



**HOLY WEEK STATIONS**

---

## *Holy Week Stations*

These stations will take you on a seven-step journey through the death and resurrection of Jesus.

We hope the activities at each stop will awaken your senses and help you experience the Easter story in a whole new way.

Follow the path and the directions.

*Touch, smell, listen, feel, and taste the goodness of God.*

Please note: If you are with children, please keep them with you and guide them through the devotion.

Keep this booklet and continue your devotion at home with the section marked “For Later...”.

---

## STATION ONE

---

## *The Last Supper*

We start our journey to the cross here at Jesus' Last Supper.

**LOOK** at the painting on the screen. This certainly isn't exactly what this group looked like, but study the expressions of those at Jesus' table: confused, unsure, guarded, anxious, restless, emotional, guilty, ashamed... Jesus invited, expected, and befriended the weak. Pay attention to the weaknesses you're bringing to his table today. Take a moment to let Jesus welcome and nourish you here.

**SEE** also the bowl, pitcher, and towel? Jesus takes the role of servant around this table of grace; washing the feet of his guests. Are you resisting this? This table is for those who are willing to admit they can't wash themselves. It's for those who trust the cleansing work of Jesus alone.

If you are willing, take the communion wafer. Peel off the top, clear plastic layer and **FEEL** the "bread". **TASTE** it. *\*Parents, because this not a worship service, please don't hesitate to allow your children to taste the communion elements, even if they haven't yet experienced The Lords' Table at church.*

**LOOK** at the deep color of the juice. **DRINK** it all.

### READ

"My body is like this bread. It will break," Jesus told them. "This cup of wine is like my blood. It will pour out. But this is how God will rescue the whole world. My life will break and God's broken world will mend. My heart will tear apart and your hearts will heal... So whenever you eat and drink, remember..." Jesus  
Storybook Bible

### PRAY

Lord, I need you. Nourish me. Fill me. Make me new.

### FOR LATER...

Read John 13:1-20 with a friend or family. Wash each other's feet and remember the humble love of Christ. Pray that we can also love each other self-sacrificially like Jesus loves us.

---

## *The Garden of Gethsemane* STATION TWO

After dinner, Jesus knew it was time for him to die. Though he never did anything wrong, Jesus was the only One to take the punishment we deserve. The only One worthy.

On this night, Jesus brought his troubles and fears to his Father, as he had done his whole life. He prayed in that dark garden for a long time – all night, actually. He asked God to take it all away: the loneliness, the suffering, the humiliation, the death. But there was no other way.

Let's KNEEL in this garden with Jesus. (if you are unable to kneel, feel free to use a stool) Close your eyes. **FEEL** the weight of obedience in your knees. Obeying God is often scary, lonely, costly, and painful. Like Jesus, bring your suffering to God here. Only God can give you the strength to endure what's ahead.

After you talk to God, stand and open your hands. Let go of everything that is in the way of trusting God's plan. ***On the paper, trace your open hand and write a short prayer of surrender,*** such as "I trust you, Lord" , "Help me, God", or whatever honest prayer you need to leave here...

### READ

"Going a little ahead, he fell to the ground and prayed for a way out: "Papa, Father, you can—can't you? Please get me out of this. Take this cup away from me. But please, not what I want—what do you want?" - Mark 14:36 – The Message

### PRAY

Lord, I believe. Help my unbelief.

### FOR LATER...

Read Mark 14: 32-42 with a friend or family. Share something that is heavy on your heart and pray that God's will be done. Also pray that God's will becomes your will.

---

## STATION THREE     *The Fire*

Stand around the fire pit and FEEL the warmth. (Careful. Don't touch!)

After Jesus was arrested in the garden, his friend Peter stood warming his hands by a fire pit like this and said: "I do not know him."

Do you **HEAR** the sound of a rooster crowing? Listen and remember that Jesus told Peter that he would deny their friendship three times before he heard the sound of a rooster. Jesus already knew and went to the cross on Peter's behalf.

**LOOK** at the light of the flames. In our weakest moments, Jesus gently calls us back to grace. Out of the darkness and into the light; over and over again.

Lift your eyes to the giant picture of Jesus. **LOOK** at the lover of sinners for as long as you need to. Take some time to turn your heart away from sin and shame and toward God's grace.

**LOOK. LISTEN. FEEL.** Grace abounds.

### **READ**

"God shows his love for us in that while we were still sinners, Christ died for us." Romans 5:8 ESV

### **PRAY**

Lord, open my ears so I may hear your call to repentance and rest.

### **FOR LATER...**

Light a candle and read Mark 14:66-72 with a friend or family. Sing "This Little Light of Mine" and talk about what being a "light" in a dark world means to you.

**LOOK** at the pictures of the fancy crowns. The world convinces us to chase after power, wealth, and status. The Enemy whispers lies about what being in control and important have to offer.

Now, **LOOK** at the crown on the opposite side. **FEEL** the sharp thorns on the table. Imagine Roman soldiers ripping apart a thorny bush and hastily forming this crown for Jesus' head.

