

Welcome to the Stations of the Cross



The stations of the cross guide you on the journey of Christ from Gethsemane to the cross, and finally, to the empty tomb. At each station there is a Scripture for you to read and a reflection on which to meditate that will help guide your prayer. We pray that this time may help draw you closer to God as you take some time to think deeply about what Jesus did for you.

Station 1: The Garden of Gethsemane



SCRIPTURE

Matthew 26:36-46 (NIV):

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, 'Sit here while I go over there and pray. 'He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'

Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.' Then he returned to his disciples and found them sleeping. 'Couldn't you men keep watch with me for one hour?' he asked Peter. 'Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.'

He went away a second time and prayed, 'My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.' When he came back, he again found them sleeping, because their eyes were heavy. So he left them and went away once more and prayed the third time, saying the same thing.

Then he returned to the disciples and said to them, 'Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!'"



REFLECTION

In the garden of Gethsemane, Jesus wrestled with His deepest fears and pain and He came to a place of ultimate surrender to God's will which meant accepting the way of the cross.

Not my will... but Yours be done.

What are the things in your own life you need to surrender to God? Is there any aspect of yourself or your life you have not completely surrendered to Him? Commit and dedicate your life to God again right now. Give it all to Him, remembering that He gave it all for you.

As we find ourselves in a place of great fear and uncertainty, wrestle with your fears, as Jesus did and give them to God.

Station 2: Peter denies Jesus



SCRIPTURE

Luke 22:52-62:

"Then seizing him, they led him away and took him into the house of the high priest. Peter followed at a distance. And when some there had kindled a fire in the middle of the courtyard and had sat down together, Peter sat down with them. A servant-girl saw him seated there in the firelight. She looked closely at him and said, 'This man

was with him.’ But he denied it. ‘Woman, I don’t know him,’ he said. A little later someone else saw him and said, ‘You also are one of them.’ ‘Man, I am not!’ Peter replied. About an hour later another asserted, ‘Certainly this fellow was with him, for he is a Galilean.’ Peter replied, ‘Man, I don’t know what you’re talking about!’ Just as he was speaking, the cock crowed. The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: ‘Before the cock crows today, you will disown me three times.’ And he went outside and wept bitterly.”



REFLECTION

Peter was adamant that he would stand by Jesus no matter what, but when it came down to it, he deserted, denied and disowned Him. There are ways in which all of us have let Jesus down and, by our words or actions, have denied Him. Spend some time reflecting on ways in which you have let God down and confess your sins to Him, knowing that He is merciful and forgiving.



Station 3: Pilate washes his hands in innocence



SCRIPTURE

Matthew 27:22-26

“What shall I do, then, with Jesus who is called the Messiah?” Pilate asked. They all answered, ‘Crucify him!’ ‘Why? What crime has he committed?’ asked Pilate. But they shouted all the louder, ‘Crucify him!’ When Pilate saw that he was getting nowhere, but that instead an uproar was starting, he took water and washed his hands in front of the crowd. ‘I am innocent of this man’s blood,’ he said. ‘It is your responsibility!’ All the people answered, ‘His blood is on us and on our children!’ Then he released Barabbas to them. But he had Jesus flogged, and handed him over to be crucified.”



REFLECTION

Pilate abdicated responsibility and gave in to the pressure of the crowd. He sentences Jesus to death even though He knew He was innocent. He was silent and let injustice prevail. In what ways have you let injustice occur or continue because you have failed to speak up? Where have you abdicated your responsibility? Spend some time reflecting on these things and ask God to forgive you. Ask Him to help you see where you should be standing up for justice in your sphere of influence.

Station 4: Jesus is mocked



SCRIPTURE

Mark 15:16-20:

“The soldiers led Jesus away into the palace (that is, the Praetorium) and called together the whole company of soldiers. They put a purple robe on him, then twisted together a crown of thorns and set it on him. And they began to call out to him, ‘Hail, king of the Jews!’ Again and again they struck him on the head with a staff and spat on him. Falling on their knees, they paid homage to him. And when they had mocked him, they took off the purple robe and put his own clothes on him. Then they led him out to crucify him.”



