



THE JOURNEY

An abstract exploration of Jesus' Journey towards the Cross

Use

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Welcome

Welcome to this journey through the Stations of the Cross.

This Stations of the Cross was designed in a post pandemic setting.

The abstract nature of the images with colour and lines was intentional as a way to offer an imaginative entry point into exploring the feelings and narrative of the journey Jesus takes towards the Cross and Crucifixion.

May this be a gentle place of reflection and engagement that helps to deepen your own Spiritual journey drawing you closer to God who is Holy One, Holy Three, through Jesus Christ in this time.

Blessings.

Amanda

ANXIETY

Jesus in the Garden of Gethsemane

Read

Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"

Reflect

In the quiet of the garden, Jesus grappled with the weight of his impending sacrifice, experiencing the rawness of human anxiety.

The COVID-19 pandemic has caused widespread anxiety as people grapple with uncertainties about their health, livelihoods, and the future. The meditation here revolves around finding peace and strength through faith amidst the chaos, trusting in God's guidance even in the face of uncertainty.

When faced with uncertainty or fear, do I turn to prayer and trust in God's plan, as Jesus did?

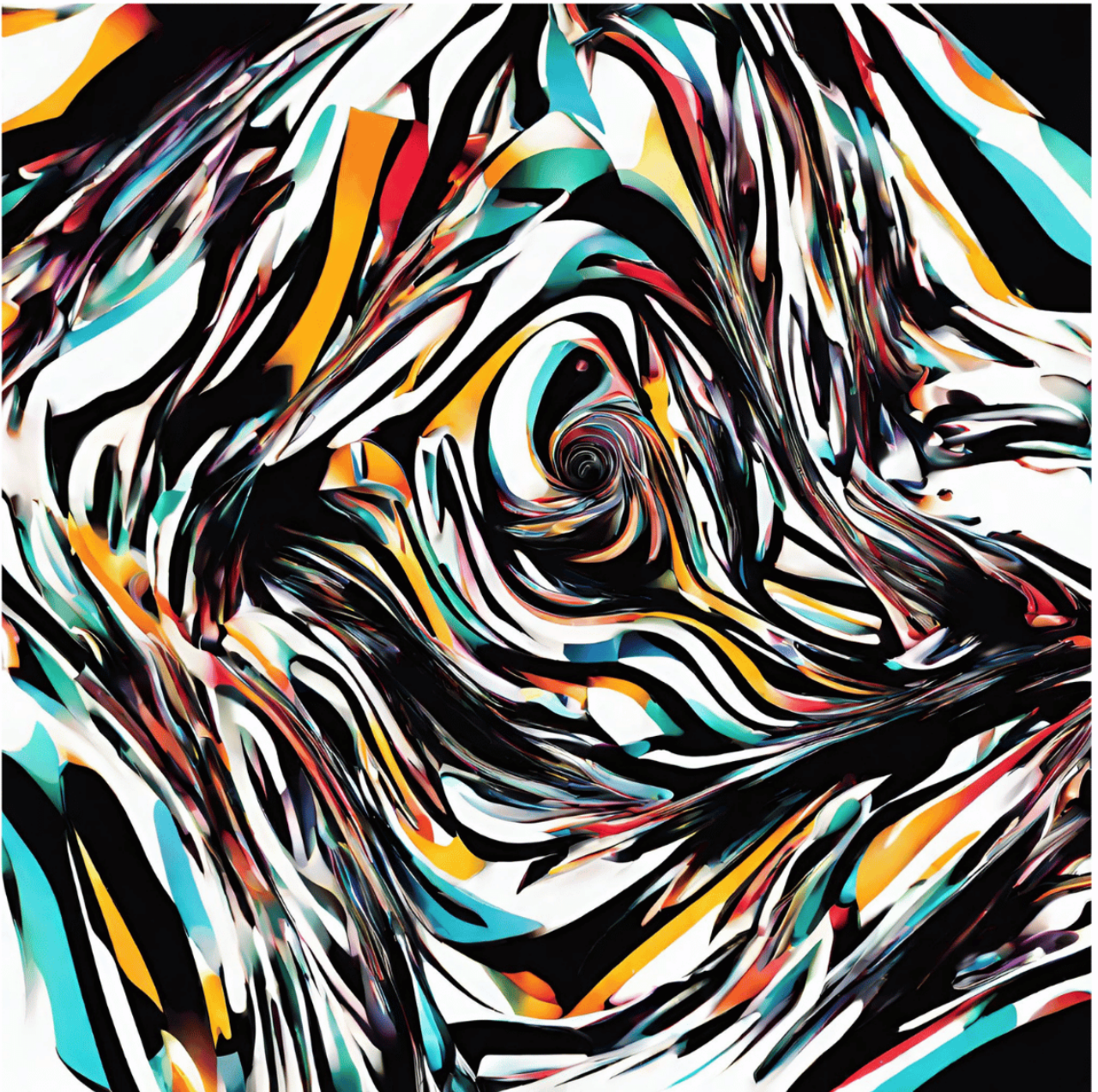
Respond

Lord, grant me the strength to surrender my anxieties to You, trusting in Your guiding hand even in the darkest hours.

STATION 1

ANXIETY

Jesus in the Garden of Gethsemane



MATTHEW 26: 36-41

BETRAYAL

Jesus is betrayed by Judas and is arrested

Read

And immediately, even as Jesus said this, Judas, one of the twelve disciples, arrived with a crowd of men armed with swords and clubs. They had been sent by the leading priests, the teachers of religious law, and the elders. The traitor, Judas, had given them a prearranged signal: "You will know which one to arrest when I greet him with a kiss. Then you can take him away under guard." As soon as they arrived, Judas walked up to Jesus. "Rabbi!" he exclaimed, and gave him the kiss. Then the others grabbed Jesus and arrested him.

Reflect

Jesus faced the sting of betrayal from one he considered a friend, highlighting the pain of broken trust.

Instances of political betrayal, where leaders prioritize personal gain over the well-being of their constituents, evoke feelings of betrayal among citizens. The meditation prompts reflection on the importance of integrity and trustworthiness in leadership and personal relationships.

Am I mindful of the trust others place in me, and do I honor it with integrity and loyalty?

