

Prayers and Practices Grade 4

The Rosary

Continue learning and praying



The Stations of the Cross

From the earliest days of the Church, Christians remembered Jesus' life and death by visiting and praying at the places where Jesus lived, suffered, died, and rose from the dead.

As the Church spread to other countries, not everyone could travel to the Holy Land. So local churches began inviting people to "follow in the footsteps of Jesus" without leaving home. "Stations", or places to stop and pray, were made so that stay-at-home pilgrims could "walk the way of the cross" in their own parish

churches. We do the same today, especially during Lent.

There are fourteen "stations" or stops. At each one, we pause and think about what is happening at the station.

1. Jesus is condemned to death
2. Jesus takes up his cross
3. Jesus falls the first time
4. Jesus meets his mother
5. Simon helps Jesus carry his cross
6. Veronica wipes the face of Jesus
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls the third time
10. Jesus is stripped of his garments
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross
14. Jesus is laid in the tomb



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Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer my prayers, works, joys and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intention of Your Sacred Heart;

the salvation of souls, reparation of sins, the reunion of all Christians. I offer them for the intentions of our Bishops and all Apostles in Prayer, and in particular for those recommended by our Holy Father this month. Amen



Morning Offering

God, our Father,
I offer you today
all that I think and do and
say.

I offer it with what was
done on earth by Jesus
Christ,
Your Son.
Amen