REFLECTION

Jesus experienced torture and humiliation for you. He took physical and psychological blow after blow that He did not deserve. Whatever physical or emotional pain you have experienced, Jesus understands. He suffered mocking, abuse and pain because of His great love for you... and He would do it all again because you are precious to Him. Take some time to thank Jesus for what He endured for you to give you life and salvation.

Station 5: Simon carries Jesus' cross



SCRIPTURE

Luke 23:26-27:

“As the soldiers led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus. A large number of people followed him, including women who mourned and wailed for him.”



REFLECTION

Jesus was forced to carry His cross until He eventually couldn't carry it anymore. The weight of the physical cross and the spiritual weight of the sin of all of humanity was crushing Him. Simon was simply a passer-by who was forced to shoulder the burden of the cross and to help Jesus.

What are the burdens or responsibilities you're carrying that you feel are crushing you at present? Hand them over to Jesus knowing that He offers you the help and strength you need.

Think about those around you who may be struggling and need your help. Whose burdens can you help carry?

“Cast all your cares on him because he cares for you.” – 1 Peter 5:7

“Bear one another's burdens, and so you will fulfil the Law of Christ.” – Galatians 6:2



Station 6: Jesus is crucified



SCRIPTURE

Luke 23:32-34:

Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there, along with the criminals – one on his right, the other on his left. Jesus said, ‘Father, forgive them, for they do not know what they are doing.’



REFLECTION

Jesus was crucified – nailed to a cross – like a criminal, and left up there to slowly die as a grotesque warning to others. Despite all the torture, the pain, the humiliation and horror, Jesus still managed to plead with God to forgive his murderers and mockers. What does Jesus' unimaginable sacrifice mean for you? As you consider His forgiveness of His offenders, what emotion does it evoke in you?

Jesus was able to forgive those killing Him and yet, we sometimes struggle to forgive others for far less serious offenses. Who do you need to forgive? Commit that person and situation to God now as you ask Jesus to make you more like Him.

Station 7: Jesus and the criminals



SCRIPTURE

Luke 23:39-43:

“One of the criminals who hung there hurled insults at him: ‘Aren’t you the Messiah? Save yourself and us!’ But the other criminal rebuked him. ‘Don’t you fear God,’ he said, ‘since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong.’ Then he said, ‘Jesus, remember me when you come into your kingdom’. Jesus answered him, ‘Truly I tell you, today you will be with me in paradise.’”



REFLECTION

The responses of the two criminals crucified with Christ reveal two different conditions of the human heart: one that refuses to acknowledge fault and angrily demands that personal needs be met by God, and the other that responds with remorse and acknowledgement of sin and a hope in Christ's mercy. In what ways or areas have you perhaps not been willing to acknowledge your sin and guilt to God? Are there areas of your life you keep hidden from Him? Bring everything into the light before Him now and trust in His goodness and the promise of eternal life for those who reach out for and accept His grace.

Meditate on whether you are really open before God or whether there are parts of yourself that you have hidden from Him. Allow God to expose every part of your heart and soul and meditate on how He sees you despite your sin and shortcomings... as His precious child.

Station 8: Jesus is forsaken



SCRIPTURE

Matthew 27:45-46:

"From noon until three in the afternoon darkness came over all the land. About three in the afternoon Jesus cried out in a loud voice, 'Eli, Eli, lema sabachthani?' (which means 'My God, my God, why have you forsaken me?')."



REFLECTION

Jesus experienced incredible rejection as He journeyed towards the cross but the ultimate moment of rejection came just before He died. As Jesus took the sin of the world upon Himself, God, who is perfect and cannot be in the presence of sin, removed His presence from Jesus as He cried out... "My God, My God, Why have you forsaken Me?" He took this agony and suffering on Himself so that we would never have to experience abandonment by God. He was truly forsaken so that we never would be, but could be forever and eternally accepted in the Kingdom of God and be in relationship with Him.

Even in the darkest moments of your life, God is near to you and that you are never alone. Thank God for this incredible truth.

