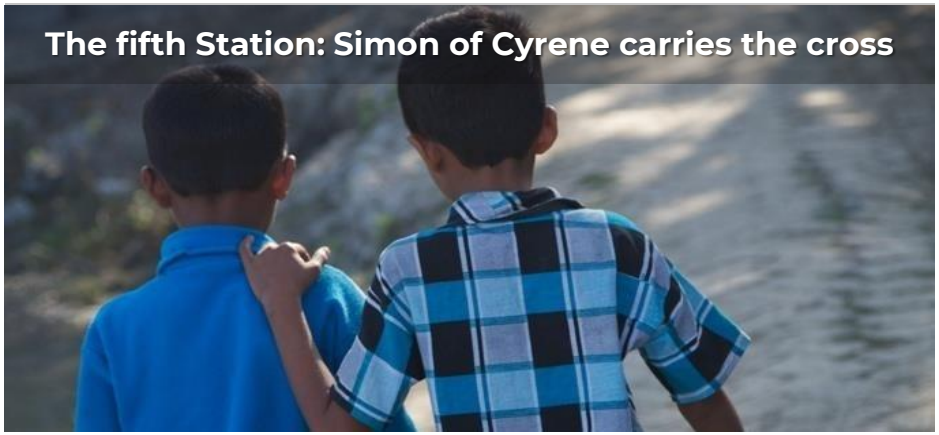
Stations of the Cross Activity

Look at the stations of the cross on the CAFOD website: cafod.org.uk/primary/lent



Jesus is weak. The soldiers make a man named Simon help Jesus carry the cross. Simon carries it with Jesus.

Think:

Simon didn't want to help at first. But he did his best to help and soon he was very glad to be helping Jesus. Think about the times you have helped someone.

- How did you feel?
- Why?
- How do you think the other person felt?

Draw a picture of Simon of Cyrene helping Jesus to carry the cross

Prayer:

Jesus, you know what it means
to depend on someone
and need their help.
When my friends and family need help,
teach me to work with them.
Show me how to listen carefully
so that I can offer what they need.
Amen



Take action:

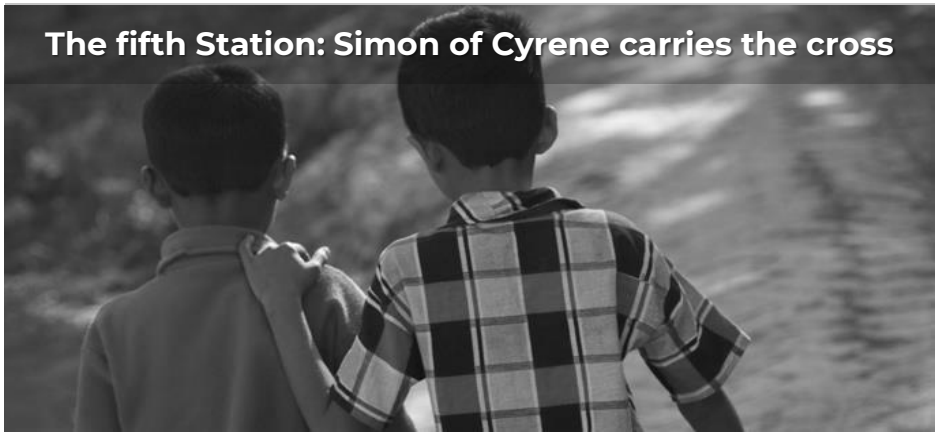
Lots of families are spending more time at home at the moment. How can you help others in your family at this time? Write down all the things you can do to help others. You'll see that doing acts of kindness will make you feel happy too!

Photo credit: Phil Knox | Purple Flame 8-year-old Musa (right) and his best friend, Sunny, walking along a street in Mongla District, Bangladesh. Musa's family is supported by CAFOD partner, Action on Disability and Development.

Catholic Agency for Overseas Development

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