

JOURNEY TO THE CROSS

Greetings friends!

As we seek to stay spiritually connected in this time of social distancing, we wanted to provide you with everything you need to create a Stations of the Cross experience on your own, since we are unable to host these meaningful events. We have taken elements from our Stations of the Cross as well as our Stations of the Cross for Families and combined them into one resource that will hopefully you recreate this unique experience in your home.

There is no one right way to do this, so please know that there is freedom and grace in however you choose to come closer to Christ during Holy Week. We have offered a few suggestions below for how to interact with this resource, but the choice of how to use this resource is yours. There are activities for all ages, and however you choose to use this in your home, we pray that God will meet you where you are and prepare your heart for the joy of Easter.

Praying for and with you,
BUMC Staff



COMPONENTS

- Scripture Reading
- Reading & Response (Christ Speaks, I Reply)
- Discussion/Reflection Questions
- Scavenger Hunt for Children (or adults!)
- Family Activities

CREATING A SPACE

- Intentionally set aside a space where you or your family will walk through the stations together.
- Fill your space with things that remind you of God—candles, your Bible, whatever else makes you feel close to God.
- Protect your space during the time you are walking through the stations. Come to your space with intentionality, just like you would come to the church building to walk through the stations.
- Light a candle each time you come to your space to remind you of God's presence with you.

WALKING THROUGH THE STATIONS

- Morning and Evening during Holy Week
- All in one day (we suggest Good Friday, but you can choose any day in holy week)
- At your own pace

MATERIALS YOU MIGHT NEED FOR THE FAMILY ACTIVITIES

- Pencils, pens and/or markers
- Index cards, post its, or small pieces of paper
- Small bowl
- Playdough, Model Magic, clay, etc.
- Candle/Matches/Lighter

STATION 1

JESUS IS CONDEMNED TO DEATH



SCRIPTURE READING

- Matthew 27:22-26
- Mark 15:12-15
- Luke 23:20-25

Christ Speaks:

In Pilate's hands,
I see my Father's will
Though Pilate is unjust
He is the lawful governor.
I gave him power over me.
I will lay down my own life.
And so the Son of God
obeys, obedient even to
death on Calvary.

I Reply:

My Jesus, Lord,
obedience cost you your
life.
For me
it costs an act of will –
no more – and yet how
hard it is for me to bend.
Remove the blinders from
my eyes
that I may see that it is you
whom I obey.
Lord, it is you

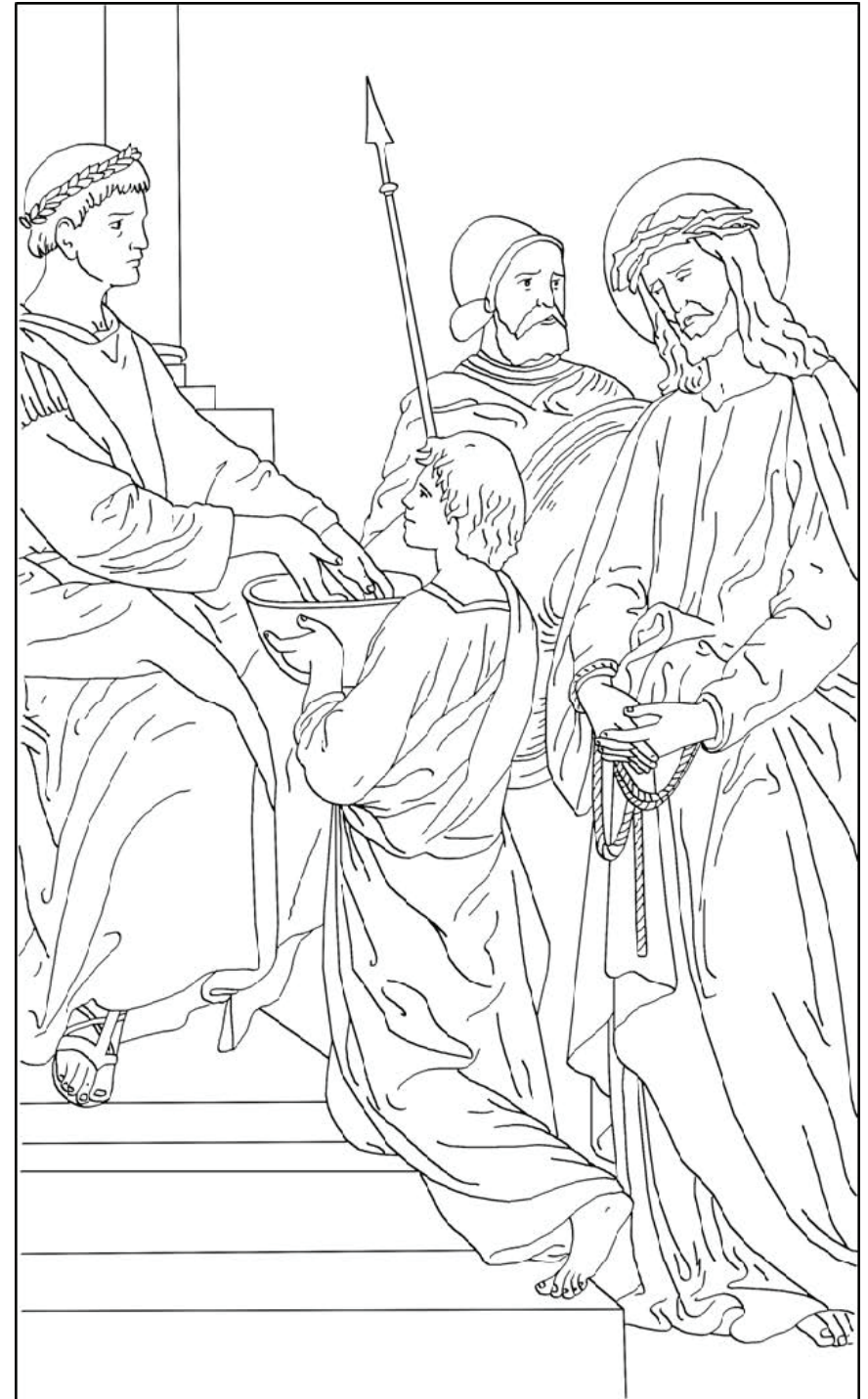


REFLECTION AND DISCUSSION

What injustices do you see in today's world? How can you stand up for those who need it?

How do you feel when you look at this picture and think about the bible verse you just read? Do you feel calm like Jesus? Or do you feel angry for Him? Has someone ever judged or condemned you? How did you feel?

Jesus knows that we sometimes find it hard to forgive people who judge or condemn us. Ask Jesus to give you strength and peace to forgive others when you have been treated badly.



FOR CHILDREN & FAMILIES

Find a string or a rope in your house to represent the rope used to tie up Jesus. Place your item in your Stations of the Cross space.



