

Good Friday Stations

(In preparation, read through the entire booklet in order to gather some supplies that will enhance your experience)

- Move through the stations at your own pace
- Quiet - Please limit conversations while at the stations
- Take your time – there is no need to rush through the stations – if someone behind you is going faster than you – simply allow them to move through ahead of you.
- Optional - Some stations are interactive – if you feel uncomfortable participating in the activity – please feel free to simply watch or reflect and then move on to the next station.

Jesus on Trial

Station One - Mocking

Read Luke 22:63-65

Now the men who were holding Jesus in custody were mocking him as they beat him. They also blindfolded him and kept asking him, “Prophecy! Who is it that struck you?” And they said many other things against him, blaspheming him.

Think About

Insults and lies hurl at Jesus. He does not defend himself. Harsh words, loud voices, and cruel faces surround Jesus pronouncing false accusations. Spit is spat upon Jesus face. Jesus remains silent. Jesus exemplifies steadfast courage and obedience.

Look at the picture - What is it like listening to the crowd mock Jesus? How do you respond to seeing spit stick to Jesus face? In what ways have you mocked Jesus? What names do you call Jesus? Who is Jesus to you?

On a post-it note write true names for Jesus, words of truth - Go stick the post-it note to the cross at the center of the stage.



Station Two - Flogging

Read John 19:1-6

Then Pilate took Jesus and flogged him. And the soldiers twisted together a crown of thorns and put it on his head and arrayed him in a purple robe. They came up to him, saying, “Hail, King of the Jews!” and struck him with their hands. Pilate went out again and said to them, “See, I am bringing him out to you that you may know that I find no guilt in him.” So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, “Behold the man!” When the chief priests and the officers saw him, they cried out, “Crucify him, crucify him!” Pilate said to them, “Take him yourselves and crucify him, for I find no guilt in him.”

Think About

Flogged - To beat someone with a whip or stick, to torture. Jesus was beaten horribly; his body was struck by others. He is whipped and scourged. Scourge - To whip, to cause great suffering. Jesus' flesh is torn from his arms, back, chest, and legs. Peter tells us;

“He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.”
(1 Peter 2:24)

Pick up the whip. Pause with it hanging in your hand. Imagine the whip and its tentacles reaching across the body of Jesus, tearing at his flesh. Hold the rope and recall that Jesus was bound. Feel the coarse twine rub against your skin. Pause in the anguish and pain. Thank Jesus for the suffering he endured on your behalf.

Station Three - Crowning

Read Mark 15:16-20

And the soldiers led him away inside the palace (that is, the governor's headquarters), and they called together the whole battalion. And they clothed him in a purple cloak, and twisting together a crown of thorns, they put it on him. And they began to salute him, “Hail, King of the Jews!” And they were striking his head with a reed and spitting on him and kneeling down in homage to him. And when they had mocked him, they stripped him of the purple cloak and put his own clothes on him. And they led him out to crucify him.

Think About

Thorns are thrust into the head of Jesus, holding the fake crown in place. Blood likely dripped into Jesus hair and down upon his face. Is this a crown worthy of a King?

Touch the thorns of the crown, imagine them bursting through your scalp. What pain Christ endured! Can you smell the sweat upon Christ's brow, and the blood dripping down his face? How can you make Jesus King of your life?

Jesus and the cross

Station Four - Jesus carries the cross

Read John 19:15-17

They cried out, “Away with him, away with him, crucify him!” Pilate said to them, “Shall I crucify your King?” The chief priests answered, “We have no king but Caesar.” So he delivered him over to them to be crucified. So they took Jesus, and he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha.

Think About

After being mocked and beaten, Jesus carries the instrument of his own crucifixion. Although innocent of any wrong doing, he is condemned to death.

Pick up the beam of wood. Can you stand straight and hold the beam for a moment? Notice its weight. Feel the rough texture. Close your eyes and imagine carrying this beam after being beaten and whipped. Jesus carried the cross for you.

Station Five - Jesus falls while carrying the cross

Read Philippians 2:5-8

Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.

Think About

Probably not wearing shoes, see Jesus walk the rough, dusty road with pebbles and debris. He carries a rough, heavy cross, which bores into his shoulders. Jesus, in his humanity, experiences pain and exhaustion. The ground embeds dirt and grit into Jesus' feet, knees and hands.

Stand and Kneel onto the patch of pebbles, or take off your shoes and walk the pebbled path, or lean down upon the pebbles with your hands. If Jesus fell while carrying the cross, what would he have

felt? What would he have heard? What would he have been thinking? Feel the weight of the tension of the pain in your feet, hands and knees.

Thank Jesus for stumbling for you, for persevering despite the pain. In the quietness of your heart talk to God about when have you stumbled? What caused you to stumble? Let Jesus encourage your heart as you move through rough patches of pebbles in life. Put a Band-Aid on your knee or over your pant leg as a reminder that because Jesus loves you, he experienced pain for you.

Station Six - Simon of Cyrene helps carry the cross

Read Luke 23:26

And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus.

Think About

Simon was seized as he came in from the country - this is surely not how he planned to spend his day. Simon must help carry the large, rough, heavy cross for Christ.

Gaze at the picture. Do you think Simon knew who Jesus was? How did Simon feel as he carried the cross?



Who has God sent across your path to help you in a time of need? Did they speak a kind word, offer a listening ear, contribute toward a financial need, offer a hug or tap on the shoulder? How have others helped bear your burdens?

