



Christians around the world pause on this day of sorrow to remember the death and burial of Jesus. You and your family might observe this holy day in one of these ways:

Walk the Stations of the Cross. Many Christians use this practice as a way to journey with Jesus from his trial to his crucifixion and burial. This [outline](#) will guide your family through each station and provide prayers to help you connect more personally with what Jesus might have been feeling. You can also [download images](#) to help you visualize each station. Afterward, take a few moments to reflect on Michael O'Brien's [beautiful paintings](#) of the Way of the Cross.

**Experience the Story.** Watch this [animated video](#) of Jesus' trial, crucifixion, and resurrection. (*Parents of young children may want to view it first.*) Talk about what is happening in each scene and how other people (especially Peter) respond to these events. Be sensitive to the way children and teens react to the story. Allow them to ask questions, and help them search for answers. Read Romans 5:8 and 1 Peter 3:18 to discover what's "good" about Good Friday.