FAMILY ACTIVITY

Gather pieces of paper, a bowl and some writing utensils. Everyone should write down a person or situation that they need to forgive. Place all your pieces of paper in a bowl, and then pray together over the bowl and ask God to give each person help, strength and forgiveness.

STATION 2

JESUS CARRIES THE CROSS



SCRIPTURE READING

- John 19:17
- Luke 9:23

Christ Speaks:

This cross, this chunk of tree,
is what the world chose for
me.

The crosses you must bear
are largely products of your
daily life.

Take heart.

I will bear these burdens with
you.

I Reply:

My Jesus, Lord,

I take my daily cross.

I welcome the monotony
that often marks my day,
discomforts of all kinds,
the summer's heat, the
winter's cold,

my disappointments, tensions,
setbacks, cares.

Remind me often that in
carrying my cross,

I carry yours with you.

And though I bear a sliver
only of your cross,

You carry all of mine, except a
sliver, in return.



REFLECTION AND DISCUSSION

We all have had times in our lives when
we are burdened with sadness and
fear; at these times we are carrying a
cross just like Jesus did. Jesus models

how he'd like us to behave when we have a cross to
carry— 1) Trust that God will help us every step of the
way 2) Do not panic about the road ahead 3) Just
put one foot in front of the other and keep walking.

What burdens or struggles are you currently
carrying? Why do they feel like burdens?

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What can you do to turn your burdens into blessings?

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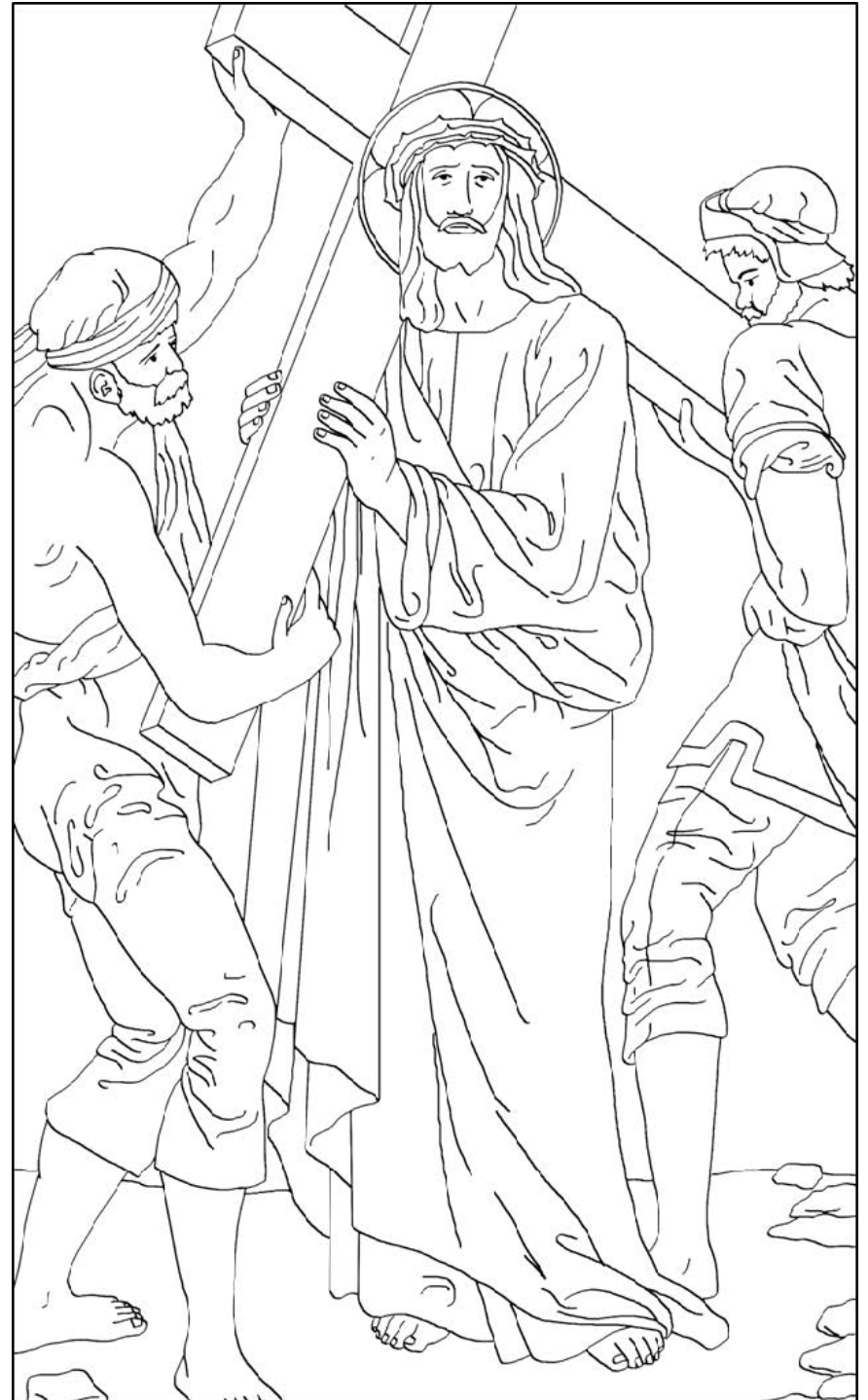
FOR CHILDREN & FAMILIES

Find a cross in your house that you can bring to
your space. If you don't have one, look for pictures
of crosses online that you can print out and put in
your Stations of the Cross space.



FAMILY ACTIVITY

Decide together what the heaviest thing in your house is
that you can safely lift. Take turns lifting it and
discussing how heavy it is. Discuss what would it
feel like to carry this thing on your shoulders as you
walk down the street with your neighbors watching.



STATION 3

JESUS FALLS



SCRIPTURE READING

• Isaiah 53:4-7

Christ Speaks:

This sixth step, my other self, is one that tests your will.

From this fall, learn to persevere in doing good.

The time will come when all your efforts seem to fail and you will think, "I can't go on."

Then turn to me, my heavy-laden one, and I will give you rest. Trust me and carry on.

I Reply:

Give me your courage, Lord. When failure presses heavily on me and I am desolate, stretch out your hand to lift me up.

I know I must not cease but persevere in doing good.

But help me, Lord, Alone there's nothing I can do. With you, I can do anything you ask.

I will.



REFLECTION AND DISCUSSION

Have you fallen down recently? How did it feel? What would you do if you saw Jesus fall down?

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In what ways do I fail?

How do I respond to my own failures?

Do I trust God enough to lay my failures before him?

