

Tyner United Methodist Church

Walk to the Cross:

Prayers & Reflections

for Good Friday/Holy Week

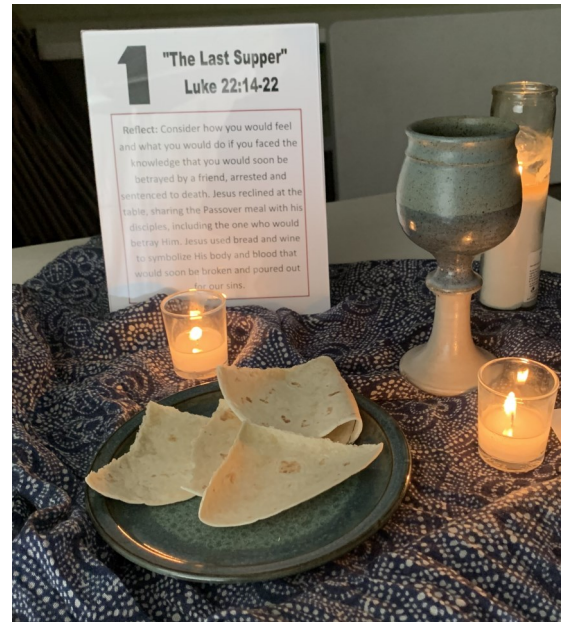
You may want to have a Bible, a rough rock, piece of paper & pen/pencil, a candle to light, and a favorite cross nearby. The actions have been adapted from the ones done on the walk at the church.



Based on Tyner UMC's 2024 Walk to the Cross Experience
4501 French St. Tyner, IN 46572-tynerumc.weebly.com

1 "The Last Supper" Luke 22:14-22

Reflect: Consider how you would feel and what you would do if you faced the knowledge that you would soon be betrayed by a friend, arrested, and sentenced to death. Jesus reclined at the table, sharing the Passover meal with his disciples, including the one who would betray Him. Jesus used bread and wine to symbolize His body and blood that would soon be broken and poured out for our sins.



Act: Hold the rough rock while you reflect and pray through this experience. The rock represents the sin we all carry.



Pray: Lord Jesus, as I follow this path to the cross with You, may we take the journey together. I am your disciple. Please help me to follow You no matter where You may lead me.



2 "Peter Denies Jesus" Matthew 26:69-74

Reflect: Jesus' bold disciple Peter declared that he would stand by Jesus even if everyone else deserted Him. After Jesus' arrest Peter was bold enough to follow and enter the courtyard of the High Priest. However, when various people recognized him and asked if he was one of Jesus' disciples, Peter lived out Jesus' prediction and denied Him three times before the rooster crowed.



Act: As you contemplate Peter's denial of Christ three times, confess the times you have denied knowing Christ in thought, word, or deed.



Pray: Lord Jesus, give me the courage to share my faith even in difficult times and places. Help me to rely upon Your Holy Spirit rather than my will and self-confidence.



3 "Pilate Washes His Hands" Matthew 27:15-26

Reflect: The Jewish leaders turned Jesus over to the Romans for judgment. Jesus was not guilty, yet He did not react angrily or defend Himself. Think of what it must have felt like to stand accused by false witnesses before the Roman governor. Pilate knew Jesus was innocent, yet refused to do what was right. He gave into the demands of the crowd and turned Jesus over for crucifixion.



Act: Wash your hands and remember that, like Pilate, we often put the blame for Jesus' death on others. We are no less guilty than Pilate, the Jewish leaders, or the Roman soldiers.



Pray: Lord, I confess I'd rather blame someone else for Your death than examine my role. I confess I'm often quick to judge the sins of others and less thorough in examining my own sin. Help me to love more and judge less.



4 "Jesus Wears a Crown"

Mark 15:16-20

Reflect: Consider the pain of having sharp, hardened thorns shoved violently onto your head. Consider the blood flowing freely down your face and burning your eyes, blurring your vision so you cannot even see your tormentors as they strike you and spit upon you. Remember Jesus' commandment, "Love one another as I have loved you."