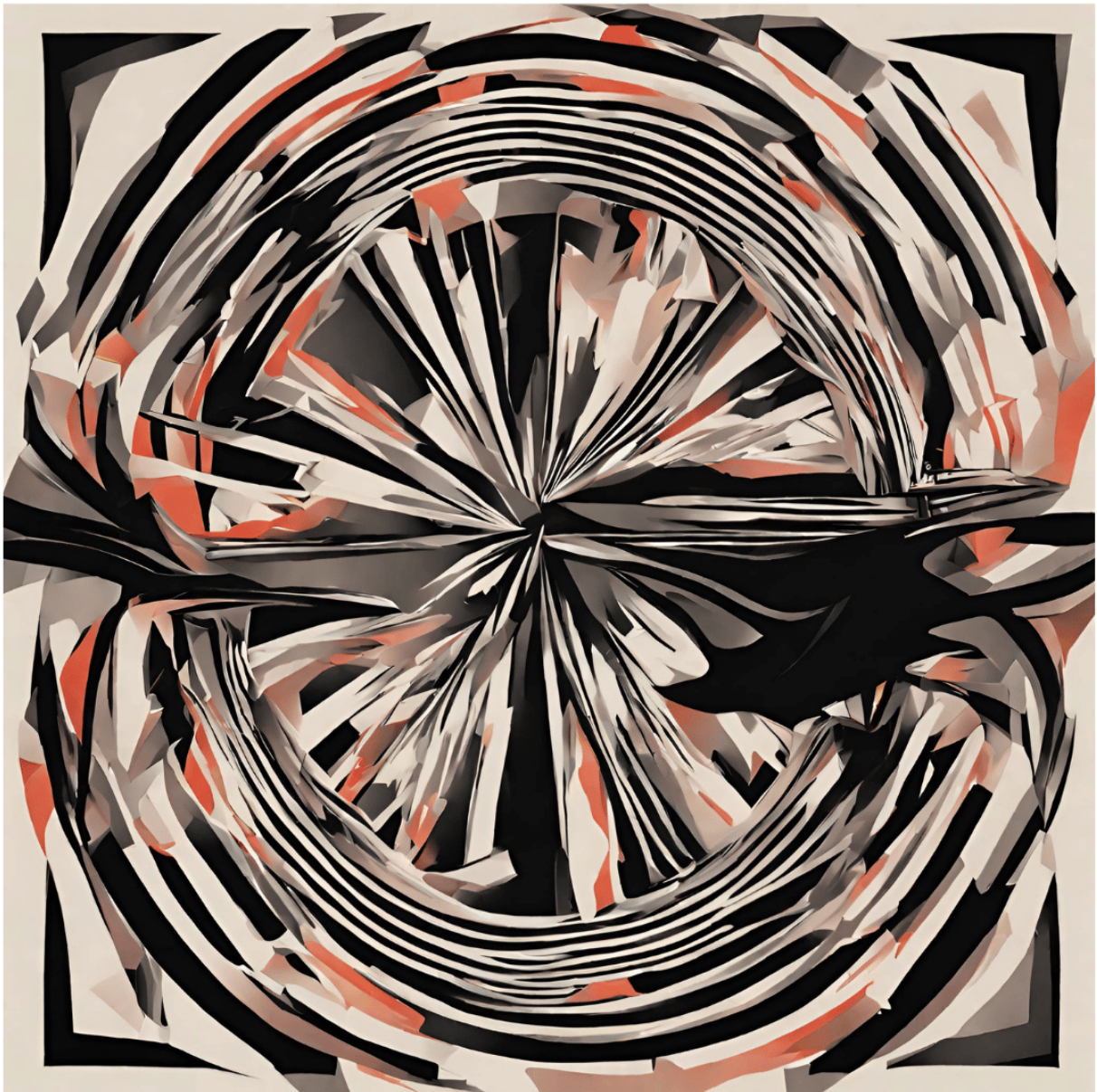
Respond

Help me, Lord, to be faithful and true in my relationships, guarding against actions or words that may betray the trust of those around me.

STATION 2

BETRAYAL

Jesus is betrayed by Judas and is arrested



MARK 14:43-46

INJUSTICE

Jesus is condemned by the Sanhedrin

Read

At daybreak all the elders of the people assembled, including the leading priests and the teachers of religious law. Jesus was led before this high council, and they said, "Tell us, are you the Messiah?" But he replied, "If I tell you, you won't believe me. And if I ask you a question, you won't answer. But from now on the Son of Man will be seated in the place of power at God's right hand." They all shouted, "So, are you claiming to be the Son of God?" And he replied, "You say that I am." "Why do we need other witnesses?" they said. "We ourselves heard him say it."

Reflect

In the face of unjust condemnation, Jesus stood silent, bearing the weight of a flawed human system.

Global movements like Black Lives Matter highlight systemic injustices, such as racial discrimination and police brutality. The meditation encourages standing up against injustice, advocating for equality, and working towards systemic change for a more just society.

How do I respond to injustice in the world, and am I willing to stand up for what is right even when it is difficult?

