

STATIONS OF THE CROSS JOURNEY GUIDE

Following in Christ's footsteps
as we walk through
the Stations of the Cross.



HOLY WEEK | APRIL 14-18, 2025

Background

Pilgrimage is a lost spiritual discipline in the life of modern Christians. In the Middle Ages, every authentic Christ follower was encouraged to travel to Jerusalem and walk in Christ's footsteps. The earliest surviving account of this practice appears in the early 4th century by the anonymous "Pilgrim of Bordeaux" who travelled from France to Jerusalem. However, a trip like this was not always possible for every aspiring pilgrim - not everyone could afford the cost or was physically able to endure the arduous journey. Instead, pictures or sculptures representing the stages of Christ's journey to the cross were erected in or near local churches or other public venues. These eventually came to be known as the Stations of the Cross.

As a spiritual exercise, the stations of the cross developed organically from the devotional lives of medieval Christ followers. The sixteenth century Dutch geographer and priest, Christian van Adrichem, reminded his readers that they could follow this way of the cross "within the temple or chamber of the spirit," without leaving home.

Our Stations at BAC is a self-directed, reflective time intended to focus on the cross of Jesus and our own journey with him. There are 6 stations and the intent is that you walk to each of the stations and interact with the reflection for that station in this booklet.

This year's experience of the Stations will walk us through the story of Jesus' last supper, betrayal, trial, and crucifixion as recounted in the gospels.

For each of the stations, this booklet contains:

- a scripture reading
- instructions for what to do or focus on at each station
- a prayer

Please take the time you need as you go through the stations. After all, a pilgrimage to Jerusalem in the Middle Ages would have lasted over two months. However, during busier time when there are other sojourners following behind you and waiting, please limit your time at each station to approximately 10 minutes.

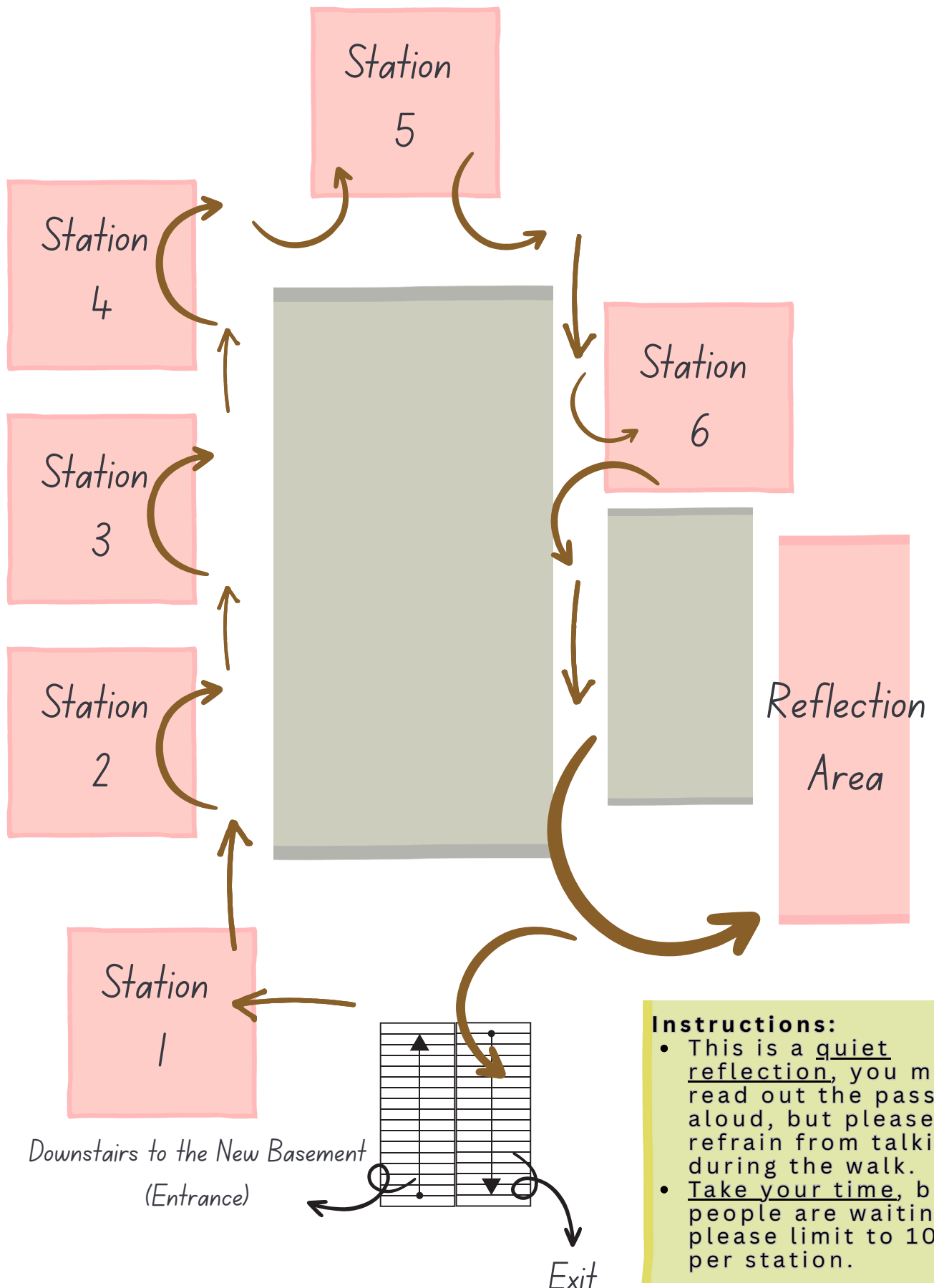
If time allows, slow down and allow God to speak to you as you spend this time with him. Feel free to do this as an individual or a family.