Act: Notice how long the thorns are and how many cover each of the branches. Imagine the pain even one of these thorns might cause.



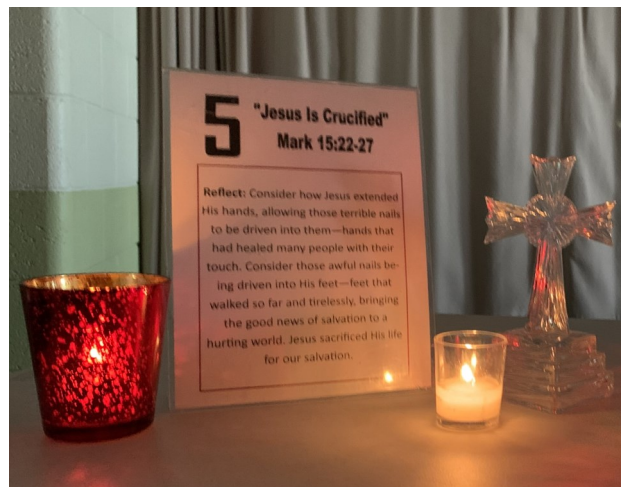
Pray: Lord Jesus, help me to not ignore the suffering of others. I don't even want to imagine how it must have felt to be tortured as You were: beaten, flogged, and forced to wear a crown of thorns. I could not bear the pain as You did, let alone forgive my tormentors. Help me, Lord, to learn Your perfect love so I may be one with You in all I do.



5 "Jesus Is Crucified"

Mark 15:22-27

Reflect: Consider how Jesus extended His hands, allowing those terrible nails to be driven into them—hands that had healed many people with their touch. Consider those awful nails being driven into His feet—feet that walked so far and tirelessly, bringing the good news of salvation to a hurting world. Jesus sacrificed His life for our salvation.



Act: Contemplate the strength it would take to willingly open your hands and allow this to happen rather than summoning rescue from heaven.



Pause for a moment or two to appreciate Jesus' suffering on the cross.

Pray: Thank you, Lord.



6 "Jesus Speaks to Mary & John" John 19:25b-27

Reflect: Consider the pain in a mother's heart as she beheld her son on a cross amid a crowd of jeering spectators. Consider the guilt of the beloved apostle, who once ran away in fear, now standing at the foot of the cross and looking up at his dying friend and Lord. Get a sense of the enormity of Jesus' love as He forgives John by asking him to care for His mother in the midst of His pain and anguish.



Act: Light a candle for someone you care for or someone you need to forgive. Leave the candle burning until you finish the experience.



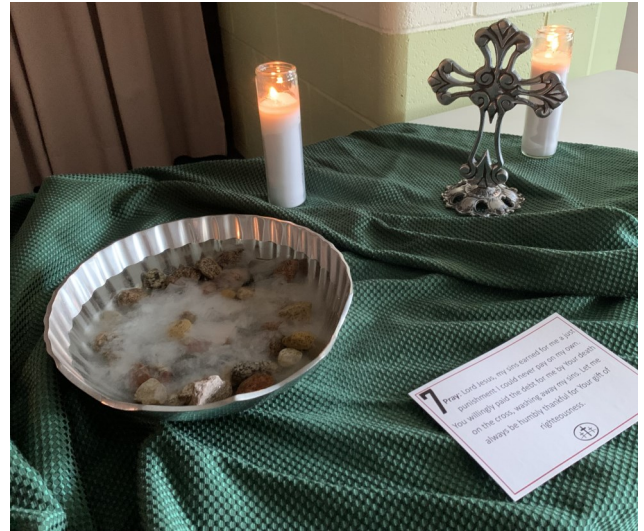
Pray: Lord Jesus, even as You approached death You took the time to show loving care for Your mother and Your beloved disciple. You encouraged them to care for one another. Help me to care for others as You do.



