

The Stations of the Cross

It is not easy to think of Good Friday without a Church Service, or a procession carrying a Cross, but clearly we cannot do either of these in practice. We can though, journey with Christ on his walk to Golgotha, and be reminded of the stages of His journey, by prayer and illustration.

Below, are just that! illustrations with prayers alongside, for the fourteen traditional 'Stations' for you to follow. An appropriate text is noted by each, for you to look up and follow in your bibles.

You might care to take these a couple at a time throughout this Good Friday - or, of course you could take them all together, but do take your time, be thoughtful and prayerful as you recall in your heart what Christ went through for you.

Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it.' Matthew 16.24,25

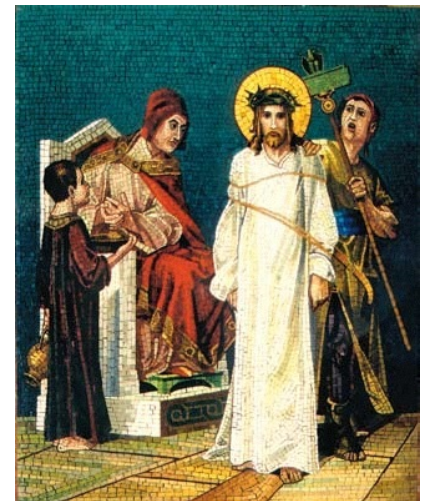
**We adore you, O Christ, and we bless you,
Because by your Holy Cross you have redeemed the world.**

Station 1 - JESUS IS CONDEMNED TO DEATH - Mark 14.55-64

Meditation - prayers

Lord Jesus, you were betrayed by the kiss of a friend: be with those who are betrayed and slandered and falsely accused. You knew the experience of having your love thrown back in your face for mere silver: be with families which are torn apart by mistrust or temptation. To you, Jesus, who offered your face to your betrayer, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

God did not spare his own Son:
But delivered him up for all



Jesus is condemned by Pilate



Jesus accepts His Cross

Station 2 - JESUS ACCEPTS THE CROSS - Mark 15.17-20

Meditation and/or Prayers

Lord Jesus, you faced the torment of barbaric punishment and mocking tongue: be with those who cry out in physical agony and emotional distress. You endured unbearable abuse: be with those who face torture and mockery in our world today. To you, Jesus, the King crowned with thorns, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

The Lord has laid on him the iniquity of us all:
For the transgression of my people was he stricken

Station 3 - JESUS FALLS THE FIRST TIME - Isaiah 53.7,8

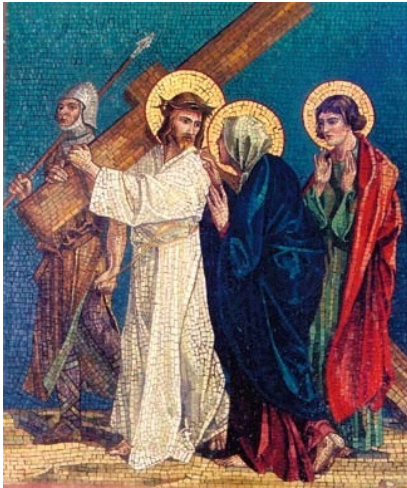
Meditation and/or Prayers

Lord as we see you struggling and falling, we witness others in your world exhausted by the burdens that life puts on their shoulders help us not to close our eyes and ears to them or to push aside those who call out for help. May those who are lonely and afraid find in us sympathy and an open way to your love shown through us. Amen

Surely He has borne our griefs
And carried our sorrows



Jesus falls the first time



Jesus meets his Mother

Station 4 - JESUS MEETS HIS MOTHER - John 19.25 - 27

Meditation and/or Prayer

Lord Jesus, your mother and your dearest friend stayed with you to the bitter end, yet even while racked with pain you ministered to them: be with all broken families today and care for those who long for companionship. You cared for your loved ones even in your death-throes: give us a love for one another that is stronger even than the fear of death. To you, Jesus, loving in the face of death, be honour and glory with the Father and the Holy Spirit, now and for ever. Amen.

