

# STATIONS



LENT 2023



# HOW TO ENGAGE

## 1. Notice

Take a few moments to sit with the image for each station. This way of engaging with art is called *visio divina*, which is Latin for divine seeing. After you spend some time with the painting, read the scripture text and return to the picture for fresh insights. Allow yourself to commune with God through the picture and deepen your understanding of his Word.

## 2. Read

Read the passage slowly and invite the Lord to speak with you.

## 3. Ponder

A question or two are provided at the end of each entry to help you consider how to apply the scripture to your life.

## 3. Pray

These sections contain a simple breath prayer. As you inhale, pray the phrase after inhale, and as you exhale pray the phrase after exhale. Consider using the suggested breath prayer throughout your day.





# STATION 1- JESUS IN THE GARDEN OF GETHSEMANE

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## READ

They went to a place called Gethsemane; and he said to his disciples, 'Sit here while I pray.' He took with him Peter and James and John, and began to be distressed and agitated. And he said to them, 'I am deeply grieved, even to death; remain here, and keep awake.' And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, 'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.' - Mark 14:32-36

## PONDER

What might it look like for you to be fully surrendered to the will of God?

## PRAY

Inhale: Not as I will,  
Exhale: but as you will.

## STATION 2- JESUS BETRAYED

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### READ

Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders. Now the betrayer had given them a sign, saying, "The one I will kiss is the man; arrest him and lead him away under guard." So when he came, he went up to him at once and said, "Rabbi!" and kissed him. Then they laid hands on him and arrested him.- Mark 14:43-46

### PONDER

Jesus has experienced the betrayal of a friend. Have you felt betrayed? How might you need to create space to enter into the trust of God?

### PRAY

Inhale: I am not betrayed,  
Exhale: by your love.

## STATION 3- JESUS CONDEMNED

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**READ**

**PONDER**

**PRAY**

Now the chief priests and the whole council were looking for testimony against Jesus to put him to death; but they found none. For many gave false testimony against him, and their testimony did not agree. Some stood up and gave false testimony against him, saying, 'We heard him say, "I will destroy this temple that is made with hands, and in three days I will build another, not made with hands."' But even on this point their testimony did not agree. Then the high priest stood up before them and asked Jesus, 'Have you no answer? What is it that they testify against you?' But he was silent and did not answer. Again the high priest asked him, 'Are you the Messiah, the Son of the Blessed One?' Jesus said, 'I am; and "you will see the Son of Man seated at the right hand of the Power", and "coming with the clouds of heaven"'.' Then the high priest tore his clothes and said, 'Why do we still need witnesses?

You have heard his blasphemy! What is your decision?' All of them condemned him as deserving death.- Mark 14:55-64

Jesus was the victim of religious exclusion, rejected by his own people. Does this thought create a sense of discomfort for you? How are people being excluded from God's kingdom in your community of faith?

Inhale: I will not be afraid,  
Exhale: for you are with me.

## STATION 4- JESUS DENIED

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### READ

At that moment the cock crowed for the second time. Then Peter remembered that Jesus had said to him, 'Before the cock crows twice, you will deny me three times.' And he broke down and wept.- Mark 14:72

### PONDER

Jesus is a God who feels. How do Jesus' tears impact you?

### PRAY

Inhale: My feelings are sacred  
Exhale: God keep me near to my soul.

## STATION 5- JESUS JUDGED

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**READ**

**PONDER**

**PRAY**

Pilate asked them, 'Why, what evil has he done?' But they shouted all the more, 'Crucify him!' So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.- Mark 15:14-15

Jesus is characterized by peace and justice. His death however is characterized by exploitation and injustice. How might God be calling you to peace?.

Inhale: Guard my heart and mind,  
Exhale: with your indescribable peace.

## STATION 6- JESUS SCOURGED AND CROWNED

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### READ

And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, 'Hail, King of the Jews!' They struck his head with a reed, spat upon him, and knelt down in homage to him.- Mark 15:17-

19

### PONDER

Jesus experienced humiliation and torture in his final hours. Our King is the one with a crown and thorns. As you consider this, what kind of prayer rises in you?