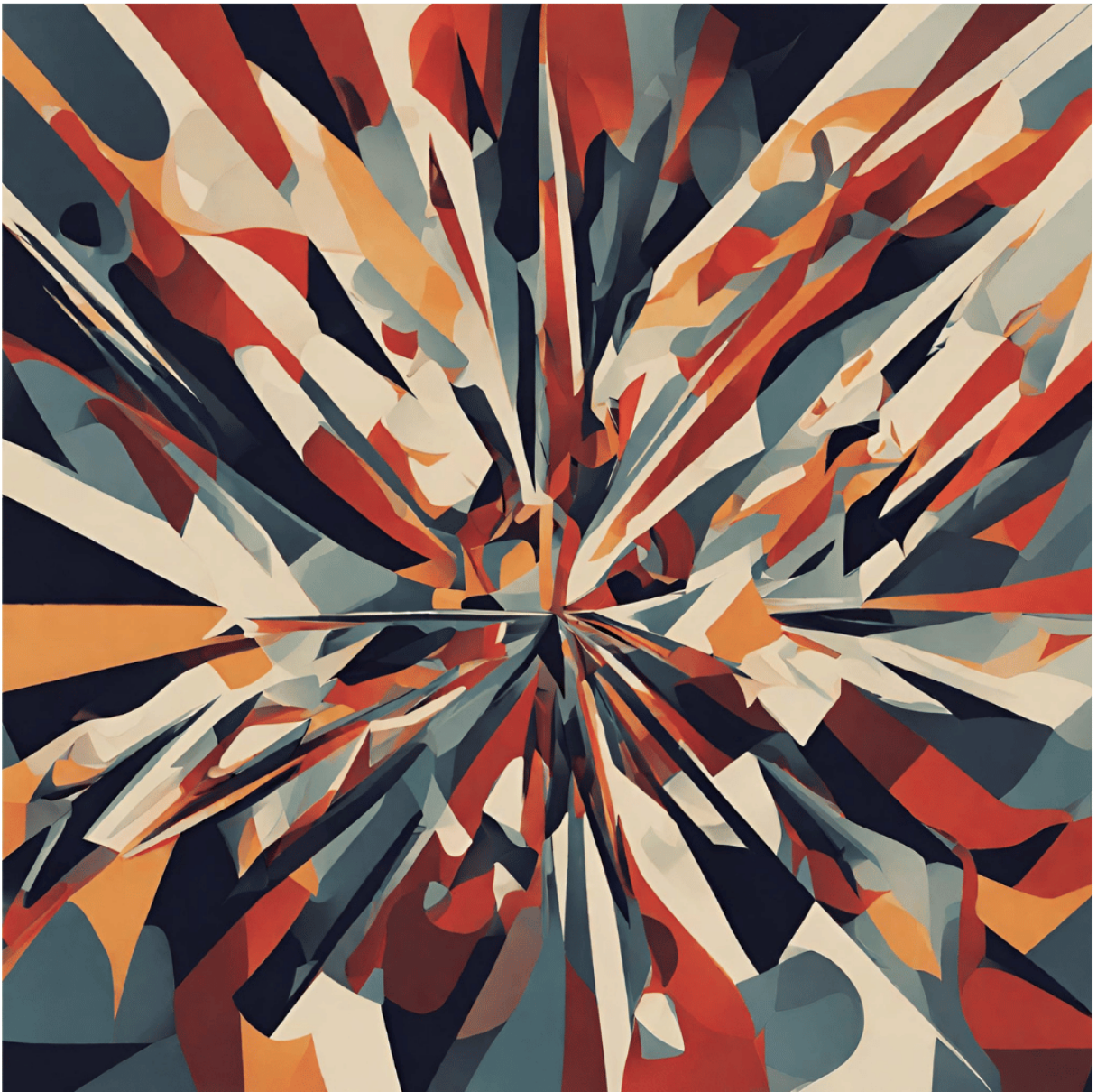
Respond

Grant me the courage, O God, to speak out against injustice and work towards a world where all are treated with fairness and dignity.

STATION 3

INJUSTICE

Jesus is condemned by the Sanhedrin



LUKE 22: 66-71

DISAPPOINTMENT

Peter denies Jesus

Read

Meanwhile, Peter was sitting outside in the courtyard. A servant girl came over and said to him, "You were one of those with Jesus the Galilean."

