

Dear Friends,

This Stations of the Cross-Prayer Walk was originally designed to be done on Good Friday with a bread and broth fellowship. Given the situation in the world we are in, I adapted this prayer walk for families or individuals to do on their own in their home. The supply list for each station are items that most people have in their homes. However, if you don't have one of the items, just adapt something that you do have. The purpose is to share a time of reflection and prayer, keeping in mind what Jesus did for us on the Cross.

Feel free to share this resource.

Blessings!

Major Tammy Ray

## Prayer Walk Supply List

### Station #1

Small branch from a bush or tree

### Station #2

Oil of any kind, and something you can use as a small gift, such as a flower petal, a piece of fruit, or cracker. It can be anything you have.

### Station #3

30 pieces of something hard, such as coins, washers, or rocks. You will also need something to hold those 30 pieces in, such as a baggie or sock.

### Station #4

A bowl, wash cloth, towel and water

### Station #5

A mirror and a sink to wash hands

### Station #6

Something to create a cross from. It could be crayons and paper, or whatever you have.

### Station #7

A fork, and some twine, rope or shoelace, that is a little heavier than yarn.

### Station #8

Vinegar, or salt water

### Station #9

Paper and some markers

### Station #10

Small piece of cloth

### Station #11

Some dice, or pieces of paper with a number written on it and a bowl

### Station #12

A candle

## Station #1

*1 As they approached Jerusalem and came to Bethphage and Bethany at the Mount of Olives, Jesus sent two of His disciples, 2 saying to them, "Go to the village ahead of you, and just as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it here. 3 If anyone asks you, 'Why are you doing this?' say, 'The Lord needs it and will send it back here shortly.'"*

*4 They went and found a colt outside in the street, tied at a doorway. As they untied it, 5 some people standing there asked, "What are you doing, untying that colt?" 6 They answered as Jesus had told them to, and the people let them go. 7 When they brought the colt to Jesus and threw their cloaks over it, He sat on it. 8 Many people spread their cloaks on the road, while others spread branches they had cut in the fields. 9 Those who went ahead and those who followed shouted, Hosanna! Blessed is He who comes in the Name of The Lord! Blessed is the coming Kingdom of our father David! Hosanna in the Highest! 11 Jesus entered Jerusalem and went into the temple courts. He looked around at everything, but since it was already late, He went out to Bethany with the Twelve.*

*Mark 11:1-11*

## Reflection:

When Jesus came into Jerusalem, the crowd was excited and restless. They had heard of Jesus' teaching and miracles and longed for a leader who would help them drive the Romans from their lands. As Jesus rode through the city, they waved palm branches, which were the sign of Kings.

In what area of your life are you ready to praise Jesus? In what areas are you struggling?

Go outside to your yard and find a small bush or tree branch and break it off. Pray about those areas in your life that you are struggling with, and then lay the branch at your doorstep signifying that you are giving God your struggles.

## Station #2

*3 While He was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on His head. 4 Some of those present were saying indignantly to one another, "Why this waste of perfume? 5 It could have been sold for more than a year's wages and the money given to the poor." And they rebuked her harshly. 6 "Leave her alone," said Jesus. "Why are you bothering her? She has done a beautiful thing to me. 7 The poor you will always have with you, and you can help them any time you want. But you will not always have me. 8 She did what she could. She poured perfume on my body beforehand to prepare for my burial. 9 Truly I tell you, wherever the Gospel is preached throughout the world, what she has done will also be told, in memory of her."*

*Mark 14:3-9*

### Reflection:

This woman shared her love and adoration for Jesus by anointing His feet with costly ointment. She gave what she could, even though it didn't make sense to the others who watched her.

What gifts do you have to offer to Jesus? Your time? Your talent?

Find some oil, whatever you have on hand, pour a small amount into the palm of your hand and use your finger to anoint yourself as a symbol of your adoration to The Lord. Choose a small gift, such as a flower petal, a piece of fruit, or a cracker, put it in a small dish and place it on your table, symbolic of offering your gifts to God.