As you prepare to walk beside Christ on the Way of the Cross, take a moment to breathe and then quiet yourself before Jesus and ask him to meet you as you go through this experience today.

And now your journey begins...

Journey with God

ROUTE (ONE-WAY ONLY)



STATION 1

LAST SUPPER

1. PRAY

We adore you, O Christ, and we praise you. Because by your cross you have redeemed the world.

2. ACT

As the scene of the “Last Supper” plays in the background, immerse into the time of communion with the Lord. Read the following scripture passage.

3. READ (MATTHEW 26:17-19, 26-30)

On the first day of the Festival of Unleavened Bread, the disciples came to Jesus and asked, “Where do you want us to prepare the Passover meal for you?” “As you go into the city,” he told them, “you will see a certain man. Tell him, ‘The Teacher says: My time has come, and I will eat the Passover meal with my disciples at your house.’”

STATION 1

LAST SUPPER

3. READ (MATTHEW 26:17-19, 26-30)

So the disciples did as Jesus told them and prepared the Passover meal there.

As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, “Take this and eat it, for this is my body.”

And he took a cup of wine and gave thanks to God for it. He gave it to them and said, “Each of you drink from it, for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many. Mark my words—I will not drink wine again until the day I drink it new with you in my Father’s Kingdom.”

Then they sang a hymn and went out to the Mount of Olives.

STATION 1

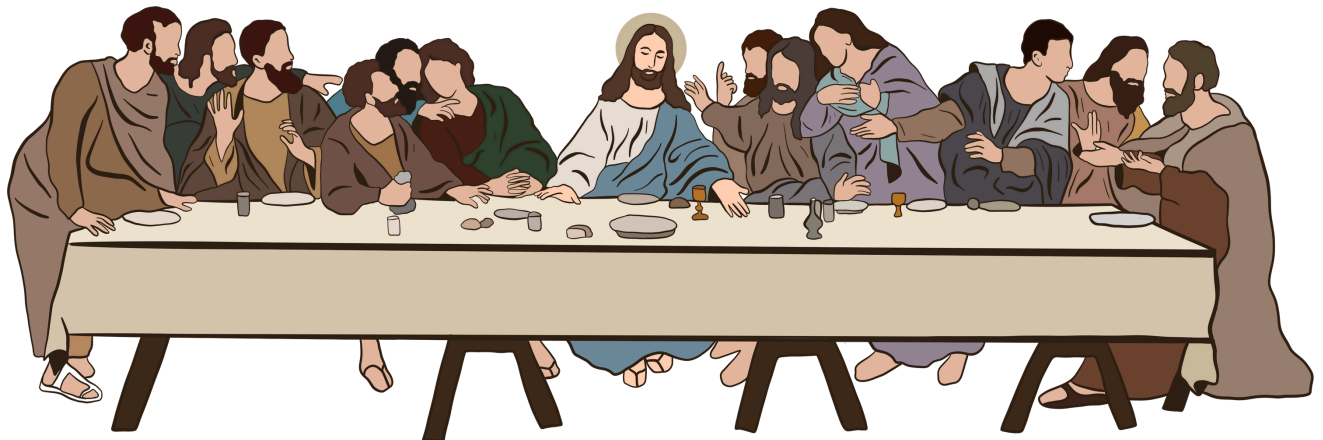
LAST SUPPER

4. ACT

Anyone who have accepted Jesus as your Lord and Savior, you are invited to pray and partake in the communion provided on the table.