Step to the end of the cross (notice the sign on the floor) and **FEEL** its weight. Imagine Roman soldiers dragging it toward Jesus and shoving it onto his shoulder.

Stand and study the contrast of the two paths represented here. One path is shiny, tempting, and wide. The other is lower, harder, and narrow. These are the two ways we're offered every day; every hour. One path leads to life.

On the path of God's Kingdom, power comes when we give it up. Freedom is ours if we're willing to obey. Life is found when we surrender it for the good of another. Jesus was silent during this part of the story. Without a word, he transformed the ugly crown and the heavy cross into beautiful symbols of love and sacrifice.

### **READ**

"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 the King of the Jews!'" Mark 15: 17-18 ESV

### **PRAY**

Lord, may your Kingdom come on earth and in my heart as it is in heaven.

### **FOR LATER...**

Read Mark 15: 1-20 with a friend or family. Jesus gave up his glory for us. Think of something valuable to you (time, money, etc.). Make a plan to give it away secretly and silently this week.

---

## STATION FIVE

---

## *The Crucifixion*

Take a nail and hold it in your hand. Consider the fact that Jesus could have gotten down from the cross at any moment. As a human, the nails pierced his flesh, but as God, they could not hold him there.

No one took Jesus' life. He gave it. Jesus' innocence was traded for our guilt. It was perfect and holy justice. All for us. All for love.

Remember: the thorns, the nails, or even the cross weren't the worst parts for Jesus. Because he took on all of the guilt of sin, Jesus had to be separated from our holy God, his Father on that night. That dark night apart from his Father was the worst, ultimate suffering.

FEEL the nail's cold sharpness. LISTEN to the hammering. Imagine the heartache.

### READ

"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, "My God, my God, why have you forsaken me?"  
Mark 15: 33-34    ESV

### PRAY

Spend some time in honest confession here. Tell God how you are sad about the wrong ways you may have acted, spoken, or even thought. Grieve the fact that things aren't the way they should be.

When you're ready, **HAMMER** your nail into the cross. Leave it there with your sin.

### FOR LATER...

Read Mark 15:21-41 with a friend or family. Read or sing the hymn, "When I Survey the Wondrous Cross." What's your favorite verse?

Pick up a stone. The stone represents death and sin. When Jesus died, his body had to be carried down from the cross and prepared for burial. In Bible times, people wrapped bodies in linen with sweet smelling spices called myrrh before placing them in a burial tomb.

Do SMELL the myrrh? Take a piece of cloth and dip it in the water and myrrh. Wrap the cloth around the stone.

Hold the wrapped stone. FEEL its lifeless weight and remember your sins do not have the final say about you. If you trust Jesus as your savior, death is not the end of your story.

### **READ**

“In the Messiah, in Christ, God leads us from place to place in one perpetual victory parade. Through us, he brings knowledge of Christ. Everywhere we go, people breathe in the exquisite fragrance. Because of Christ, we give off a sweet scent rising to God.” -2 Corinthians 2:14-16 The Message

### **PRAY**

Lord, help me to let go of everything that weighs me down and keeps me lifeless. Help me trust you with my whole heart.

**Lay the stone down and move on...**

### **FOR LATER...**

Read Mark 15:42-47 with a friend or family. Spray some perfume. Talk about how perfume might cover up our “deadly” scent for a while, but it never lasts. What do we use to hide the fact that we are “dead” in sin? Our appearance? Our performance? Our reputation?



Stand at the purple curtain and remember that during the darkness of Jesus' death, the temple veil was torn in two. Nothing left to keep sinners from the Holy of Holies.

Also in the darkness, a heavy stone blocked the tomb. Guards stood at attention. Rumors spread.

For two days, all of creation held its breath. Hiding. Doubting. Blaming. Weeping. Hoping...

A weary world rejoices. The work is done. It is finished. We can rest.

### **READ**

"In the resurrection scheme of things, this has to happen: everything perishable taken off the shelves and replaced by the imperishable, this mortal replaced by the immortal. Then the saying will come true:

Death swallowed by triumphant Life!

Who got the last word, oh, Death?

Oh, Death, who's afraid of you now?"

-1 Cor 15:55-57 The Message

### **PRAY**

Lord, thank you for the hope of the resurrection. Help me know you better, live for you more, and rest in your work completely.

**At the end of your prayer, walk through the curtain.**

### **FOR LATER...**

Read Mark 16:1-8 with a friend or family. Set your alarm to watch the sunrise. Pay attention to how the light of a new day transforms everything in its path. Discuss how the hope of resurrection makes all the difference in your life.

*Please feel free to linger quietly in the Resurrection area,  
being respectful of others.*

---

*You are welcome to keep your book for later devotions,  
or recycle it near the exit.*

---

*Be sure to experience the outdoor Stations of the Cross  
located on Central's campus along Davis & Hanley Roads.*

*Thank You*





CENTRAL

PRESBYTERIAN CHURCH