again cried aloud and breathed his last. (Matthew 27: 45-50)

This lady died in our street this week.

She was only young.

It made me think about dying.

I know I have faith but it's still a scary thought isn't it?

Lord, were you scared
When they left you there to die?
Were you Lord? Were you? Amen.

Think about

These days, people are living until a much older age, so many children and young people don't experience the death of someone they love until they themselves are much older. The loss or death of someone you care about can be very upsetting. They may have died as a result of an illness, such as cancer; an accident, such as a car crash; or old age. Even the death of a loved pet can be as significant to a child or young person as losing a relative or friend. Remember that death is not the end. Jesus himself was scared about what was going to happen to him. In the Garden of Gethsemane, he asked his Father if the suffering he was about to endure could be avoided. 'Yet,' he said, 'not my will, but yours be done.' Jesus family, friends and followers were distraught too at his death. But through Jesus, we have been given hope and been assured that we are made to live with him for ever. It's ok to be sad, but even when we are sad there is hope and something to look forward to.

The Fifth Station:
Simon of Cyrene helps Jesus carry his Cross

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

As they were leading him away they seized on a man, Simon from Cyrene, who was coming in from the country and made him shoulder the cross and carry it behind Jesus. (Luke 23:26)

I didn't know that she would be there to help me

She always seemed so standoffish as a teacher

I never really liked her

But today, when I needed to talk, she listened

And that really helped.

Lord, you received help from unlikely people
To carry your cross
Thank you for my unexpected help. Amen.

Think about:

Sometimes, when we have a problem it may feel like we can't tell or trust anyone. But there is no need to cope on your own. As well as talking to your friends, you can also talk to an adult you trust. Girls often feel more ready to do this than boys. Boys should realise that it's not a sign of weakness to talk to someone about their feelings or a problem they are experiencing. It is a sign of strength. Remember that Jesus is interested in us, he knows how we feel, and he is always there to listen. He wants us to be there for each other, too, and to help each other long the way. So, if you see a friend who looks down or upset, why not ask them how they are, or if there is anything that is troubling them, and tell them that you are there for them if they need you.

Also, web sites such as www.teengrowth.co.uk are good ways of talking about your problems online.

The Sixth Station:
The Face of Jesus is wiped by Veronica

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

Jesus said, 'In truth I tell you, in so far as you did this to one of the least of these brothers of mine, you did it to me.' (*Matthew 25:40*)

I wasn't feeling well last week

They fussed me at home,

They all came to see me, bringing me little things to make me feel better.

It was lovely to feel loved and know that people care.

Lord, Veronica wiped the tears from your face
Thank you for the people who care for me, love me
and are always there to wipe my tears. Amen.

Think about:

Most of us are blessed with a good family and home life, with supportive and loving parents. Yes, there will be ups and downs, but that's all part of family life! For some young people, home isn't a very nice place to be. Perhaps their parents argue all the time. For some young people, they may feel the effects of domestic violence. More than half a million incidents are reported every year, which, for many children and young people, can make life unhappy and may even mean that they are caught up in the violence themselves. In nine out of ten cases, children are in the same or next room when the violence is going on. In five out of ten cases when there is violence between adults, children get hurt too. It's estimated that one in four women experience domestic violence some time in their lives, and between six per cent and ten per cent of women experience domestic violence in any one year. Almost 2,000 children a year contact ChildLine due to domestic violence problems.

The Childline Helpline number for young people is 0800 1111

The Eleventh Station:
Jesus is Nailed to the Cross

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

They crucified him there and the two criminals also, one on the right, the other on the left. Jesus said, 'Father, forgive them; they do not know what they are doing.' One of the criminals spoke up, 'Jesus,' he said, 'remember me when you come into your kingdom.' 'Indeed, I promise you,' he replied, 'today, you will be with me in paradise.' (*Luke 23:33-43*)

How could she say that to me?

I'm her best friend and she just turned on me

I did everything for her

And now she is being so hateful

I just can't believe it

How did you feel Lord?

When you gave everything to us and we turned against you?

How did that feel? Amen.

Think about:

Most people will, from time to time, have a row with their friends, and usually make it up again soon. But sometimes the rows are more serious; maybe your friend has been nasty, or gossiped about you. Maybe you've let them down or something you said came out wrong. Whatever the reason, sometimes friends have serious arguments. These can feel terrible. People who were part of your life, whom you relied on, are suddenly not there. It may be a good idea to try to talk through things calmly, to try to get to the reasons for falling out. To have the courage to say sorry when it's been your fault, and to be willing to forgive, too. Jesus knows the importance of friendships. He said to his disciples, 'No longer do I call you servants, I call you friends.'