### Station #3

*14 Then one of the Twelve—the one called Judas Iscariot—went to the chief priests 15 and asked, “What are you willing to give me if I deliver Him over to you?” So they counted out for him thirty pieces of silver. 16 From then on Judas watched for an opportunity to hand Him over. 17 On the first day of the Festival of Unleavened Bread, the disciples came to Jesus and asked, “Where do You want us to make preparations for You to eat the Passover?” 18 He replied, “Go into the city to a certain man and tell him, ‘The Teacher says: My appointed time is near. I am going to celebrate the Passover with My disciples at your house.’” 19 So the disciples did as Jesus had directed them and prepared the Passover. 20 When evening came, Jesus was reclining at the table with the Twelve. 21 And while they were eating, He said, “Truly I tell you, one of you will betray Me.” 22 They were very sad and began to say to Him one after the other, “Surely You don’t mean me, Lord?” 23 Jesus replied, “The one who has dipped his hand into the bowl with Me will betray Me. 24 The Son of Man will go just as it is written about Him. But woe to that man who betrays the Son of Man! It would be better for him if he had not been born.” 25 Then Judas, the one who would betray Him, said, “Surely you don’t mean me, Rabbi?” Jesus answered, “You have said so.” John 26:14-25*

### Reflection:

Judas betrayed the trust of Jesus and his fellow disciples by betraying Jesus to the Pharisees for 30 pieces of silver. We betray Jesus whenever we give priority to things, such as entertainment, our job, our own desires or even our friends and families rather than to Him.

When did you settle for less than God’s best by choosing your own path? As a family, talk about when you hurt someone you love by a selfish decision.

Collect 30 coins, or maybe washers or rocks from outside. Place them in a coin purse, or even a sock. As you hold the bag of money, ask for forgiveness for the times that we have put things before God.

## Station #4

*1 It was just before the Passover Feast. Jesus knew that the time had come for Him to leave this world and go to the Father. Having loved His own who were in the world, He now showed them the full extent of His love. 2 The evening meal was being served, and the devil had already prompted Judas, Iscariot, son of Simon, to betray Jesus. 3 Jesus knew that the Father had put all things under His power, and that He had come from God and was returning to God; 4 so He got up from the meal, took off His outer clothing, and wrapped a towel around His waist. 5 After that, He poured water into a basin and began to wash His disciples' feet, drying them with the towel that was wrapped around Him. 6 He came to Simon Peter, who said to Him, "Lord, are you going to wash my feet?" 7 Jesus replied, "You do not realize now what I am doing, but later you will understand." 8 "No," said Peter, "You shall never wash my feet." Jesus answered, "Unless I wash you, you have no part with Me." 9 "Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!" 10 Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." 11 For He knew who was going to betray Him, and that was why He said not everyone was clean. 12 When He had finished washing their feet, He put on His clothes and returned to His place. "Do you understand what I have done for you?" He asked them. 13 "You call Me 'Teacher' and 'Lord,' and rightly so, for that is what I am. 14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you. 16 I tell you the truth, no servant is greater than his master, nor is a messenger greater than the one who sent him. 17 Now that you know these things, you will be blessed if you do them." John 13:1-17*

## Reflection:

In His final days, Jesus continued to teach His disciples what His life and mission is all about. He does so by taking the form of a servant, washing their feet.

Have you ever been the recipient of such a lavish act of love and service? How did that make you feel?

Gather a bowl, wash cloth and towel. Fill the bowl with water and wash each other's feet. As you do so, talk about how to show love to those who are difficult to love.

## Station #5

*19 While Pilate was sitting on the judge's seat, his wife sent him this message: "Don't have anything to do with that innocent man, for I have suffered a great deal today in a dream because of Him." 20 But the chief priests and the elders persuaded the crowd to ask for Barabbas and to have Jesus executed.*

*21 "Which of the two do you want me to release to you?" asked the governor. "Barabbas," they answered.*

*22 "What shall I do, then, with Jesus who is called the Messiah?" Pilate asked. They all answered, "Crucify Him!"*

*23 "Why? What crime has He committed?" asked Pilate. But they shouted all the louder, "Crucify Him!"*

*24 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!"*

*25 All the people answered, "His blood is on us and on our children!"*

*26 Then he released Barabbas to them. But he had Jesus flogged, and handed Him over to be crucified. Matthew 27:19-26*

## Reflection:

Pilate did not want the blood of Christ on his hands, so he ceremoniously washed them telling the people that they are the ones guilty and that he is innocent...yet his guilt remains because he handed Jesus over to be crucified. Can you recall a time when you refused to stand up for what was right and just told yourself that it wasn't your problem? In little and big ways, we do this every day—especially about issues that don't seem to affect our lives directly.