But Peter denied it in front of everyone. "I don't know what you're talking about," he said. Later, out by the gate, another servant girl noticed him and said to those standing around, "This man was with Jesus of Nazareth."

Again Peter denied it, this time with an oath. "I don't even know the man," he said.

A little later some of the other bystanders came over to Peter and said, "You must be one of them; we can tell by your Galilean accent."

Peter swore, "A curse on me if I'm lying—I don't know the man!" And immediately the rooster crowed.

Suddenly, Jesus' words flashed through Peter's mind: "Before the rooster crows, you will deny three times that you even know me." And he went away, weeping bitterly.

Reflect

Peter's denial pierced Jesus' heart, revealing the pain of human disappointment, even from those closest to us.

Climate change conferences often end in disappointment as world leaders fail to reach significant agreements to combat environmental degradation. The meditation focuses on resilience, acknowledging disappointment while remaining committed to environmental stewardship and sustainable practices.

Have I ever denied my faith or turned away from Jesus in moments of weakness or fear?

Respond

Lord, forgive me for the times I have faltered in my faith, and strengthen me to remain steadfast in my commitment to You.

STATION 4

DISAPPOINTMENT

Peter denies Jesus



MATTHEW 26: 69-75

INDECISION

Jesus is judged by Pontius Pilate

Read

Very early in the morning the leading priests, the elders, and the teachers of religious law—the entire high council—met to discuss their next step. They bound Jesus, led him away, and took him to Pilate, the Roman governor.

Pilate asked Jesus, “Are you the king of the Jews?”

Jesus replied, “You have said it.”

Then the leading priests kept accusing him of many crimes, and Pilate asked him, “Aren’t you going to answer them? What about all these charges they are bringing against you?” But Jesus said nothing, much to Pilate’s surprise...

...So to pacify the crowd, Pilate released Barabbas to them. He ordered Jesus flogged with a lead-tipped whip, then turned him over to the Roman soldiers to be crucified.

Reflect

Pilate's indecision mirrors our own struggle to make difficult choices, often swayed by external pressures.

The refugee crisis presents policymakers with difficult decisions regarding immigration policies and humanitarian aid allocation. The meditation urges leaders to act decisively with compassion, prioritizing the well-being of displaced individuals and families.

In what areas of my life am I avoiding making decisions, and what steps can I take to act with courage and conviction?

Respond

Grant me clarity and wisdom, O Lord, to discern Your will and the courage to follow it, even when it is not easy.

STATION 5

INDECISION

Jesus is judged by Pontius Pilate



MARK 15: 1-5, 15

SUFFERING

Jesus is scourged and crowned with thorns

Read

Then Pilate had Jesus flogged with a lead-tipped whip. The soldiers wove a crown of thorns and put it on his head, and they put a purple robe on him. "Hail! King of the Jews!" they mocked, as they slapped him across the face.

Reflect

Jesus endured physical agony and humiliation, bearing the weight of humanity's sin upon his bruised and battered body.

Humanitarian crises, such as conflicts and natural disasters, lead to immense suffering among affected populations. The meditation centers on solidarity and empathy, calling for collective efforts to alleviate suffering through humanitarian aid and support.

How do I respond to the suffering of others, and do I strive to alleviate their pain with compassion and empathy?