A sword will pierce your own soul also
And fill your heart with bitter pain

Station 5 - THE CROSS IS LAID ON SIMON OF CYRENE - Mark 15.21

Meditation and/or prayer

Lord Jesus, you were worn down by fatigue: be with those from whom life drains all energy. You needed the help of a passing stranger: give us the humility to receive aid from others. To you, Jesus, weighed down with exhaustion and in need of help, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

Whoever does not bear his own cross and come after me:
Cannot be my disciple



Simon of Cyrene takes the Cross from Jesus



Veronica wipes the face of Jesus

Station 6 - VERONICA WIPES THE FACE OF JESUS - John 1.10-12

Meditation and/or Prayer

Lord, as Veronica was brave to wipe blood and sweat from the face of a condemned man, help us in our turns to be brave, to be willing to stand out in a crowd and to tolerate the jeering of the crowd as we do what we know to be right. Give us the courage to be willing to stand up for the victimised and to bring compassion where it is most needed. Amen

Restore us, O Lord of hosts:
Show us the light of your countenance, and we shall be saved

Station 7 - JESUS FALLS THE SECOND TIME - Matthew 23.37-38

Meditation and/or Prayers

Lord, as your friends watched as you suffered on the journey, so they shared your agony. Help us to be with those in this world who suffer so that in some way we may shoulder some of the pain. Help us not to run away from what is unpleasant or painful, but to stand firm, to identify with the people who we would comfort, to stay to do what we can and to show by our presence that we want to care and to help. Amen

Father if it be possible, let this cup pass from me:
Yet not my will but yours be done



Jesus falls a second time

Station 8 - JESUS MEETS THE WOMEN OF JERUSALEM - Luke 23.27-31

Meditation and/or Prayers

Lord Jesus, the women of Jerusalem wept for you: move us to tears at the plight of the broken in our world. You embraced the pain of Jerusalem, the 'city of peace': bless Jerusalem this day and lead it to the path of profound peace. To you, Jesus, the King of peace who wept for the city of peace, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

Those who sow in tears:
will reap with songs of joy



Jesus meets the women of Jerusalem

Station 9 - JESUS FALLS A THIRD TIME - 1 Corinthians 1.23-25

Meditation and/or Prayers

Lord, we pray for those who feel that they can't go on, who sense the strength they once had ebbing from their bodies and their spirits. Give them and us courage to lift our heavy burdens once more and to press ahead to the final goal. Help us and those who struggle to trust in you and to allow your strength to empower us. Deepen our faith in your love that we may continue the journey, knowing that your arms will never allow us to fall. Amen

He was led like a lamb to the slaughter:

And like a sheep that before its shearers is mute, so he opened not his mouth



Jesus falls for the third time



Jesus is stripped of his clothing

Station 10 - JESUS IS STRIPPED OF HIS CLOTHING - John 19.19-25a

Meditation and/or prayers

Lord, as we hear of your being stripped of your clothing so we recall those today who have little, who cannot dress or feed their families, or who are destitute. We recall that your being stripped of your garments could not strip you of your true qualities, your faith, your hope, your love, indeed it showed them even more strongly. Help us to see the true nature of people and not just the external appearances, and we pray that our inner selves may be seen by you, may we be honest and true to our calling to be servants of the servant king. Amen

They gave me gall to eat:

