



At-Home Stations of the Cross

With the Stations of the Cross, we journey with Jesus through his final hours. You may choose to do this throughout Holy Week, with a couple stations each day. Or, you may choose to do all the stations on Good Friday. Each station invites you to be present in a different part of your home, to read a scripture passage, and to be in prayer. May this Holy Week journey be a blessing for you.

Station One – Jesus prays in the Garden of Gethsemane

Sit or stand near something from nature. It could be a place outside near your home, or a plant or flower inside.

Read Matthew 26:36-41

Have you ever wished that the situation you are in or the pain you feel could simply be lifted from you like waking from a bad dream? Jesus knows this pain. At this station, we pray for those who live in fear of persecution for who they are or for the stands they take on the side of the oppressed. We find here the Jesus who felt afraid and alone and yet offered himself for a higher purpose.

Station Two – Jesus is betrayed by Judas

Go to a place in your house where you have spent time with a good friend.

Read Matthew 26:47-50

The sting of difficult relationships is something most of us have experienced. Judas was a close follower of Jesus and spent a lot of time with him during his ministry. But in Jesus' final days, Judas betrayed him. At this station, we pray for the ability to forgive. We find here the Jesus who knew of the betrayal and who broke bread with Judas anyway.

Station Three – Jesus is condemned to death

Go to a place in your house where you like to pray or read scripture.

Read Matthew 26:57-68

Perhaps church has always felt like a welcoming and safe space for you. But there are many in this world who have been harmed as they were cast out of church – ostracized and judged or “sentenced” for who they are. There are also those who have been the victims of religious and clergy abuse. At this station, we pray for the victims of violence done in the name of God. We find here the Jesus whose death was caught up in the entangled political and religious climate of his day.

Station Four – Jesus is denied by Peter

Go to a place in your house where you have had a hard time admitting to the truth.

Read Matthew 26:69-75

Denial is a powerful coping mechanism when faced with pain that is too difficult to accept. In our despair, we sometimes turn to denial in order to cope and to survive. At this station, we ask for forgiveness for the times we might have turned our backs on our friends. We find here the Jesus who knows that we are human and that we will have moments of denial when circumstances feel impossible.

Station Five – Jesus is judged by Pilate

Go to a place in your house where you read or watch the news.

Read Matthew 27:11-14, 22-24

So many people around the world suffer under governments who have washed their hands of the plight of the poor. Money for the weapons of war outweigh money for education, for food and shelter, for at-risk youth, for safety of all the world's citizens. At this station, we pray for those in government who make decisions that affect people's lives. We find here the Jesus whose witness on behalf of the oppressed got him killed.

Station Six – Jesus is whipped and crowned with thorns

Go to a place in your house where you feel safe.

Read John 19:1-3

Too many people do not have a place where they feel safe. The scars of abuse can last a lifetime, whether physical, sexual, emotional, or verbal. At this station, we pray for healing for those who have endured violence inflicted on body, mind and spirit. We find here the Jesus who knew this pain.

Station Seven – Jesus carries his cross

Find and hold something heavy.

Read John 19:15-17

The Roman techniques of death by crucifixion were notoriously brutal. Beyond the physical pain, the humiliation of bearing the instrument of death through the streets on the way to the execution was meant to prolong and intensify the suffering. At this station, we pray for all those who carry heavy burdens and ask God to give them rest. We find here the Jesus who carried the burden of his cross, and will carry our burdens as well.

Station Eight – Jesus is helped by Simon of Cyrene

Go to a place in your house where someone has helped you.

Read Luke 23:26

The bravery and compassion of those who rush to help in times of great need is inspiring. First responders, health care workers, neighbors, and strangers rush to assist in crises in ways that restore our faith in humanity. At this station, we pray for all those who offer help in time of need. We find here the Jesus whose burden was lightened by one who bore the weight of his cross for a while.

Station Nine – Jesus meets the women of Jerusalem

Go to a place in your house where you have shed tears.

Read Luke 23:27-31

Expressions of grief and mourning are much more demonstrative in some cultures than others. The women whose weeping and wailing accompanied Jesus' march to the cross offered him an opportunity for his own lament and despair. At this station, we pray for all those who walk alongside, keep vigil with, and keep us before us the suffering of the world. We find here the Jesus who proclaims his sorrow about the state of the world and its people.

Station Ten – Jesus is crucified

Remain in the place where you have shed tears.

Read Mark 15:22-24

Roman crucifixion was used as a way of terrorizing the people and making a statement about political insurgents. Those who witnessed a crucifixion were often frightened and intimidated into submission to the Roman state. At this station we pray for all political prisoners who are unjustly detained, tortured, and murdered. We find here the Jesus whose body was tortured to death.

Station Eleven – Jesus promises to share his reign

Go to a place in your house where you have been aware of God's presence with you.

Read Luke 23:39-43

The conversation from the cross between three persons facing their own deaths ranged from denial to acceptance. We all do this when faced with grief. At this station we pray for all who are grieving. We find here the Jesus who is with us, no matter who we are or where we are on the journey.

Station Twelve – Jesus is on the cross with his mother below

Go to a place in your house where you have spent time with a family member – family either by birth or by choice.

Read John 19:25-27

Jesus knows his absence will be felt by many, but perhaps no greater than the absence his mother will feel. The band of disciples has become family and this commissioning of his closest disciple to take his place as her son is repeated over and over again throughout humanity when a dying loved one says, “take care of them.” At this station, we pray a prayer of thanksgiving for those who have become chosen family to us. We find the Jesus who loves deeply and invites us to care for one another.

Station Thirteen – Jesus dies on the cross

Go to a quiet place in your house.

Read Luke 23:44-46

At the time of Jesus, breath was considered to be life and spirit. When someone gives their last breath, we are aware that the life has gone out of the body that was home to their spirit on this earth. For those that are left behind, it is difficult to accept that all is finished. God’s last words in the human form of Jesus were that the Spirit was returning to the Creator. At this station, we lift up the names of those we have lost and give thanks that God holds them even now. We find here the Jesus whose final breath was accompanied by letting go into God.

Station Fourteen – Jesus is placed in the tomb

Remain in your quiet place.

Read Luke 23:50-56

God of sacrificial love, God of redeeming grace, there are no more words, for it is finished. And while we know the rest of the story, we pause here to stay in the abyss where there is no light. We wait and we listen for new life to be born in us out of the tomb of darkness. Be with us, we pray. Amen.

These Stations of the Cross are adapted with gratitude from Marcia McFee at worshipdesignstudio.com.