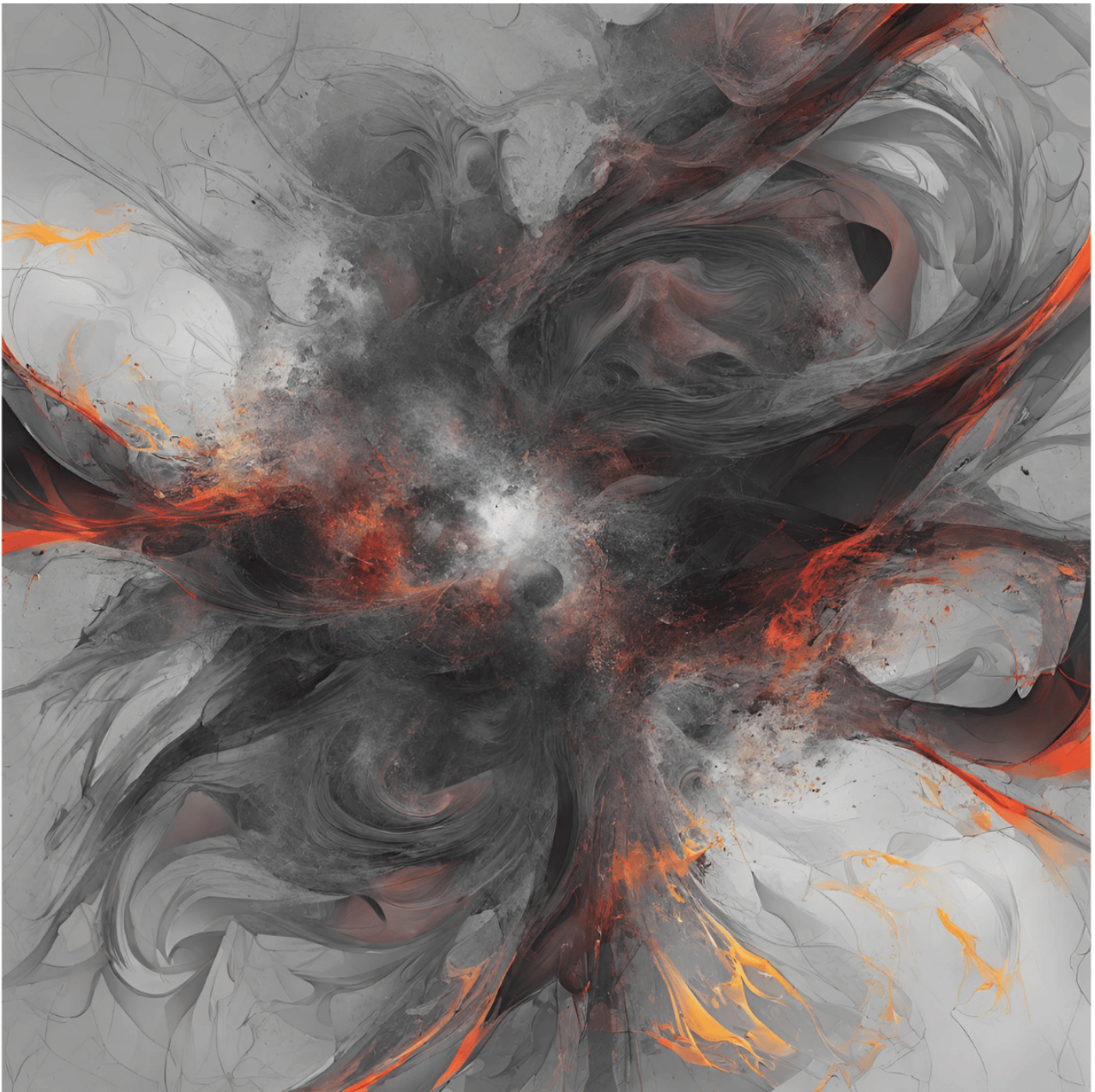
Respond

May I never forget the depth of Your sacrifice, O Christ, and may Your love inspire me to reach out with compassion to those who are hurting.

STATION 5

SUFFERING

Jesus is scourged and crowned with thorns



MARK 15: 1-5, 15

BURDEN

Jesus bears the cross

Read

When they saw him, the leading priests and Temple guards began shouting, "Crucify him! Crucify him!"

"Take him yourselves and crucify him," Pilate said. "I find him not guilty."

"Away with him," they yelled.

"Away with him! Crucify him!"

"What? Crucify your king?"

Pilate asked.

"We have no king but Caesar," the leading priests shouted back.

Then Pilate turned Jesus over to them to be crucified.