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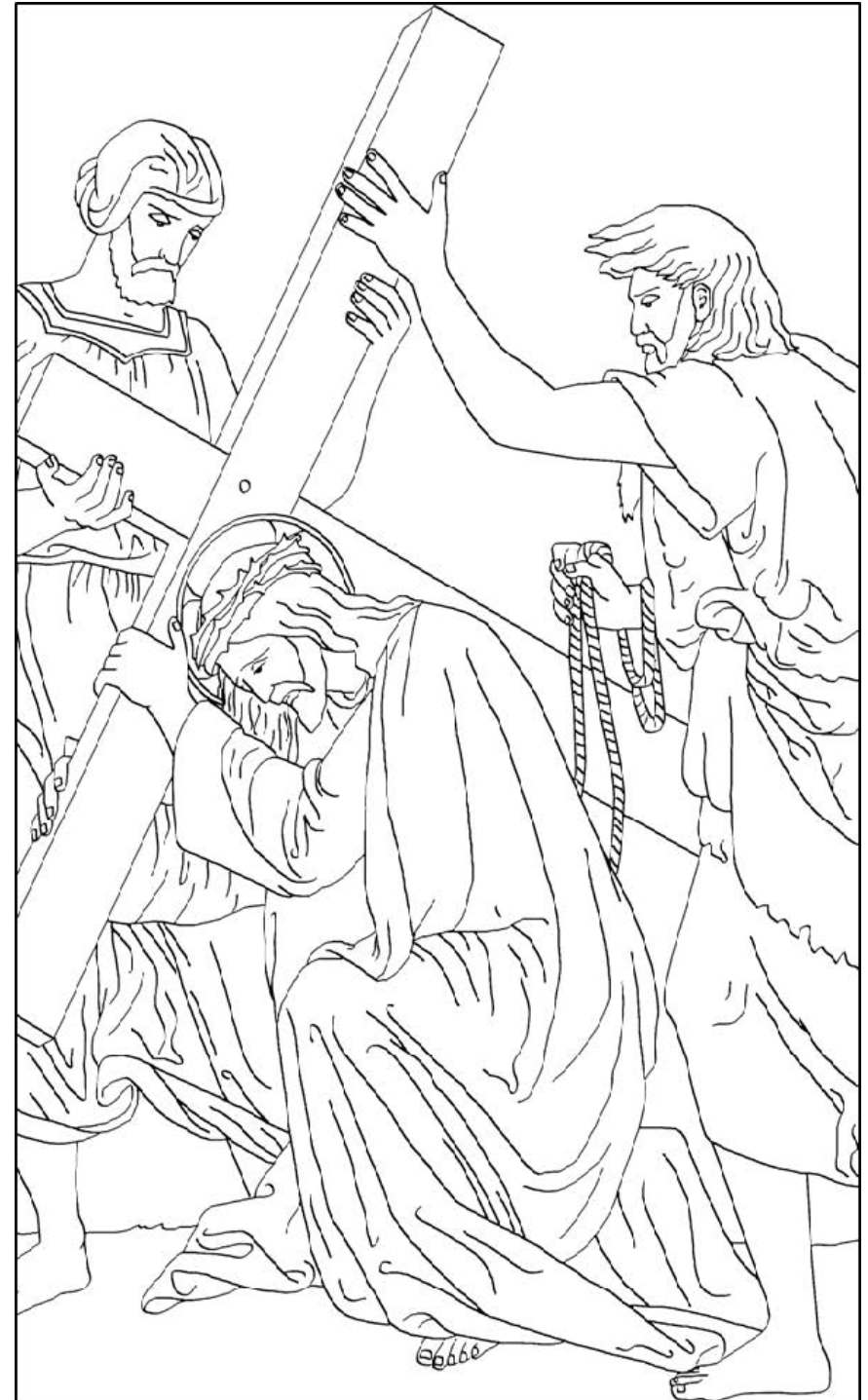
FOR CHILDREN & FAMILIES

As Jesus carried his cross, he more than likely stumbled and fell, which probably resulted in lots of cuts and scrapes. Find a Band-Aid to remind you of Jesus' suffering and put in your Stations of the Cross space.



FAMILY ACTIVITY

Take turns falling down and helping each other up. For older children/teens, talk about ways that people might fall down that is not physical (emotionally, spiritually, etc). Discuss how can you help people who have "fallen down" in other ways.



STATION 4

JESUS SEES HIS MOTHER



SCRIPTURE READING

• John 19:25-27

Christ Speaks:

My mother sees me
whipped.
She sees me kicked and
driven like a beast.
She counts my every
wound.
And her soul cries out in
agony.
She shares my suffering -
and I share hers.
We hide no pain, no sorrow,
from each other's eyes.

I Reply:

My Jesus, Lord, I know what
you are telling me.
To watch the pain of those
we love
is harder than to bear our
own.
To carry my cross after you,
I, too, must endure the
sufferings of my dear
ones -
the heartaches, sicknesses
and grief of those I love.
And I must let them watch
mine, too.
I do believe -
for those who love you,
you bring all things together
for the common good.



REFLECTION AND DISCUSSION

Why is it hard to share our sufferings
with each other?

When is the last time you felt sad? What did you do?
How can you help others who are sad?

Jesus knows sadness, has experienced sadness.
He's been comforted and comforted others.
In our lives we all have times of sorrow and grief,
Jesus will help us if we ask.