Go into a room where there is a mirror and look at your reflection... Ask God to forgive you for all the ways that you crucify Christ by neglecting the needs of others. Pray for those around the world that are living in bondage.

Wash your hands, acknowledging that we don't like what happened to Jesus, we don't like what is happening in our world, but we permit it to happen. Determine today that you will no longer turn a blind eye to those in need.

## Station #6

*16 Finally Pilate handed Him over to them to be crucified. So, the soldiers took charge of Jesus. 17 Carrying His own cross, He went out to the place of the Skull (which in Aramaic is called Golgotha). 18 There they crucified Him, and with Him two others—one on each side and Jesus in the middle. John 19:16-18*

### Reflection:

Jesus took His cross upon His shoulders and carried it through the streets alone. Can you imagine how He must have felt...lonely, angry, determined, scared...? Can you recall a time when you felt all alone and weighed down by burdens?

One of the gifts given to us in Jesus' life and death is the assurance that He has experienced the highest of highs (life with God) and the lowest of lows (crucifixion, betrayal, suffering). Even when we feel lonely and weighed down, we can trust that Jesus is present. He does not flee in times of trouble, but stays by our side, offering comfort, hope and love.

Kneel somewhere in your home, at your sofa, or coffee table. Imagine that you are kneeling at the foot of the cross. Visualize Jesus taking your burdens of sin off your back and placing it upon His own. As a family, discuss what those burdens are and how you can help each other to keep giving Jesus our burdens.

Sing the song "Jesus Loves me"

*Jesus loves me this I know  
For the Bible tells me so,  
Little ones to Him belong,  
They are weak, but He is strong.  
Yes, Jesus loves me, Yes, Jesus loves me,  
Yes, Jesus loves me, the Bible tells me so.*

Find something to create a cross from in your home. And place it in a prominent location where everyone can see it.



## Station #7

*17 They put a purple robe on Him, then twisted together a crown of thorns and set it on Him. 18 And they began to call out to Him, "Hail, king of the Jews!" 19 Again and again they struck Him on the head with a staff and spit on Him. Falling on their knees, they paid homage to Him. 20 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. Mark 15:17-19*

### Reflection:

Jesus received a crown of thorns and a royal looking robe, both of which served to humiliate Him. He was also brutally whipped and spat upon, and they slapped His face. He accepted all of these things for our sake. Is there anyone in your life that you would endure such pain and humiliation for? Know that it is that kind of love...AND EVEN MORE...that Jesus, our Savior, feels for you.

Take a fork out of your silverware drawer and feel the sharpness of the tines of the fork. Gently press the tines of the fork into the palm of your hand. Can you imagine how the barbs of the crown of thorns must have hurt as the crown was brutally pushed down on Jesus' head?

Spend a few moments thanking Jesus for taking this pain for us.

Find some twine, or maybe a shoelace. Create a knotted whip. With each knot that you tie, confess a way in which your actions (or inactions) cause Jesus pain, still today. The whip is your reminder of Jesus's enduring love for you.

## Station #8

*46 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?").*

*47 When some of those standing there heard this, they said, "He's calling Elijah."*

*48 Immediately one of them ran and got a sponge. He filled it with wine vinegar, put it on a staff, and offered it to Jesus to drink. Matthew 27:47-48*

*36 Someone ran, filled a sponge with wine vinegar, put it on a staff, and offered it to Jesus to drink. "Now leave Him alone. Let's see if Elijah comes to take Him down," he said.*

*Mark 15:36*

*36 The soldiers also came up and mocked Him. They offered Him wine vinegar 37 and said, "If You are the King of the Jews, save Yourself." Luke 23:36-37*

*28 Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, "I am thirsty." 29 A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips.*

*John 19:28-29*

## Reflection:

While hanging on the cross, Jesus was offered a taste of bitter wine for His thirst, with a sponge that often used at the public toilets to cleanse one's self. Another act intended to humiliate Jesus. For our sake, however, He endured this bitterness and continued to shower love upon all who gathered there. Is there a time in your life that you felt low and beaten by the words and actions of others? Maybe you have been bullied at school or work. Or you have been hateful to someone else? You have been the bully.

Find some vinegar in your kitchen and pour it into a small glass. If you don't have vinegar, dissolve a tablespoon of salt in a small glass of warm water. Take a sip of the liquid and roll it around in your mouth. As you taste the bitterness, remember the times when you were caused hurt by others, or if you were the one to hurt another, ask God for forgiveness.

