

THE JOURNEY OF JESUS TO THE CROSS

How to Use:

As you continue Holy Week and enter into Good Friday, we encourage you to take a moment to reflect on Jesus's journey to the cross through a guided Stations of the Cross.

Read the scripture aloud.

Reflect personally, as a family, or as a group.

Close each reflection with a prayer.

This is a sacred time in our faith and we pray that you will be transformed in this experience.

Station 1: Jesus is Condemned

Scripture: Luke 23:22–24

Reflection:

Jesus, though innocent, is condemned. The crowd chooses convenience over truth.

Consider:

Where do I stay silent when I should stand for what's right?

Prayer:

Lord, give me courage to stand for truth, even when it's unpopular. Help me to live with integrity. Amen.

Station 2: Jesus carries his Cross

Scripture: John 19:16–17

Reflection:

Jesus willingly carries the weight of the cross—the burden meant for us.

Consider:

What crosses am I being asked to carry? Am I trusting God with them?

Prayer:

Jesus, help me carry what You've given me with faith and surrender. Remind me You are with me. Amen.

Station 3: Jesus falls the first time

Scripture: Isaiah 53:4–5

Reflection:

The weight is crushing. Jesus stumbles under the burden.

Consider:

How do I respond when I fall spiritually, emotionally, or physically?

Prayer:

God, when I fall, remind me that Your grace lifts me. Help me get back up again. Amen.

Station 4: Jesus Meets His Mother

Scripture: Luke 2:34–35

Reflection:

A moment of deep sorrow—Mary witnesses her son's suffering.

Consider:

Who around me is hurting? How can I show compassion?

Prayer:

Lord, soften my heart to the pain of others. Help me to be present and loving. Amen.

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Station 5: Simon helps carry the Cross

Scripture: Luke 23:26

Reflection:

Simon is pulled in unexpectedly to help carry the burden.

Consider:

Am I willing to help others, even when it's inconvenient?

Prayer:

Jesus, make me aware of opportunities to serve. Help me carry others' burdens with love. Amen.

Station 6: Jesus demonstrates compassion

Scripture: Matthew 25:37-40

Reflection:

A simple act of kindness in the middle of suffering.

Consider:

What small act of love can I offer today?

Prayer:

Lord, use me in simple ways to reflect Your love to others. Amen.

Station 7: Jesus falls the second time

Scripture: Psalm 34:18

Reflection:

The journey grows harder. Jesus falls again.

Consider:

Where am I feeling discouraged or worn down?

Prayer:

God, meet me in my weakness. Give me strength to keep going. Amen.

Station 8: Jesus speaks to the women

Scripture: Luke 23:27-28

Reflection:

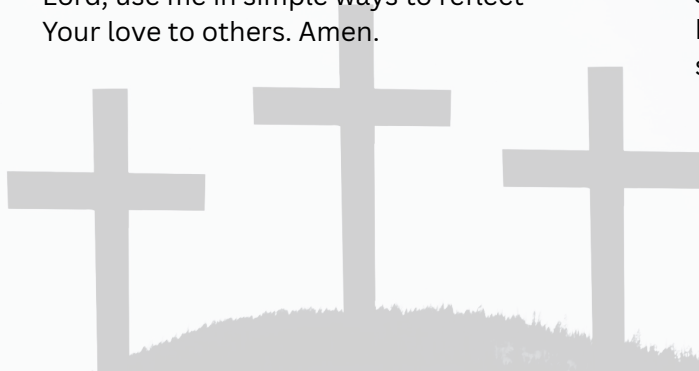
Even in suffering, Jesus turns His attention to others.

Consider:

Am I focused on my struggles, or do I see others?

Prayer:

Jesus, help me have compassion beyond myself, even in difficult seasons. Amen.



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Station 9: Jesus falls the third time

Scripture: 2 Corinthians 12:9

Reflection:

Exhaustion sets in. Yet Jesus continues.

Consider:

What keeps me going when I feel like giving up?

Prayer:

Lord, Your grace is enough. Strengthen me to endure and trust You fully. Amen.

Station 11: Jesus is crucified

Scripture: Luke 23:33–34

Reflection:

Jesus is nailed to the cross—and still offers forgiveness.

Consider:

Who do I need to forgive?

Prayer:

Jesus, teach me to forgive as You have forgiven me. Amen.

Station 10: Jesus is stripped

Scripture: Matthew 27:28

Reflection:

Jesus is humiliated and stripped of dignity.

Consider:

Where do I find my identity—appearance, approval, or Christ?

Prayer:

God, remind me that my worth is found in You alone. Amen.

Station 12: Jesus dies on the Cross

Scripture: Luke 23:44–46

Reflection:

“It is finished.” The ultimate sacrifice is made.

Consider:

Do I truly live in the freedom of what Jesus has done?

Prayer:

Thank You, Jesus, for Your sacrifice. Help me live a life that honors You. Amen.



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Station 13: Jesus is taken down

Scripture: John 19:38

Reflection:

Jesus' body is removed. Grief and silence fill the moment.

Consider:

How do I sit with grief and loss?

Prayer:

Lord, be near in seasons of sorrow. Comfort me with Your presence. Amen.

Closing Prayer

Lord Jesus,
Thank You for walking the road to the cross for me.

Help me to remember Your sacrifice, live in Your grace, and follow You with my whole life.

Amen.

Station 14: Jesus is laid in the tomb

Scripture: Luke 23:22-24

Reflection:

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Consider:

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Prayer:

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