The Crucifixion

So they took Jesus away.

Carrying the cross by himself, he went to the place called Place of the Skull (in Hebrew, Golgotha).

Reflect

The weight of the cross symbolizes the burdens we carry in life, both physical and spiritual.

Economic disparities exacerbate the burden on marginalized communities, particularly during times of economic downturns or recessions. The meditation emphasizes the importance of equitable distribution of resources and opportunities to lighten the burden on those most affected by poverty and inequality.

What burdens am I carrying that I need to surrender to Jesus, trusting in His strength to sustain me?

Respond

Help me, Lord, to lay down my burdens at the foot of the cross, finding rest and renewal in Your grace and mercy.

STATION >

BURDEN

Jesus bears the cross



JOHN 19:6, 15-17

SOLIDARITY

Simon the Cyrene carries the cross

Read

A passerby named Simon, who was from Cyrene, was coming in from the countryside just then, and the soldiers forced him to carry Jesus' cross. (Simon was the father of Alexander and Rufus.)

Reflect

Simon's act of compassion reminds us of the importance of reaching out to others in their time of need.

Global initiatives like vaccination campaigns in underdeveloped regions demonstrate the power of compassion and solidarity in addressing public health challenges. The meditation celebrates acts of kindness and generosity, encouraging individuals to extend compassion to those in need.

How can I extend a helping hand to those who are struggling or burdened, demonstrating Christ's love through acts of kindness and compassion?

Respond

Open my eyes, O God, to the opportunities around me to show love and compassion to those in need, following the example of Your Son, Jesus Christ.

STATION 8

SOLIDARITY

Simon the Cyrene carries the cross



MARK 15:21

COMPASSION

Jesus meets the women of Jerusalem

Read

A large crowd trailed behind, including many grief-stricken women. But Jesus turned and said to them, "Daughters of Jerusalem, don't weep for me, but weep for yourselves and for your children. For the days are coming when they will say, 'Fortunate indeed are the women who are childless, the wombs that have not borne a child and the breasts that have never nursed.' People will beg the mountains, 'Fall on us,' and plead with the hills, 'Bury us.' For if these things are done when the tree is green, what will happen when it is dry?"

Reflect

Jesus' encounter with the women of Jerusalem reflects His deep compassion for those who suffer, even in the midst of His own pain.

Grassroots movements advocating for women's rights and gender equality highlight the importance of empathy and support for marginalized communities. The meditation calls for continued efforts to uplift and empower women worldwide.

Am I attentive to the needs of others, particularly those who are marginalized or oppressed?

Respond

Fill me with Your compassion, O Lord, that I may reach out to those who are hurting and offer them comfort and hope in Your name.

STATION 9

COMPASSION

Jesus meets the women of Jerusalem



LUKE 23: 27-31

AGONY

Jesus is crucified

Read

When they came to a place called The Skull, they nailed him to the cross. And the criminals were also crucified—one on his right and one on his left. Jesus said, “Father, forgive them, for they don’t know what they are doing.” And the soldiers gambled for his clothes by throwing dice.

Reflect

As Jesus hung upon the cross, He experienced excruciating physical pain and the agony of separation from God.

Civil unrest and political oppression in authoritarian regimes result in the agony of those fighting for freedom and democracy. The meditation reflects on the courage and resilience of activists striving for justice and human rights in the face of adversity.

How does the reality of Jesus' suffering and death impact my understanding of God's love and mercy?

Respond

Lord, help me to comprehend the depth of Your sacrifice on the cross and to respond with gratitude and devotion to Your boundless love.

STATION 10

AGONY

Jesus is crucified



LUKE 23: 33-34

REDEMPTION

Jesus promises his kingdom to the thief

Read

One of the criminals hanging beside him scoffed, "So you're the Messiah, are you? Prove it by saving yourself—and us, too, while you're at it!"