Take a moment to remember what God's continual and eternal presence in your life cost. Remember the darkness and abandonment that Jesus experienced. Thank Him that He was forsaken so that you would never have to be.

"He has promised us: "Not at all will I leave you, not at all will I forsake you, never!" - Hebrews 13 vs 5

Station 9: Jesus is offered wine vinegar



SCRIPTURE

Luke 23:34-37:

*“And they divided up his clothes by casting lots. The people stood watching, and the rulers even sneered at him. They said, ‘He saved others; let him save himself if he is God’s Messiah, the Chosen One.’”
The soldiers also came up and mocked him. They offered him wine vinegar and said, ‘If you are the king of the Jews, save yourself.’”*



REFLECTION

Jesus could have saved Himself, but He chose to save you instead. He is God, with limitless power, and yet, He chose to become a man who experienced pain, anguish, fear, hunger and thirst, just like us. Jesus’ thirst and the soldiers’ mocking response of offering Him vinegar, remind us of Jesus’ humanity – that He emptied Himself of all His glory and became one of us so that He could die for us. Thank God that He became like the people He created and that His ultimate desire, a desire greater than His physical needs, was to save you and be in relationship with you.

Station 10: Jesus dies



SCRIPTURE

John 19:30-31:

³⁰When he had received the drink, Jesus said, 'It is finished.' With that, he bowed his head and gave up his spirit. ³¹Now it was the day of Preparation, and the next day was to be a special Sabbath. Because the Jewish leaders did not want the bodies left on the crosses during the Sabbath, they asked Pilate to have the legs broken and the bodies taken down. ³²The soldiers therefore came and broke the legs of the first man who had been crucified with Jesus, and then those of the other. ³³But when they came to Jesus and found that he was already dead, they did not break his legs. ³⁴Instead, one of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of blood and water."



REFLECTION

"It is finished – It is as if he had said: "I have executed the great designs of the Almighty - I have satisfied the demands of his justice - I have accomplished all that was written in the prophets, and suffered the utmost malice of my enemies; and now the way to the holy of holies is made manifest through my blood." An awful, yet a glorious finish. Through this tragic death God is reconciled to man, and the kingdom of heaven opened to every believing soul." – Adam Clarke

Remember that because of Jesus' death we are offered new life and new hope. Our sin is dealt with and we are set free. It is finished. Thank Jesus that He was broken for you.



Station 11: Jesus is buried



SCRIPTURE

John 19:38-42:

"Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about thirty-five kilograms. Taking Jesus' body, the two of

them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. Because it was the Jewish day of Preparation and since the tomb was near by, they laid Jesus there."



REFLECTION

Nicodemus first sought Jesus out at night to ask questions. He didn't want to be seen talking to Jesus because he was afraid of what the other religious leaders would think. After Jesus' death however, Nicodemus very publically came to anoint His body. His fear of what others would think no longer seemed important and His doubts had obviously become faith. While the tomb represents a place of faith for Nicodemus it represented doubt and fear for many of Jesus' disciples who thought this was the end and couldn't make sense of what their time with Jesus had meant.

What are the doubts you about Jesus you hold? Which of His promises do you struggle to believe? Bring them to God now and ask Him to give you a faith that will trust Him, even when you don't understand.

Station 12: Jesus is resurrected



SCRIPTURE

Luke 24:1-6:

“On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, ‘Why do you look for the living among the dead? He is not here; he has risen!’”



REFLECTION

Our Easter experience does not end at the cross. We know that although on Friday we mourn as we remember and repent, the glory of Sunday morning is on the horizon. Not only did Jesus accomplish the work of reconciling humanity to God, but He forever defeated death and spoke a promise of new life over us all.

Know today, that God’s resurrection power is at work within you and that He will complete the good work He has begun in you. Allow Him to transform and change you so that the old will truly be gone and you can live in the liberty of the new life He gives as you move forward with Him.

Remember that there is always hope in Christ because of the resurrection and because even death is overcome. Thank God that He conquered the grave for you.

“If anyone is in Christ they are a new creation; the old has gone and the new has come...” – 2 Corinthians 5:17