5. PRAY

Lord Jesus, help us follow in your steps, for you have gone where we must all go, to death and the grave, all so you could rise again; you live and reign, now and forever. Amen.



STATION 2

A. JESUS IN THE GARDEN OF GETHSEMANE

1. PRAY

We adore you, O Christ, and we praise you. Because by your cross you have redeemed the world.

2. READ (MATTHEW 26:36 – 41)

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.

STATION 2

A. JESUS IN THE GARDEN OF GETHSEMANE

2. READ (MATTHEW 26:36 – 41)

“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.”

3. ACT

Just as Jesus' moment of sorrowful prayer, kneel on the cushions and read His prayers to God:

“My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

“My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

STATION 2

A. JESUS IN THE GARDEN OF GETHSEMANE

4. REFLECT

Put yourself in Jesus' place—how deeply was He struggling? Is there an area in your life where you need to make a choice to love and sacrifice, even at a cost?

5. PRAY

Lord Jesus, help us follow in your steps. Keep our spirits willing, and strengthen us when our flesh is weak; you live and reign, now and forever. Amen.



Please proceed to Part B of this station >>

STATION 2

B. JESUS IS BETRAYED AND ARRESTED

1. PRAY

We adore you, O Christ, and we praise you. Because by your cross you have redeemed the world.

2. READ (MARK 14:43-46)

Just as he was speaking, Judas, one of the Twelve, appeared. With him was a crowd armed with swords and clubs, sent from the chief priests, the teachers of the law, and the elders.

Now the betrayer had arranged a signal with them: "The one I kiss is the man; arrest him and lead him away under guard." Going at once to Jesus, Judas said, "Rabbi!" and kissed him. The men seized Jesus and arrested him.

3. ACT

Pick up the offering bag of coins and empty its contents onto the table in front of you. Then, pick up the coins one by one, count them as you place them back into the bag.

STATION 2

B. JESUS IS BETRAYED AND ARRESTED

4. REFLECT

Let us reflect on how money and personal gain influence us. Have we ever compromised our values, distanced ourselves from others, or strayed from our faith because of it?

5. PRAY

Lord Jesus, help us follow in your steps, even when we must go where we do not want to go; you live and reign, now and forever. Amen.



Please proceed to Station 3 >>

STATION 3

A. JESUS IS CONDEMNED BY THE RELIGIOUS COUNCIL

1. PRAY

We adore you, O Christ, and we praise you. Because by your cross you have redeemed the world.

2. ACT

Observe and immerse yourself in the scene.
Read the following scripture passage.

3. READ (LUKE 22:66-71)

At daybreak the council of the elders of the people, both the chief priests and the teachers of the law, met together, and Jesus was led before them. “If you are the Messiah,” they said, “tell us.” Jesus answered, “If I tell you, you will not believe me, and if I asked you, you would not answer. But from now on, the Son of Man will be seated at the right hand of the mighty God.” They all asked, “Are you then the Son of God?” He replied, “You say that I am.”

STATION 3

A. JESUS IS CONDEMNED BY THE RELIGIOUS COUNCIL

3. READ (LUKE 22:66-71)

Then they said, “Why do we need any more testimony? We have heard it from his own lips.”

4. REFLECT

When under false accusations, rejections, or hardship, do we have the same unshakeable faith in our identity as Christians that Jesus demonstrated?



Please proceed to Part B of this station >>

STATION 3

B. JESUS IS DENIED BY PETER

1. PRAY

We adore you, O Christ, and we praise you. Because by your cross you have redeemed the world.

2. ACT

Stand around the fire pit and read the following scripture passage.

3. READ (MATTHEW 26:69-75)

Now Peter was sitting out in the courtyard, and a servant girl came to him. “You also were with Jesus of Galilee,” she said.

But he denied it before them all. “I don’t know what you’re talking about,” he said.

Then he went out to the gateway, where another servant girl saw him and said to the people there, “This fellow was with Jesus of Nazareth.”

He denied it again, with an oath: “I don’t know the man!” After a little while, those standing there went

STATION 3

B. JESUS IS DENIED BY PETER

3. READ

up to Peter and said, “Surely you are one of them; your accent gives you away.” Then he began to call down curses, and he swore to them, “I don’t know the man!” Immediately a rooster crowed. Then Peter remembered the word Jesus had spoken: “Before the rooster crows, you will disown me three times.” And he went outside and wept bitterly.