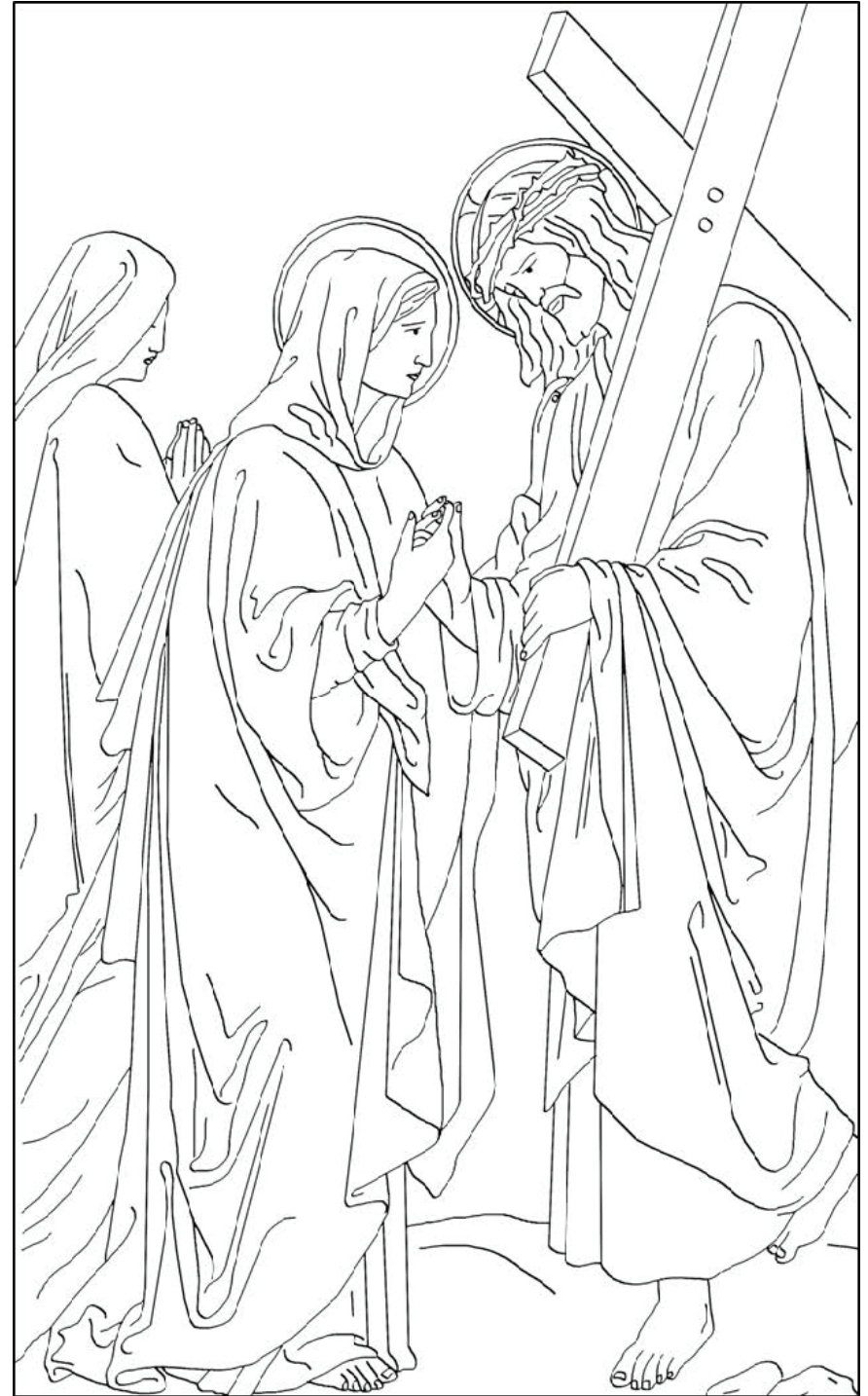
FOR CHILDREN & FAMILIES

In our church, we have a
special group of people
who makes Prayer Shawls
for those who are
experiencing sadness. You
may even have one in your
home! If you have one, go find it for you
Stations of the Cross space. If you don't have
a prayer shawl, find a beloved blanket that
you can put in your space.



FAMILY ACTIVITY

Take turns sharing what has made
you sad recently. Wrap your prayer
shawl or blanket around
each other and pray for
each other as you comfort
each other in your sadness.



STATION 5

SIMON CARRIES JESUS' CROSS



SCRIPTURE READING

- Matthew 27:32,
- Mark 15:21
- Luke 23:26

Christ Speaks:

My strength is gone;
I can no longer bear the
cross alone.
And so, the legionnaires
make Simon give me aid.
This Simon is like you, my
other self.
Give me your strength.
Each time you lift some
burden from another's
back,
you lift as with your very
hand
the cross's awful weight
that crushes me.

I Reply:

My strength is gone;
I can no longer bear the
cross alone.
And so, the legionnaires
make Simon give me aid.
This Simon is like you, my
other self.
Give me your strength.
Each time you lift some
burden from another's
back,
you lift as with your very
hand
the cross's awful weight
that crushes me.



REFLECTION AND DISCUSSION

What does it mean to truly ease
someone else's burden? What does
true kindness look like?

How do you think Simon felt carrying the cross for
Jesus? Have you ever had to ask for help? How did
it feel? When is the last time you helped someone?
How did it feel?

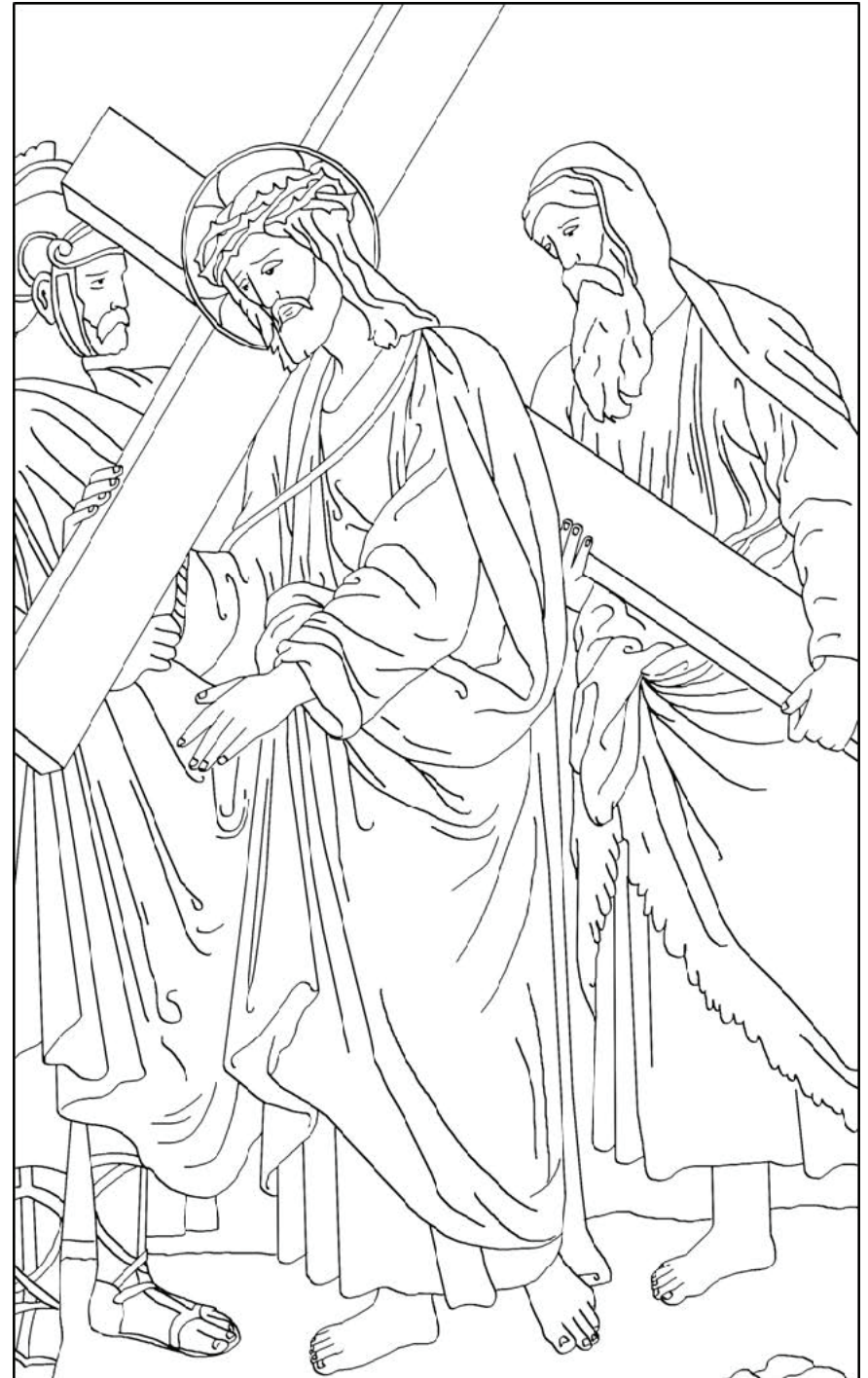
FOR CHILDREN & FAMILIES

Find or make any kind
of heart you have in your
house (or something that
has hearts on it) to put in
your Stations of the Cross
space to remind you of
Simon's servant heart.