Have you thanked God for sending help? Have you thanked the person God sent? If you'd like, write a note of thanks to send or give to whom God sent to help you.

Jesus is crucified

Station Seven - Jesus is stripped and given a title

Read John 19:19-24

Pilate also wrote an inscription and put it on the cross. It read, "Jesus Nazareth, the King of the Jews." Many of the Jews read this inscription for the place where Jesus was crucified was near the city, and it was written in Aramaic, in Latin, and in Greek. So the chief priests of the Jews said to Pilate, "Do not write, 'The King of the Jews,' but rather, 'This man said, I am King of the Jews.'" Pilate answered, "What I have written I have written." When the soldiers had crucified Jesus, they took his garments and divided them into four parts, one part for each soldier; also his tunic. But the tunic was seamless, woven in one piece from top to bottom, so they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be." This was to fulfill the Scripture which says, "They divided my garments among them, and for my clothing they cast lots." So the soldiers did these things.

Think About

An inscription is written on a sign and nailed to the cross where Jesus hangs. Many argued about Jesus' proclamation to be the King of the Jews. He is not what they expected and desired for a King. Jesus is stripped of his clothing. His bare form is unprotected. The Savior of the world humbly receives unjust disgraceful treatment.

Most did not understand the truth of Jesus' identity. His Kingly position was questioned and challenged. Stripped of his clothing, Jesus

appears naked before mankind. The Savior of the world, with nothing to hide. He courageously stood for the sins of the world.

On a piece of paper, in your own words, create a sign that declares Jesus' true identity and position as King. Keep the sign as a reminder of the truth you've declared.

Station Eight - Jesus is nailed to the cross

Read **Luke 23:32-34, 39-43**

Two others, who were criminals, approached their deaths alongside Jesus Christ. And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments...One of the criminals who were hanged railed at him, saying, "Are you not the Christ? Save yourself and us!" But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed justly, for we are receiving the due reward of our deeds; but this man has done nothing wrong." And he said, "Jesus, remember me when you come into your kingdom." And he said to him, "Truly, I say to you, today you will be with me in paradise."

Think About

Jesus is crucified between two criminals. One chooses to deride Christ; the other recognizes Jesus as King. With which criminal do you most identify? Nails hold each of these three in place. Two are guilty; one is innocent. Three nails imprison the voluntary Savior of the world.

Choose a nail - hold it in your hand and feel its weight. Jesus was nailed to the cross for the sins of mankind. Examine your heart - Jesus was crucified for your sins, past, present and future. He suffered on your behalf. Keep this nail in your pocket.

Using the hammer, drive one of the nails into the piece of wood. Strike the nail three times. Notice the sound. Imagine hammering the nail through flesh. Consider a nail affixing you to wood. Remember it was your sin that hung Jesus to the cross and it is your sin

that is paid for upon the cross. Because of Jesus sacrifice, your sin is forgiven.

Keep one of the nails from the basket in your pocket as a reminder: because of Christ, your sins are forgiven.

Station Nine - Jesus dies on the cross

Read **Mark 15: 33-34, 37-39**

And when the sixth hour had come, there was darkness over the whole land until the ninth hour. And at the ninth hour Jesus cried with a loud voice, "Eloi, Eloi, lema sabachthani?" which means, "My God, my God why have you forsaken me?" ...And Jesus uttered a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom. And when the centurion, who stood facing him, saw that in this way he breathed his last, he said, "Truly this man was the Son of God!"

John 3:16

For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Think About

In this moment Jesus bears the sins of all mankind, the sins of the world. Before Jesus breathed his last, he called out to God, his Father. What do you think Jesus was feeling in this moment?

Look upon the paintings. Take a deep breath and blow it out slowly. Enter into the scene as though a bystander. Imagine standing at the foot of the cross. Describe what you see.





What sounds do you hear? Are there smells? Does anything arise to your tongue? Are you touching anything? Can you feel the presence of death? Do you experience the darkness?

Look at the globe - Thank God for sending Jesus to carry the weight of your sin and the sins of the whole world. Thank Jesus for his sacrifice for all of mankind.

Extinguish one burning candle as a symbol of Jesus dying.

Jesus is placed in the tomb

Station Ten -

Read John 19:38-42

After these things Joseph of Arimathea, who was a disciple of Jesus, but secretly for fear of the Jews, asked Pilate that he might take away the body of Jesus, and Pilate gave him permission. So he came and took away his body. Nicodemus also, who earlier had come to Jesus by night, came bringing a mixture of myrrh and aloes, about seventy-five pounds in weight. So they took the body of Jesus and bound it in linen cloths with the spices, as is the burial custom of the Jews. Now in the place where he was crucified there was a garden, and in the garden a new tomb in which no one had yet been laid. So because of the Jewish day of Preparation, since the tomb was close at hand, they laid Jesus there.

Romans 6:23

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Think About

Joseph of Arimathea and Nicodemus lovingly care for Jesus lifeless body. They tenderly and carefully prepare and place Jesus' body within the tomb. Imagine wrapping Jesus wounds and pouring the aromatic spices upon his body.

Inhale the smell of myrrh. Jesus gave his life so that you could have eternal life. Jesus proclaimed, "It is Finished" - the wages, the cost, of all the sins of mankind have been paid for by the blood of Jesus Christ. Breathe deeply once again - let this smell remind you of the love of Jesus, who gave his life for you. Take a moment to thank God for this indescribable gift.

Leave through the darkness of the tomb where Jesus body lay. Anticipate the hope and glory of resurrection Sunday!