## Station #9

<sup>39</sup> *One of the criminals who hung there hurled insults at Him: "Aren't You the Messiah? Save Yourself and us!"*

<sup>40</sup> *But the other criminal rebuked him. "Don't you fear God," he said, "since you are under the same sentence?"*<sup>41</sup> *We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong."*

<sup>42</sup> *Then he said, "Jesus, remember me when You come into Your Kingdom."*

<sup>43</sup> *Jesus answered him, "I tell you the truth, today you will be with Me in paradise."*

*Luke 23:39-43*

### Reflection:

One of the thieves hanging beside Jesus begged Him to "remember me" in heaven. Jesus promised to do so. Surely, if Jesus granted the thief hanging on the cross eternity in Heaven, He will remember us if we ask Him. Have you asked Jesus to forgive your sins and to be your Savior? Do others know that you have done this by your actions?

It's not always easy to trust that Jesus is with us always, but He is. Do you have moments of doubt? Ask Jesus to forgive you for your doubt and to help you to deepen your faith.

On a piece of paper, write the words "Remember Me" and then under those words, write your name.

Find a marker (red would be preferable) color your finger with the marker and then press your finger on the back of your other hand, symbolizing the blood of Jesus that was shed for you.

## Station #10

*<sup>50</sup> And when Jesus had cried out again in a loud voice, He gave up His spirit.*

*<sup>51</sup> At that moment the curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split. Matthew 27:50-51*

*<sup>44</sup> It was now about noon, and darkness came over the whole land until three in the afternoon, <sup>45</sup> for the sun stopped shining. And the curtain of the temple was torn in two. Luke 23:44-45*

### Reflection:

In the temple, where God's people worshiped, there was a thick curtain that divided the two sections of the temple ~ the Holy (but accessible) place where the priests served and the people gathered, and the Holy of Holies, where one priest would go once a year to make atonement for the sins of the whole nation. The curtain between the two spaces symbolized God's separation from the people. Have you ever felt separated from God? Sometimes we feel separated from God because we don't feel good enough, or smart enough, or pretty enough....and sometimes, we feel separated because we don't take time to connect with God.

When Jesus died, that separating curtain was ripped from top to bottom, showing us that there will no longer be a separation between God and us. We have direct access to God because of the sacrifice that Jesus made on the cross.

Spend a few minutes thinking about the areas of your life where you feel separated from God. Confess these areas to Him.

Find a small piece of cloth and attempt to tear it. Unless you start the tear with a small cut from scissors, starting the tear is nearly impossible. Hold that piece of cloth in your hand and reflect on the fact that God is no longer separated from us and that He accepts us just the way we are.

## Station #11

<sup>24</sup> *And they crucified Him. Dividing up His clothes, they cast lots to see what each would get. Mark 15:24*

<sup>34</sup> *Jesus said, "Father, forgive them, for they do not know what they are doing. " And they divided up His clothes by casting lots. Luke 23:34*

<sup>24</sup> *"Let's not tear it," they said to one another. "Let's decide by lot who will get it."*

*This happened that the scripture might be fulfilled that said, "they divided My clothes and cast lots for My garments." So, this is what the soldiers did.*

*John 19:24*

### Reflection:

The soldiers gambled for Jesus' robe, ignoring the Son of God who hung above them. They were easily distracted from the very important thing happening right in front of them. Are you easily distracted from basking in the presence of God?

Find a pair of dice (you only need one) or if you don't have dice, put numbers on small pieces of paper and put them in a bowl. Either roll the dice or draw out a number, and name that many distractions that keep focusing on Jesus's sacrifice for us. Confess those distractions and ask God to empower you to see others through the eyes of Jesus.

## Station #12

*<sup>12</sup> When Jesus spoke again to the people, He said, "I am the light of the world. Whoever follows Me will never walk in darkness but will have the light of life." John 8:12*

*<sup>15</sup> Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup> In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.*

*Matthew 5:15-16*

### Reflection:

Even on Good Friday we know the end of the story. Jesus came to earth, died for the sake of the whole world, and was raised by the power of God on the third day. By Jesus' death and resurrection, He opens to us the hope and assurance of eternal life with Him. Jesus is the light that shines in the darkness, the light that no darkness can overcome!

Light a candle and place it in the center of your table, and as you do so, give thanks to God for the gift of His Son, Jesus.

Now go... and be the hands, feet and voice of Jesus to those around  
you!