FAMILY ACTIVITY

Each person should think of
someone they want to help. Write
the name of your person
and how you would like
to help them on an index
card or piece of paper. Find a spot like your
refrigerator or bulletin board where
everyone can display their cards to remind
you all to be like Simon.



STATION 6

JESUS SEES THE WOMAN CRYING



SCRIPTURE READING

• Luke 23:27-29

Christ Speaks:

How often had I longed
to take the children of
Jerusalem

and gather them to me like
a mother hen.

And now these women
weep for me
and my heart mourns for
them -

mourns for their sorrows
that will come.

I comfort those who seek to
solace me.

I Reply:

My Jesus, your compassion
in your passion is beyond
compare.

Lord, teach me, help me
learn.

When I would snap at those
who hurt me with their
ridicule,

those who misunderstand,
or hinder me with some
misguided helpfulness,
those who intrude upon my
privacy -

then help me curb my
tongue.

May gentleness become my
cloak.

Lord, make me kind like you.

Lord, never let me feel that
any sin of mine is greater
than your love.

No matter what my past has
been

I can begin anew.



REFLECTION AND DISCUSSION

How do you feel when you look at the
picture of Jesus with the women?

Have you ever felt this sad for
someone else? When you feel sad for
other people, what do you feel like doing?

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What makes God's compassion so hard to grasp?

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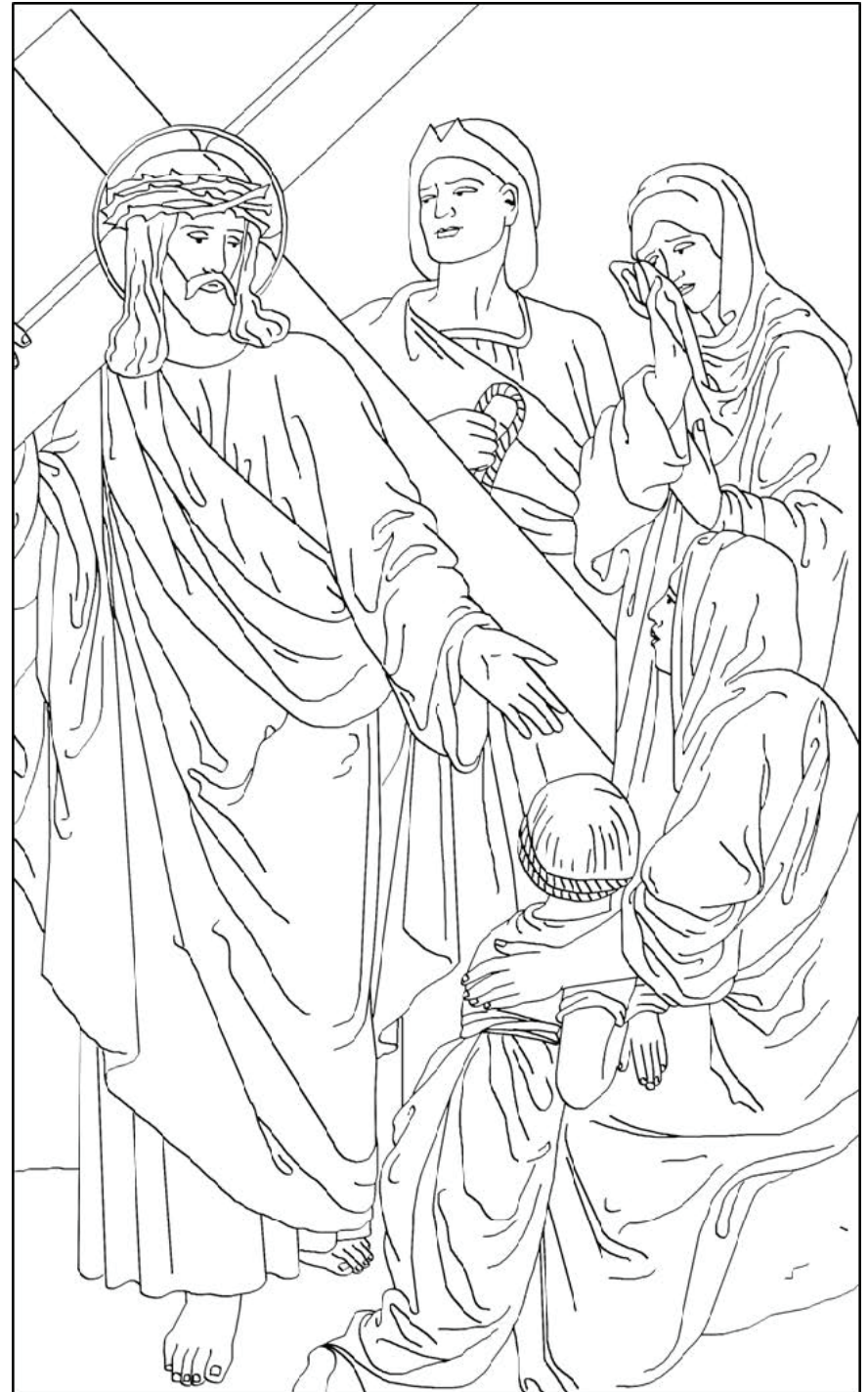
FOR CHILDREN & FAMILIES

Find a tissue (or box of
tissues) to remind you of
the women's tears. Place
your tissues in your
Stations of the Cross
Space.



FAMILY ACTIVITY

For most of us, our families are the
first place we learn how to support
other people when they
are sad. Give each person
in your family a hug to
show your care and support for them.



STATION 7

JESUS IS STRIPPED OF HIS GARMENTS



SCRIPTURE READING

- Matthew 27:35
- Mark 15:24

Christ Speaks:

Behold, the poorest king
who ever lived.

Before my creatures I stand
stripped.

The cross – my deathbed –
even this is not my own.

Yet who has ever been so
rich?

Possessing nothing, I own
all – my Father's love.

If you, too, would own
everything,
be not solicitous about your
food, your clothes your
life.

I Reply:

My Lord, I offer you my all –
whatever I possess, and
more, myself.

Detach me from the craving
for prestige, position,
wealth.

Root out of me all trace of
envy of my neighbor who
has more than I.

Release me from the vice of
pride,
my longing to exalt myself,
and lead me to the lowest
place.

May I be poor in spirit, Lord,
so that I can be rich in you.



REFLECTION AND DISCUSSION

Do you cling to your stuff? Your
clothes, electronics, gadgets or toys?
How would you feel if everything was
taken from you, or stripped away?

Does your stuff matter more than the people you
love the most? Why or why not? Are you jealous of
what other people have or are you able to
appreciate what you have?