But the other criminal protested, "Don't you fear God even when you have been sentenced to die? We deserve to die for our crimes, but this man hasn't done anything wrong." Then he said, "Jesus, remember me when you come into your Kingdom."

And Jesus replied, "I assure you, today you will be with me in paradise."

Reflect

In the midst of His suffering, Jesus offers the promise of redemption to the repentant thief, demonstrating His power to transform even the most broken of lives.

Rehabilitation programs for incarcerated individuals offer opportunities for redemption and transformation. The meditation underscores the value of second chances and the potential for positive change, both individually and within society.

Do I believe in the possibility of redemption for myself and others, regardless of past mistakes or shortcomings?

Respond

Thank You, Lord, for Your promise of redemption and forgiveness. Grant me the grace to turn towards You in repentance and trust in Your mercy.

STATION 11

REDEMPTION

Jesus promises his kingdom to the thief



LUKE 23:39-43

LOVE

Jesus speaks with his mother and the beloved disciple

Read

Standing near the cross were Jesus' mother, and his mother's sister, Mary (the wife of Clopas), and Mary Magdalene. When Jesus saw his mother standing there beside the disciple he loved, he said to her, "Dear woman, here is your son." And he said to this disciple, "Here is your mother." And from then on this disciple took her into his home.

Reflect

Jesus' tender words to His mother and the beloved disciple reveal the depth of His love and concern for those He cherished.

Community-led initiatives promoting inclusivity and acceptance foster a culture of love and belonging for marginalized groups, such as LGBTQ+ individuals. The meditation celebrates love in all its forms and advocates for respect and dignity for every individual.

How do I demonstrate love and care for those closest to me, following Jesus' example of compassion and selflessness?

Respond

Help me, O Lord, to love others as You have loved me, showing kindness, understanding, and grace in all my relationships.

LOVE

Jesus speaks with his mother and the beloved disciple



JOHN 19:25-27

SACRIFICE

Jesus dies on the cross

Read

By this time it was about noon, and darkness fell across the whole land until three o'clock. The light from the sun was gone. And suddenly, the curtain in the sanctuary of the Temple was torn down the middle. Then Jesus shouted, "Father, I entrust my spirit into your hands!" And with those words he breathed his last.

Reflect

Jesus' sacrificial death on the cross is the ultimate expression of His love for humanity, offering salvation and reconciliation with God.

Healthcare workers on the frontlines of the pandemic demonstrate selfless sacrifice and dedication in caring for the sick and vulnerable. The meditation honors their sacrifices and commitment to serving others, often at great personal risk.

How does Jesus' sacrifice on the cross inspire me to live a life of selflessness and service to others?

Respond

May the memory of Your sacrifice, O Christ, inspire me to offer myself fully to Your service, seeking to embody Your love and compassion in all that I do.

STATION 13

SACRIFICE

Jesus dies on the cross



LUKE 23: 44-46

FINALITY

Jesus is placed in the tomb

Read

As evening approached, Joseph, a rich man from Arimathea who had become a follower of Jesus, went to Pilate and asked for Jesus' body. And Pilate issued an order to release it to him. Joseph took the body and wrapped it in a long sheet of clean linen cloth. He placed it in his own new tomb, which had been carved out of the rock. Then he rolled a great stone across the entrance and left.

Reflect

As Jesus' lifeless body is laid in the tomb, a sense of finality hangs heavy in the air, yet it is not the end but the beginning of a new chapter in God's redemptive plan.

Memorial services and commemorations for victims of tragedies, such as terrorist attacks or natural disasters, provide closure and a sense of finality for grieving communities. The meditation acknowledges the pain of loss while honouring the memories of those who have passed and seeking comfort in community support and solidarity.

How do I respond to moments of apparent defeat or loss, trusting in God's promise of resurrection and new life?

Respond

Grant me, O Lord, the faith to trust in Your power to overcome death and bring forth new life, even in the darkest of times.

STATION 14

FINALITY

Jesus is placed in the tomb



MATTHEW 27:57-60