4. REFLECT

Have we ever betrayed (in big or small ways) anyone we love due to social acceptance? Think of times you have denied Jesus with your words, actions, or non-action.

5. ACT

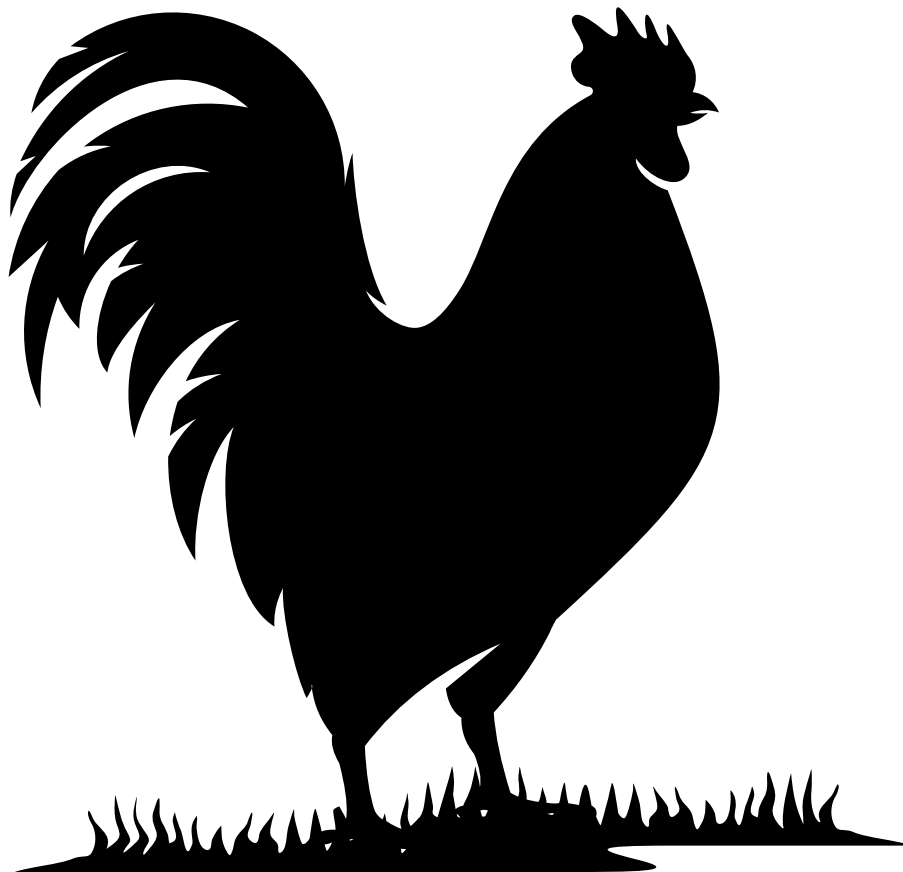
Each person gets three pieces of paper and writes in big letters “I don’t know the man!” on each one. Then tape the papers onto the space provided.

STATION 3

B. JESUS IS DENIED BY PETER

6. PRAY

Lord Jesus, help us follow in your steps, that we always remember the words you have spoken, repent of our sins, and cling to you; you live and reign, now and forever. Amen.



Please proceed to Station 4 >>

STATION 4

A. JESUS IS JUDGED BY PONTIUS PILATE

1. PRAY

We adore you, O Christ, and we praise you. Because by your cross you have redeemed the world.

2. ACT

Observe and immerse yourself in the scene. Read the following scripture passage.