### PRAY

Inhale: I will not be afraid,  
Exhale: for you are with me.



## STATION 7- JESUS CARRIES HIS CROSS

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**READ**

After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.- Mark 15:20

**PONDER**

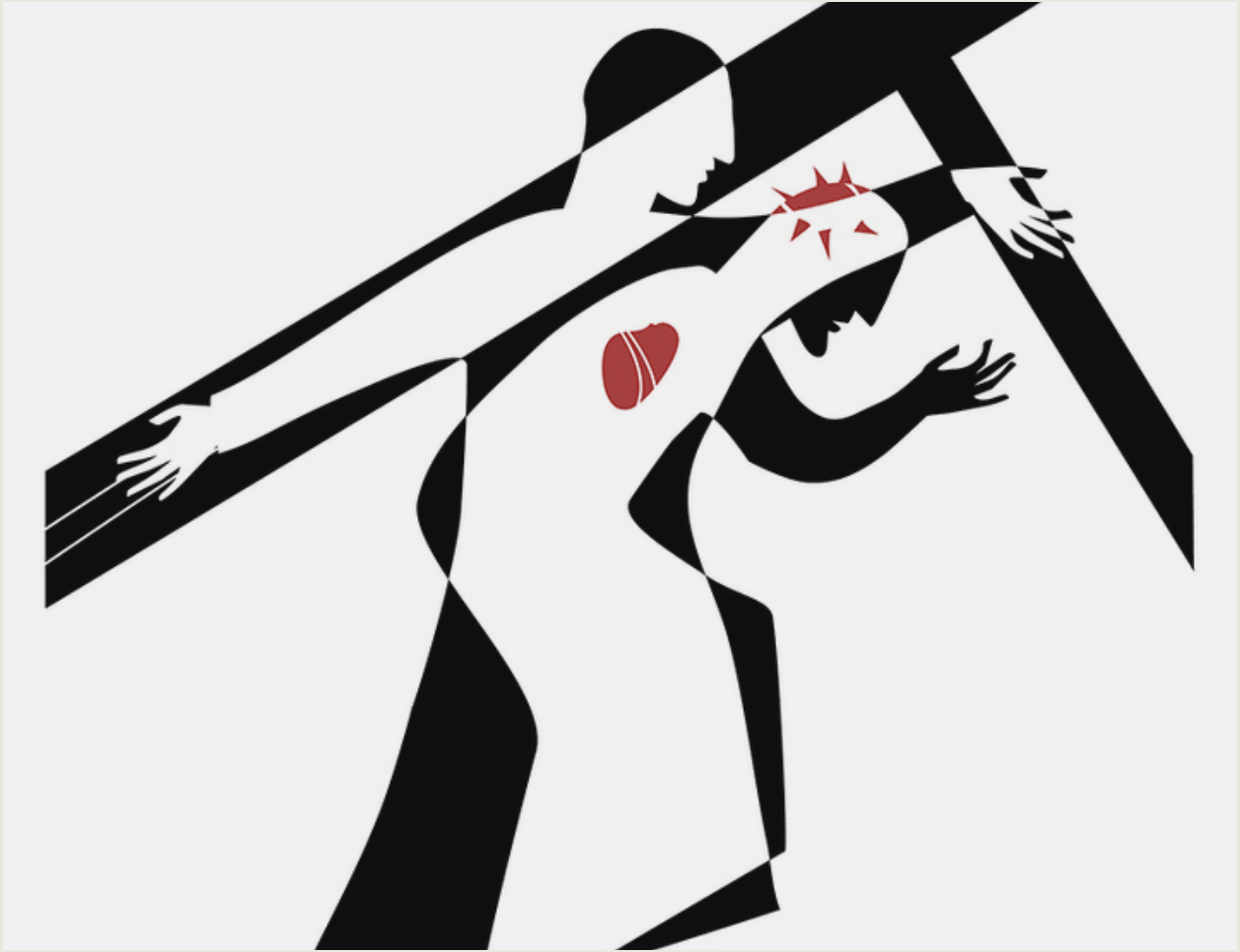
Jesus bore the weight of our sins as he carried the cross. As you reflect on this, what is your response?