What does it mean to be poor in Spirit?

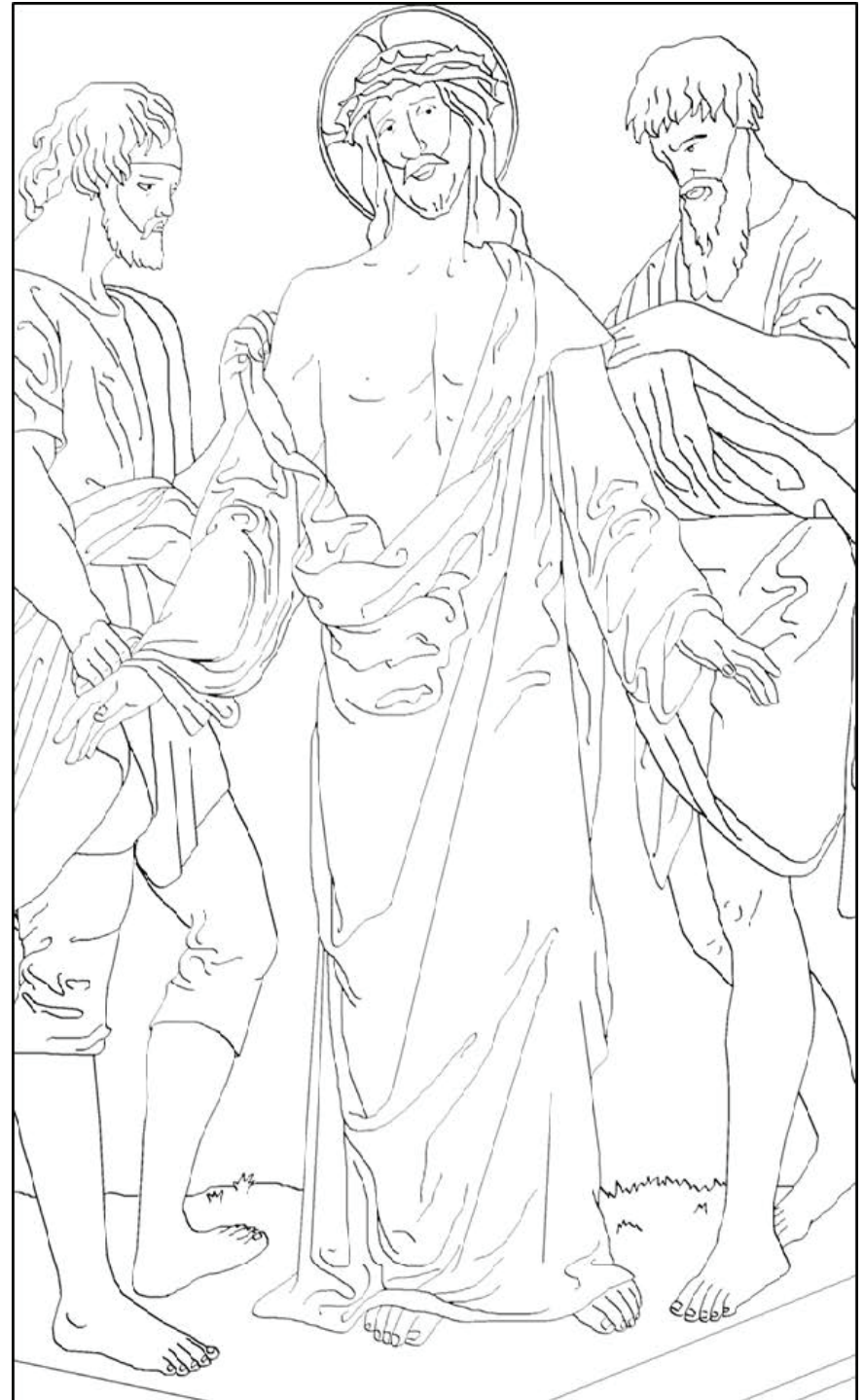
FOR CHILDREN & FAMILIES

Find things in your house
that you can donate. Place
all of the items in your
Stations of the Cross space.
Don't forget to donate
them when you can.



FAMILY ACTIVITY

What is one thing you would like to
sacrifice between now and Easter
morning? Write it on a
piece of paper and place
it somewhere that you will
be reminded of what you are willing to give
up. If you are making one family sacrifice,
write it somewhere everyone can see it.





SCRIPTURE READING

- Luke 23:32-34; 44-49,
- Matthew 27:50
- Mark 15:33-39
- John 19:30

Christ Speaks:

The cross becomes a pulpit now—

“Forgive them Father...

You will be with me in Paradise....

There is your mother....

There...your son....

I thirst

It is complete.”

To speak I have to raise myself by pressing on my wrists and feet,

and every move engulfs me in new waves of agony.

And then, when I have borne enough,

Have emptied my humanity, I let my mortal life depart.

I Reply:

My Jesus, God, what can I say or do?

I offer you my heart.

My God! My God! Forsake us not.

We know not what we do



REFLECTION AND DISCUSSION

Do you think Jesus was afraid to die?

Why or why not?

How do you feel knowing Jesus died for you?

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Jesus was obedient, even to death.

What can we even do in response to this?

Why is it hard to give our heart to God?

What holds us back?