And when I was thirsty they gave me vinegar to drink

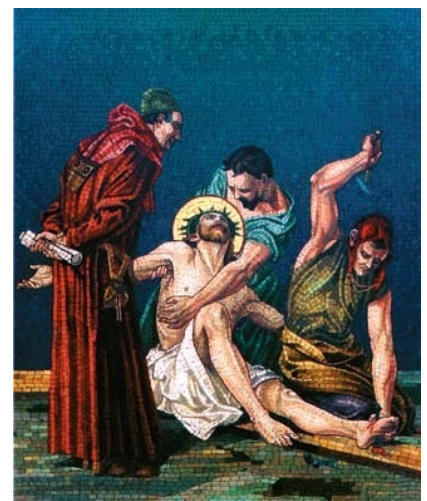
Station 11 - JESUS IS NAILED TO THE CROSS - Mark 15.24 & Luke 23.39-43

Meditation and/or Prayers

Lord Jesus, you bled in pain as the nails were driven into your flesh: transform through the mystery of your love the pain of those who suffer. To you, Jesus, our crucified Lord, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

They pierced my hand and my feet:

They stare and gloat at me



Jesus is nailed to the Cross



Station 12 - JESUS DIES ON THE CROSS - Mark 15.34-37

Meditation and/or Prayers

Lord Jesus, you died on the cross and entered the bleakest of all circumstances: give courage to those who die at the hands of others. In death you entered into the darkest place of all: illumine our darkness with your glorious presence. To you, Jesus, your lifeless body hanging on the tree of shame, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

Christ for us became obedient unto death:
Even death on a cross

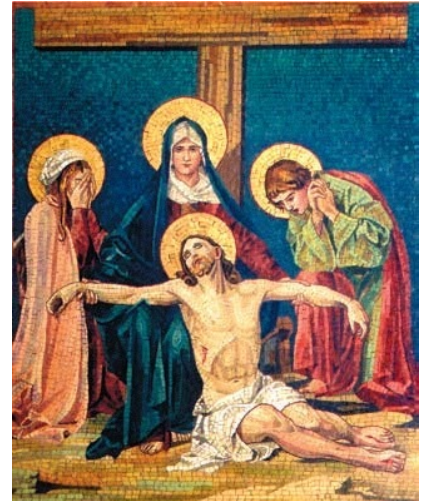
Jesus dies on the Cross

Station 13 - THE BODY OF JESUS IS TAKEN DOWN FROM THE CROSS - John 19.32-38

Meditation and/or Prayers

Lord, help us to have faith when all seems lost. Mary and Nicodemus and the others had no joy in their hearts as they claimed your body from the cross, but we who know that goodness was empowered and not defeated, that glorified life is about to spring from the tomb, need not be saddened. We pray that we will learn from you never to be without hope, even in our worst moments. Help us to be reminded that joy must remain in our hearts, as in faith we hold to you working your purpose out in your world and in us. Amen

Her tears run down her cheeks
And she has none to comfort her



Jesus is taken down from
the cross



Station 14 - JESUS IS LAID IN THE TOMB - Mark 15.46

Meditation and/or Prayers

Lord Jesus, Lord of life, you became as nothing for us: be with those who feel worthless and as nothing in the world's eyes. You were laid in a cold, dark tomb and hidden from sight: be with all who suffer and die in secret, hidden from the eyes of the world. To you, Jesus, your rigid body imprisoned in a tomb, be honour and glory with the Father and the Holy Spirit, now and for ever. **Amen.**

You will not abandon me to the grave:
Nor let your holy one see corruption

Jesus is laid in the tomb

THE CONCLUSION

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

You are worthy, O Lamb, for you were slain, and by your blood you ransomed for God saints from every tribe and language and nation; you have made them to be a kingdom and priests serving our God.

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

To him who loves us and has freed us from our sins by his blood, and made us a kingdom of priests to stand and serve before our God; to him who sits upon the throne and to the Lamb be praise and honour, glory and might, for ever and ever. **Amen.**

**Our Father, who art in heaven, hallowed be thy name; thy kingdom come;
thy will be done; on earth as it is in heaven. Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation; but deliver us from evil. For thine is the kingdom,
the power and the glory, for ever and ever. Amen.**

May God bless us, that in us may be found love and humility, obedience and thanksgiving, discipline, gentleness and peace. **Amen.**