3. READ (LUKE 15:1-5, 15)

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

STATION 4

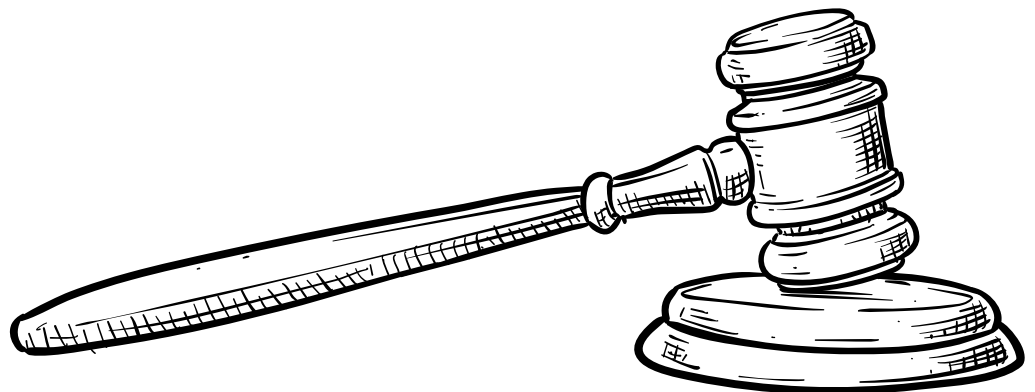
A. JESUS IS JUDGED BY PONTIUS PILATE

3. READ (LUKE 15:1-5, 15)

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.

4. REFLECT

What was it like listening to the crowd? Can you sympathize with Pilate wanting to just give in? In what ways do we give in and take the easy and lazy road even if it means being part of injustice?



Please proceed to Part B of this station >>

STATION 4

B. JESUS IS...

- SCOURGED AND MARKED.
- CONDEMNED BY THE CROWD TO BEAR THE CROSS.
- HELPED BY SIMON OF CYRENE.

1. PRAY

We adore you, O Christ, and we praise you. Because by your cross you have redeemed the world.

2. 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.

John 19:1-3

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

STATION 4

B. JESUS IS...

- SCOURGED AND MARKED.
- CONDEMNED BY THE CROWD TO BEAR THE CROSS.
- HELPED BY SIMON OF CYRENE.

2. READ

“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. So they took Jesus away. Carrying the cross by himself, he went to the place called Place of the Skull (in Hebrew, Golgotha). John 19:6, 15-17

A passerby named Simon, who was from Cyrene, [a] 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.) Mark 15:21

STATION 4

B. JESUS IS...

3. REFLECT

It's hard to imagine how slow, humiliating, painful and heartbroken the journey of Jesus' death. Think for a second... how much it means to us that Jesus had to bear this excruciating punishment because of our sins?

4. ACT

Take a red marker and strike the robe hanging from the cross to make a red mark.

5. PRAY

Lord Jesus, help us follow in your steps, that we always remember the words you have spoken, repent of our sins, and cling to you; you live and reign, now and forever. Amen.

STATION 5

JESUS IS CRUCIFIED & DIES ON THE CROSS

1. PRAY

We adore you, O Christ, and we praise you. Because by your cross you have redeemed the world.

2. READ (LUKE 23:33-34; 23:44-46)

When they came to a place called The Skull,[e] 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. 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.

3. ACT

Pin your sins (strip of black ribbon representing sins) onto the bulletin board behind the cross.

STATION 5

JESUS IS CRUCIFIED & DIES ON THE CROSS

4. REFLECT

The cross reminds us of Jesus' sacrifice for humanity's sins. In response to His love, what are we willing to renounce at the foot of His cross? E.g. letting go of our old ways, negative behaviors or thought patterns; problems or issues which hold us back and cause us harm; Forgiveness of those who hurt us.

5. PRAY

Lord Jesus, help us follow in your steps, for by your innocent suffering and death, you have opened up the way to the Father for us; you live and reign, now and forever. Amen.



Please proceed to Station 6 >>

STATION 6

JESUS IS PLACED IN THE TOMB

1. PRAY

We adore you, O Christ, and we praise you. Because by your cross you have redeemed the world.

2. ACT

Observe and immerse yourself in the scene. Read the following scripture passage.

3. READ (MATTHEW 27:57-60)

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.

STATION 6

JESUS IS PLACED IN THE TOMB

4. REFLECT

The account of Jesus' burial proved that He truly died and endured the curse for us, bore the penalty of our sins through His death. This also sets the stage for what is coming, which is the resurrection, a demonstration of Christ's triumph of life over death and the promise of eternal life. Let us spend time to reflect the meaning of the tomb and what means to our faith journey is and how we can live a life that reflects the message of hope and renewal.

5. PRAY

Lord Jesus, help us follow in your steps, for you have gone where we must all go, to death and the grave, all so you could rise again; you live and reign, now and forever. Amen.

Conclusion

You have completed this Stations of the Cross experience!

Although the suffering Jesus endured far exceeds anything we can imagine, it is our hope that through this experience, brothers and sisters will take time each year during this season to reflect on God's grace and power, and continue walking with the Lord.

You are invited to step over to the old basement for personal reflection and review, and to share your insights with other brothers and sisters. Afterward, you may leave at your convenience.

Thank you!