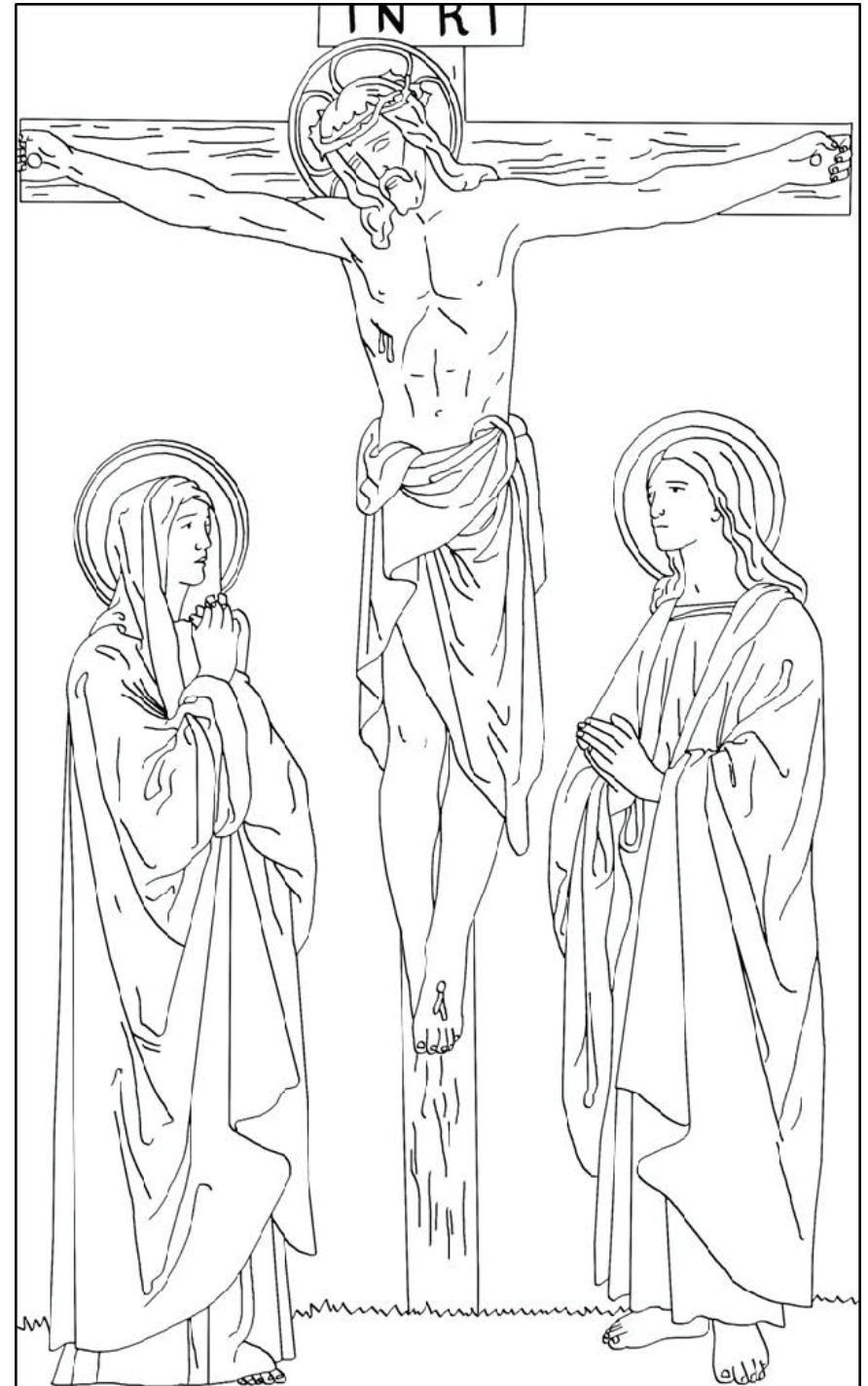
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FOR CHILDREN & FAMILIES

With the help of an adult, find a nail to remind you of what Jesus endured on the cross. Place your nail in your Stations of the Cross space.



FAMILY ACTIVITY

On a piece of paper, write a sin you have been struggling with a pencil. Then look up John 3:16. After you read this verse, erase your sin from your paper to help you remember that Jesus died to save us from our sins and give us eternal life. If you would like to do more, print out a John 3:16 coloring page or copy the verse on to your own page, poster, or bookmark that will always remind you of what Jesus did for you.

STATION 9

JESUS IS TAKEN DOWN FROM THE CROSS



SCRIPTURE READING

- Luke 23:50-53
- John 19:31-37

Christ Speaks:

The crucifixion is complete.
My mother still must cradle
in her arms the lifeless
body of the son she bore.
You, too, must part from
those you love one day,
And grief will come to you.

I Reply:

I beg you, Lord
Help me accept the partings
that must come –
From friends who go away,
my children leaving
home,
and most of all, my dear
ones when they are
reunited with God.
Grant them eternal joy.
Then, give me grace to
remember that
Nothing can separate us
from the love of God
found in Christ Jesus our
Lord.



REFLECTION AND DISCUSSION

Is there someone you have loved that
has died? How does it make you feel to
remember them?

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Share or write about the things you love about them
and tell God you miss them.

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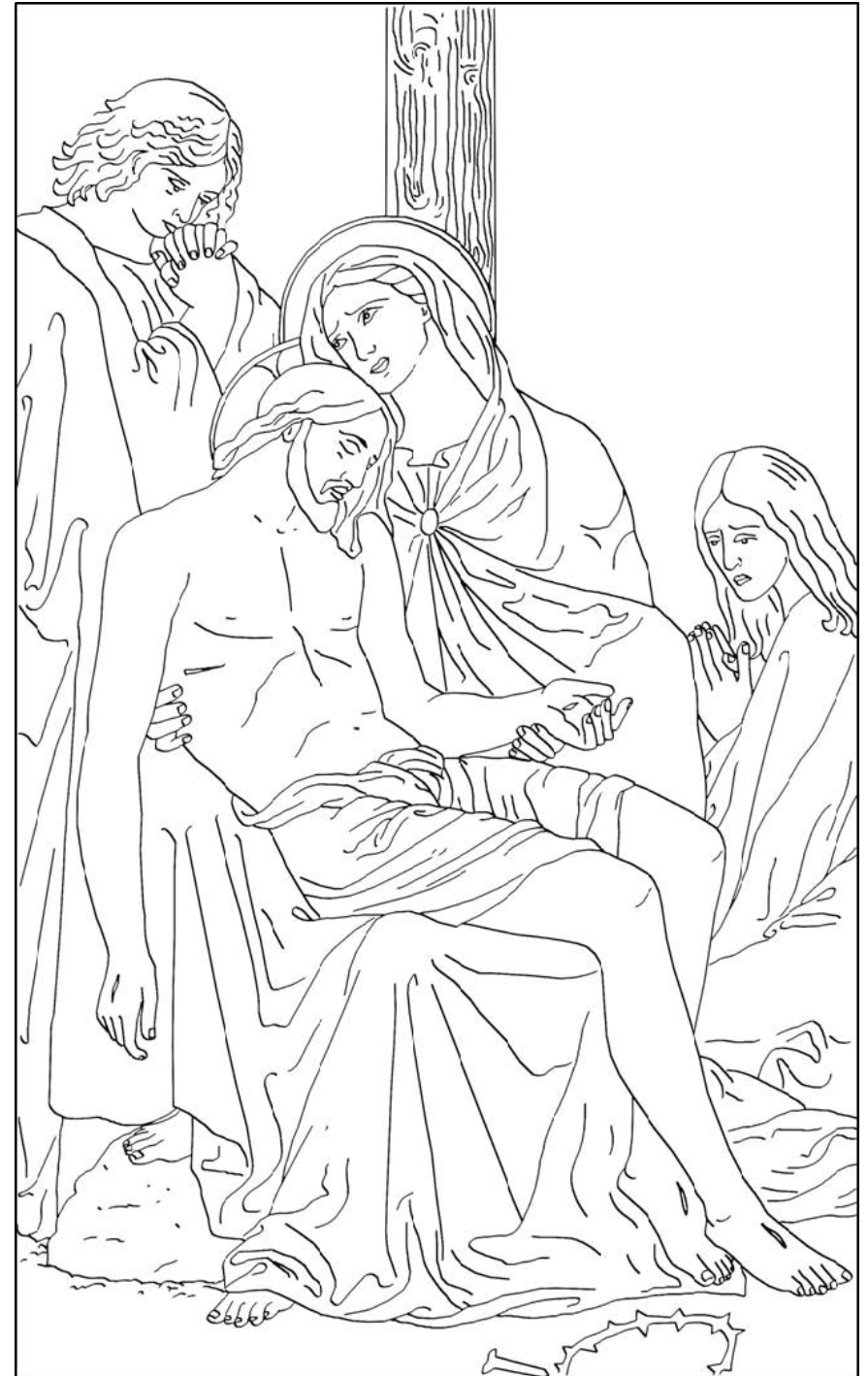
FOR CHILDREN & FAMILIES

Find a picture of a person or animal you have loved
that has passed away (you can also pull up a
picture on a phone or tablet if you don't have a
printed picture in your house). Place the picture in
your Stations of the Cross space.