**PRAY**

Inhale: Lord you are near,  
Exhale: to all who call on you.

## STATION 8- SIMON HELPS JESUS CARRY HIS CROSS

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### READ

They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus.-  
Mark 15:21

### PONDER

Jesus humbly accepted the help of a passing stranger. Invite the Lord to speak to you about what this means.

### PRAY

Inhale: I am not alone,  
Exhale: we will bear it together.

## STATION 9- JESUS MEETS THE WOMEN

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### READ

A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, "Blessed are the barren, and the wombs that never bore, and the breasts that never nursed." Then they will begin to say to the mountains, "Fall on us"; and to the hills, "Cover us." For if they do this when the wood is green, what will happen when it is dry?'- Luke

23:27-31

### PONDER

The story of Jesus is filled with women, overturning the traditional role of women for that culture. Who are the marginalized people in your community? What might it look like to position yourself to see God through them?

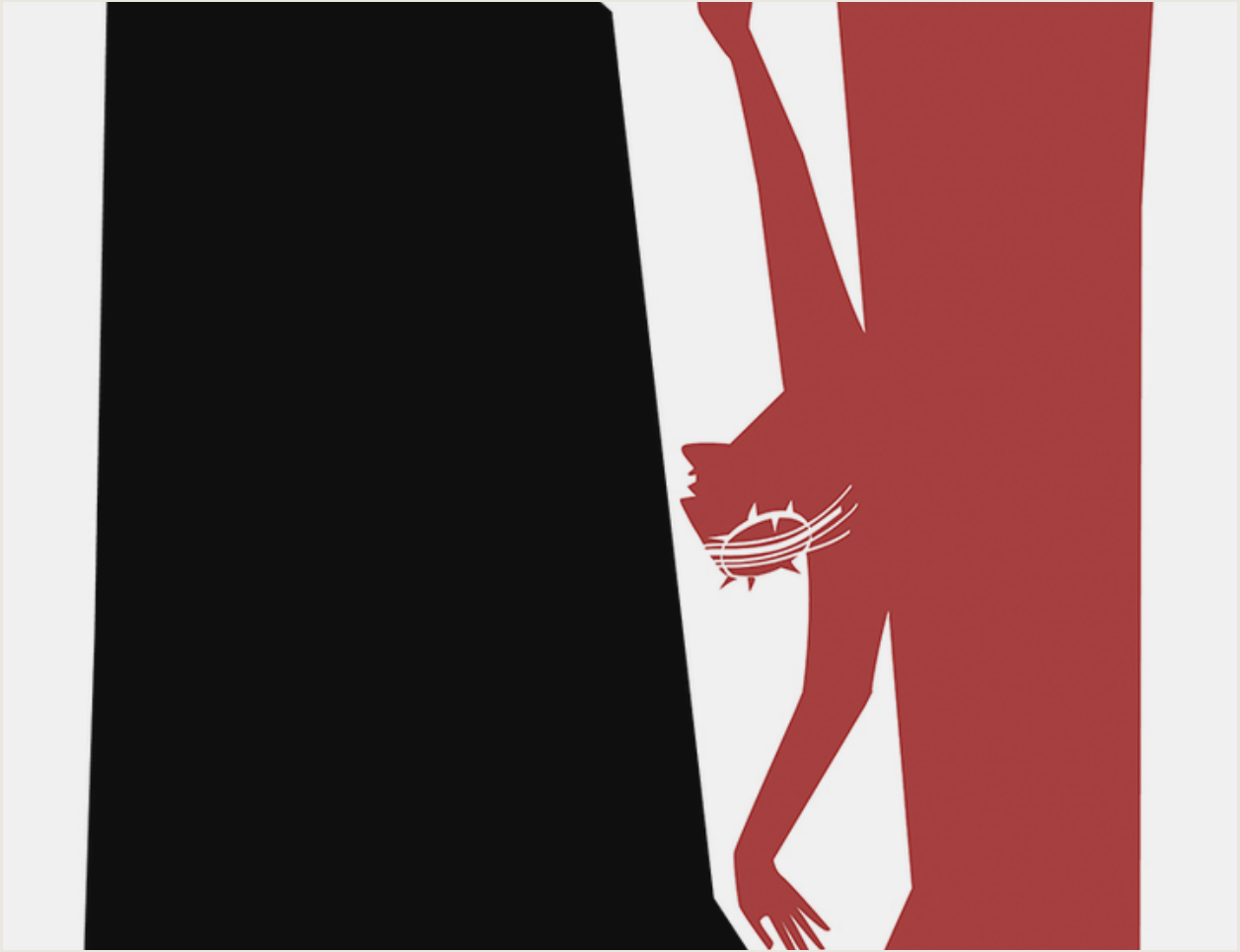
### PRAY

Inhale: I repent,  
Exhale: you forgive.



## STATION 10- JESUS IS CRUCIFIED

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### READ

And they crucified him, and divided  
his clothes among them, casting lots  
to decide what each should take. -  
Mark 15:24

### PONDER

What thoughts or emotions  
surface for you as you ponder  
Jesus' crucifixion?

### PRAY

Inhale: Your kingdom come,  
Exhale: your will be done.

## STATION 11- JESUS PROMISES THE KINGDOM

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### READ

One of the criminals who were hanged there kept deriding him and saying, 'Are you not the Messiah? 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 have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.' Then he said, 'Jesus, remember me when you come into your kingdom.' He replied, 'Truly I tell you, today you will be with me in Paradise.'- Luke 23:39-43

### PONDER

Even when Jesus is in deep agony he listens to the crucified thief beside him. How does knowing that Jesus listens on the cross impact you today?

### PRAY

Inhale: Be my strength every morning,  
Exhale: and save me in my distress.

## STATION 12- JESUS ON THE CROSS

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### READ