The Tenth Station: **Jesus is Stripped**

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

When the soldiers had finished crucifying Jesus they took his clothing and divided it into four shares, one for each soldier. His undergarment was seamless, woven in one piece from neck to hem; so they said to one another, 'Instead of tearing it, let's throw dice to decide who is to have it.' (*John 19:23*)

I thought he really liked me

We seemed to get on great but now he wont even talk to me

All his friends laugh at me

I'm so embarrassed

Lord, when the soldiers stripped you of your clothes
They tried to strip away your dignity
Help me to overcome this embarrassment, Lord. Amen.

Think about

Relationships are as important to young people as adults. When you start going out with someone it can be exciting. There can also be times when you like someone and don't know what to do. When a relationship ends it can feel as if your world has fallen apart. But you will get over it. There will then be a time when you will be able to forget the pain of the past and move on, and perhaps even laugh about it! Talk to someone about how you feel.

The Seventh Station: **Jesus Fall for the Second Time**

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

Save me, God, for the waters
Have closed in on my very being.
I am sinking in the deepest swamp
And there is no firm ground...
I am exhausted with calling out, my throat is hoarse,
My eyes are worn out with searching for my God. (*Psalms 69:1-3*)

They caught me again.

My mother's not happy.

'Smoking is so bad for you,' she says.

But they all do it, my friends, and now I don't know how to stop

Lord, help them not to be disappointed in me
Help me to pick myself up and put things right. Amen.

Think about:

It's so easy for young people to start smoking. It may feel cool or it may make life easier to be part of a group of friends who are all smoking. But it's worth remembering what smoking does to you. It makes you and your clothes smell, it is expensive and, worst of all, it is bad for your health. If you smoke and get caught and told off by parents or teachers they are only doing it because they care about you! Before being tempted to try anything for the first time, it is worth thinking about the consequences of our actions. It's difficult to resist pressure from our friends sometimes, but would you expect your friends to do something, just because you are doing it?

www.quit.org.uk is a web site that helps smokers to quit smoking and has a special section for teenagers.

The Eighth Station:
Jesus meets the women of Jerusalem

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

Large numbers of people followed him, and of women, too, who mourned and lamented for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me; weep rather for yourselves and for your children' (Luke 23:27-28).

*They laugh at me to my face and behind my back
I know they feel sorry for me having to go to church
SAD they said.
But I'm not sad, Lord.
Well, only sad for them
Because they do not know the happiness of loving you.*

Lord,
does it make you sad that people reject your love? Amen.

Think about:

For many people, the idea of going to church is strange, especially for young people. You may even get picked on because of it. Your friends and others may make fun of you. If you experience this, perhaps it would be useful to talk to your priest, minister or youth leader, or chat to other young people who go to your church. If there aren't any young people your age in your church, perhaps you could go to a youth event where you can meet others and realise that following Jesus isn't so strange after all!

Check out www.enterthemystery.com, the website for young people in the Diocese of Llandaff

The Ninth Station:
Jesus falls for the Third Time

Lord, by your cross and resurrection you have set us free;
You are the Saviour of the world.

Reading

My mouth is dried up like a potsherd, and my tongue clings to my gums, and you lay me in the dust of death.' (Psalms 22:14-15)

*I am so tired
I try to do the right thing
Try to work hard but I always do something wrong
I feel like a failure, too tired to be bothered to try anymore*

Lord I want to be good, make them proud of me
I don't want to fail them again.
Under the heavy burden of your cross
You found the strength to carry on to the end
If you help me, Lord,
I can pick up my own cross and carry on. Amen.

Think about:

Young people are under a lot of pressure to conform, to please their parents and teachers, and to live up to expectations. Perhaps they have to live up to the standards of an older brother or sister. They may think that it's not worth all the effort, especially when there are so many other things they would like to be doing! Or they may be experiencing peer pressure to do something they don't really want, such as to start smoking, alcohol or drugs. It is hard to resist this kind of pressure. Jesus has given us so many gifts and talents, he values us so much, and wants us to make the best of our lives, so maybe it's a good idea sometimes to think about what we really want out of life, what it's worth working for, and what it's worth resisting.