

# Stations of the Cross

**Stations of the Cross** The Way of the Cross, also known as the Stations of the Cross, are a way to pray and meditate on Christ's sacrifice for us. It is divided into fourteen stations from the time He was condemned to his burial. This devotion has been long encouraged by the church, and is especially useful during Lent and Good Friday. Our students at Frassati Catholic Academy gather every Friday during Lent to pray the Stations of the Cross.

At our elementary level our students are accompanied by one of our pastors to each station to learn more in depth about each of the 14 stations.

Our middle school students create living stations in which they act out each of the 14 stations.