When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.-  
John 19:26-27

### PONDER

Jesus cared for his loved ones even into his last moments. Loving others even in the face of death.

### PRAY

Inhale: Let the morning bring me  
word,  
Exhale: of your unfailing love.  
Inhale: Show me the way I should  
go,  
Exhale: I trust you with my whole  
life.



## STATION 13- JESUS DIES ON THE CROSS

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### READ

At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?' When some of the bystanders heard it, they said, 'Listen, he is calling for Elijah.' And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.' Then Jesus gave a loud cry and breathed his last.- Mark 15:34-37

### PONDER

In death, Jesus, the light of the world, entered the darkest place of all. Where do you need to experience Jesus' light today?

### PRAY

Inhale: In the darkness,  
Exhale: show your light.

## STATION 14- JESUS LAID IN THE TOMB

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### READ

Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb.- Mark 15:46

### PONDER

The silence of the tomb must have been frightening for Jesus' followers. How does the silence impact you? How does the silence of God form us? What do you hear in the silence?

### PRAY

Inhale: God why are you silent,  
Exhale: I will hold hope as I wait.

## STATION 15- JESUS RISEN FROM THE DEAD

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### READ

When they looked up, they saw that the stone, which was very large, had already been rolled back. As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed. But he said to them, 'Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him. But go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as he told you.'

So they went out and fled from the tomb, for terror and amazement had seized them; and they said nothing to anyone, for they were afraid.- Mark

16:4-8

### PONDER

Jesus was dead and is now alive. The resurrection is a promise of life. How will you live in that hope today?

### PRAY

Inhale: God is alive,  
Exhale: and God's breath is freedom.



## RESOURCES USED

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Stations of the Cross | The Church of England-  
<https://www.churchofengland.org/our-faith/what-we-believe/lent-holy-week-and-easter/stations-cross>

@BlackLiturgies

Breath as Prayer by Jennifer Tucker

Make Room in Advent by Bette Dickinson