FAMILY ACTIVITY

Use Google to search for a picture of Michelangelo's Pieta. This
famous sculpture shows Mary holding Jesus' body after Jesus
was taken down from the cross. Look closely at Mary's
face. What do you see? Use Playdough, Model Magic or
clay to make your own sculpture response to what you
read and heard today about Jesus' death.



STATION 10

JESUS IS BURIED



SCRIPTURE READING

- Matthew 27:57-61
- Mark 15:42-47
- John 19:38-42

Christ Speaks:

So ends my mortal life.
But now another life begins
for Mary,
and for Magdalene,
for Peter and for John,
and you.
My life's work is done.
My work within and through
my church must now
commence.
I look to you,
Day in, day out, from this
time forth, be my apostle -
my saint.

I Reply:

My Jesus, Lord,
You know my spirit is as
willing as my flesh is weak.
The teaching you could not
impart,
the sufferings you could not
bear,
the works of love you could
not do
in your short life on earth,
let me impart,
and bear and do through you.
I am your child, Lord.
Help me.

Make a **Resurrection Garden**
together. This is something
that will help
your children/
family
transition
from Good
Friday to



Easter Sunday. You can look
up instructions on the
internet or follow this
helpful blog post:
[www.farmwifecrafts.com/
resurrection-garden/](http://www.farmwifecrafts.com/resurrection-garden/)



REFLECTION AND DISCUSSION

How does it feel to say goodbye to
someone? How does it feel to be
separated from someone you loved?
What do you think it felt like for the
people there who loved Jesus to be separated
from Him? What do you think it was like in the
tomb they placed Jesus in?

Do you truly believe Jesus lives through you? If so,
what does that belief motivate you to do? What
calling do you feel that God might be placing on
your life?

FOR CHILDREN & FAMILIES

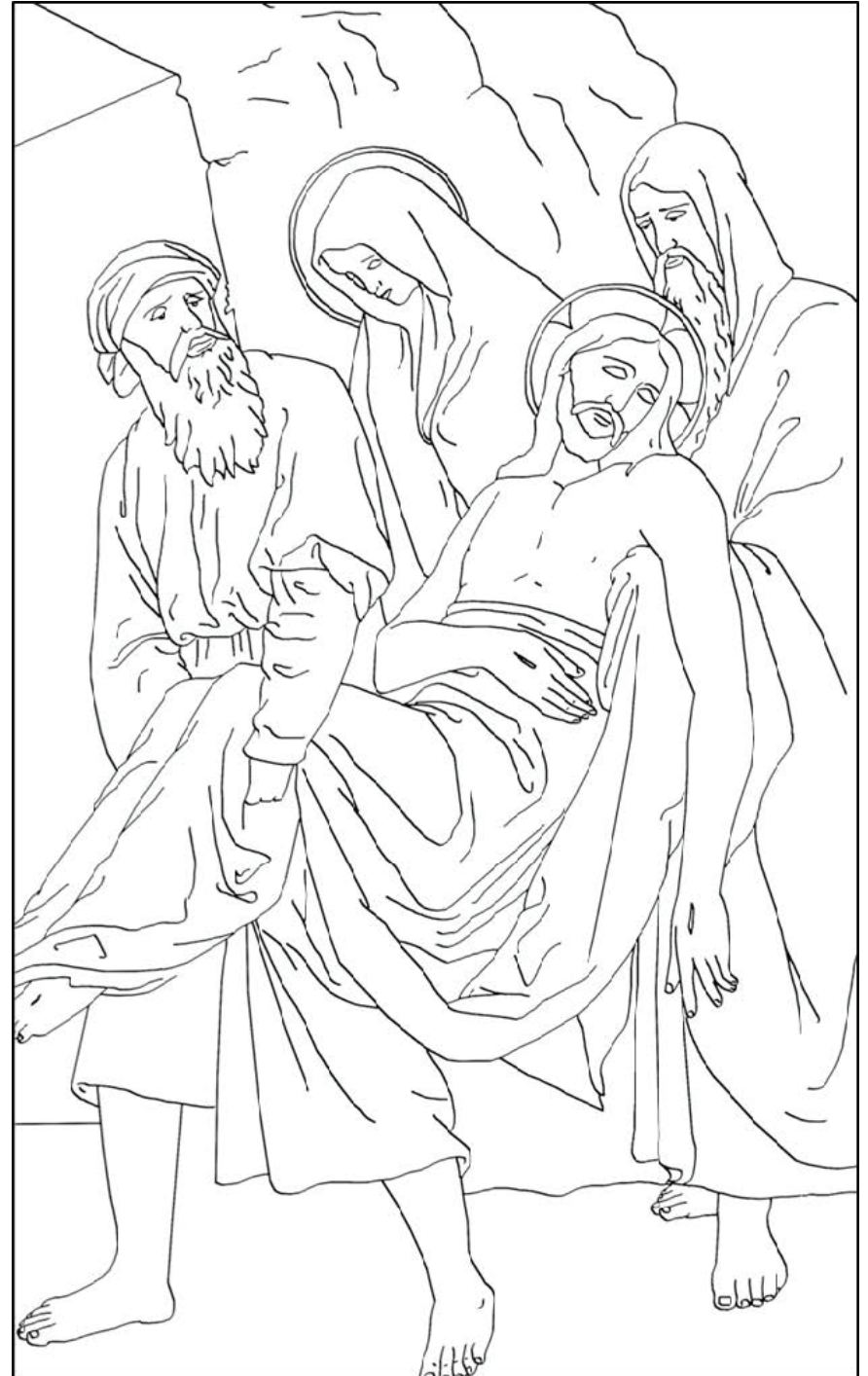
Go outside and find a rock to
remind you of the rock that
closed the entrance to Jesus'
tomb. Place the rock in your
Stations of the Cross space



If you have a candle in your Stations of the Cross
space, have someone blow it out. If you do not
have a candle, turn out the lights so
that you are in the darkness. Sit in the
darkness for a few
minutes, even if it feels
uncomfortable. Pray a
prayer together.



FAMILY ACTIVITY



Use this page to write a prayer, reflection, or anything that God has placed on your heart inside the cross. Whatever day you finish your journey to the cross, use the remaining time of Holy Week to reflect on the readings, questions and activities that have brought us closer to Jesus.

