

Station 2:(the weight of sin and the burdens in life) Jesus takes up His cross

Scripture: John 19: 17

Jesus went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew, Golgotha.

Interactive directions:

- 1.find a can of soup and hold it in your dominant hand.**
- 2.Hold your arm out in front of you , shoulder height, as you look through the visuals on the next few pages.**
- 3.Pay attention to how heavy the can feels and when it becomes too heavy to hold and your arm starts to lower.**



This Basket Of Burdens

© Debbie

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My Basket of burdens
Is filled with the grief of my loss
It is so heavy to carry
Although this road I must cross.

This pathway through life
Feels unbearable at times
And I don't have the strength
For this mountain I climb.

The Basket's filled with sorrow
Oh, how I miss my love
At first, It's impossible to carry,
Where is my help from above?

It's draining my strength
I can't do anymore
This pain goes so deep
Right down to my core.

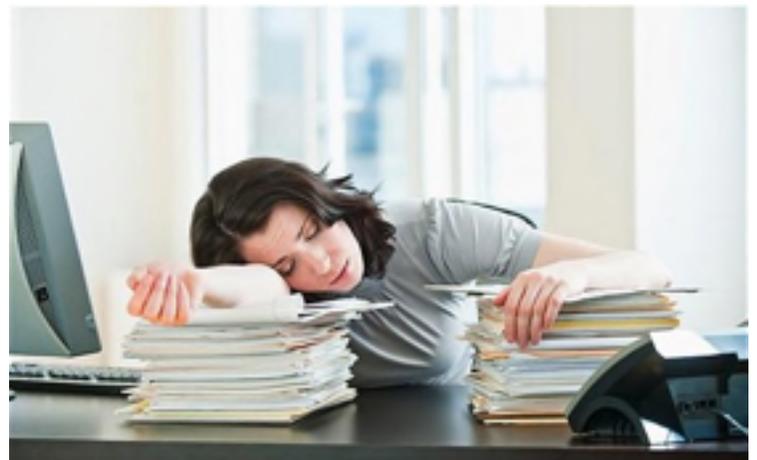
As I carry this Basket
I'll learn to manage the weight
Each step of the way
Will become easier they say.

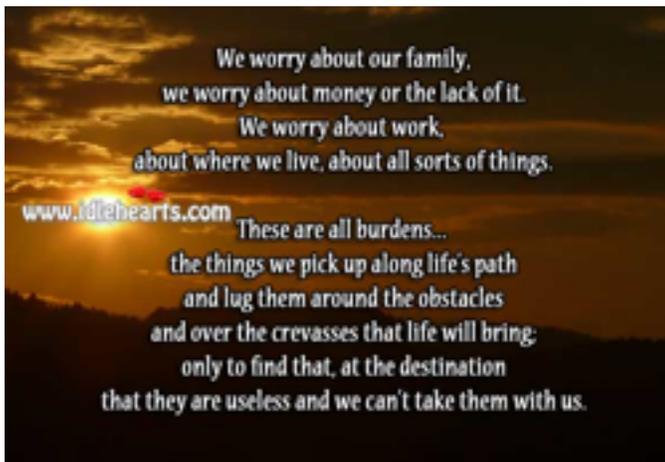
This Basket of burdens
You can't see and can't touch
I carry it inside me
This pain is too much.

by Teryn O'Brien



the world is so dark today
the blackness in people's hearts
seems to blot out even the sun
how can we all go on living apathetically
when so many are hurting and suffering?
and why does the blackness grow
like a gaping hole that sucks all good and
beauty
away into nothingness?
and how can people be so horrible,
so hate-filled,
that human life—the warm beating
of hearts and minds and bodies—
can be so thoughtlessly silenced?
we reel, we groan, we weep,
and we wonder why
why there is so much darkness





There is something wholly liberating about being honest with God. When our minds are cleared of hidden things, when we are transparent with ourselves and our God about the recesses of our thinking, he can remove the burdens of our souls. It really is that simple: thought contained in a dark corner cannot easily be brought to light. But when we acknowledge that which belabors us--sin, worries, struggles, pain--then God can readily lighten the load. " For My yoke is easy and My burden light."
Joshua Dubois

*** Name a burden that you want to reveal to God.**

Interactive directions:

- 1. With a sharpie marker, write the burden on the bottom of the soup can.
(If you don't have a permanent marker, write it on a piece of tape and stick to the can)**
- 2. Place your burden at the foot of the cross.
(If you have a small table cross, set it where you can see it and put the can, your burden, at the foot of the cross)
(If you don't have a cross, make one out of tape and stick it to a wall or a vertical plane and put the can in front of it)**

The lifelong hike by Conor Dunne

Shouldering your pack.

The heavy weight,

Filled with all your burdens.

Your tent, your food, your clothes and roll mat,

As you climb the tallest mountain.

The wind batters you the higher you climb.

The rain gets inside your coat.

You're cold, you're tired, you're wet, you're cold,

But you push on through the storm.

Higher and higher and higher you climb

Away from the world and its problems,

'Till you finally break cloud

And everything becomes clear

And the warmness spreads within.

You look at the towns and cities,

However far they must be.

You look at how small and insignificant they are,

And open your pack to let your burdens free.

Your pack is lighter.

The wind, not so strong.

Even the water has dried.

You are warm again, looking at the view,

Before continuing the hike of your life.

CLOSING PRAYER

Dear Heavenly Father, please grant me the strength that I need to carry me and loved ones through these burdensome times.

Make Your path clearly known to me, one step at a time.

I am grateful for Your guidance.

Your love and comfort fill my heart.

Gratefully, in prayer.

Amen

by Phyllis