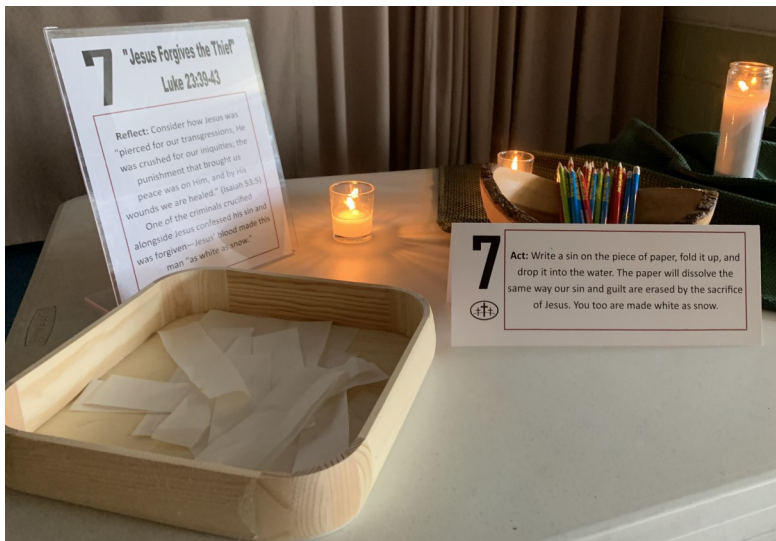
7 "Jesus Forgives the Thief"

Luke 23:39-43

Reflect: Consider how Jesus was “pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed” (Isaiah 53:5). One of the criminals crucified alongside Jesus confessed his sin and was forgiven—Jesus’ blood made this man “as white as snow.”



Act: Write a sin on the piece of paper provided, fold it up, and drop it into some water. The paper will dissolve the same way our sin and guilt are erased by the sacrifice of Jesus. You too are made white as snow.



Pray: Lord Jesus, my sins earned for me a just punishment I could never pay on my own. You willingly paid the debt for me by Your death on the cross, washing away my sins. Let me always be humbly thankful for Your gift of righteousness.



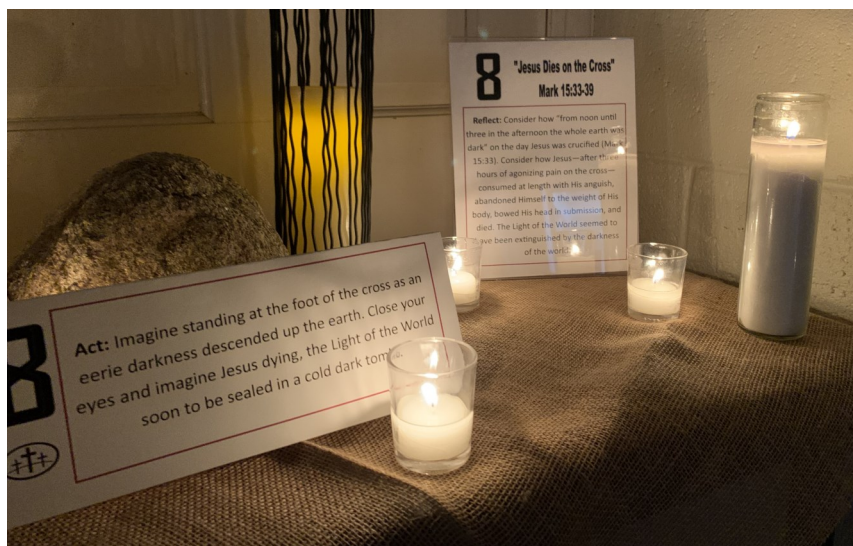
8 "Jesus Dies on the Cross"

Mark 15:33-39

Reflect: Consider how “from noon until three in the afternoon the whole earth was dark” on the day Jesus was crucified (Mark 15:33). Consider how Jesus—after three hours of agonizing pain on the cross—consumed at length with His anguish, abandoned Himself to the weight of His body, bowed His head in submission, and died. The Light of the World seemed to have been extinguished by the darkness of the world.



Act: Imagine standing at the foot of the cross as an eerie darkness descended up the earth. Close your eyes and imagine Jesus dying, the Light of the World soon to be sealed in a cold dark tomb.

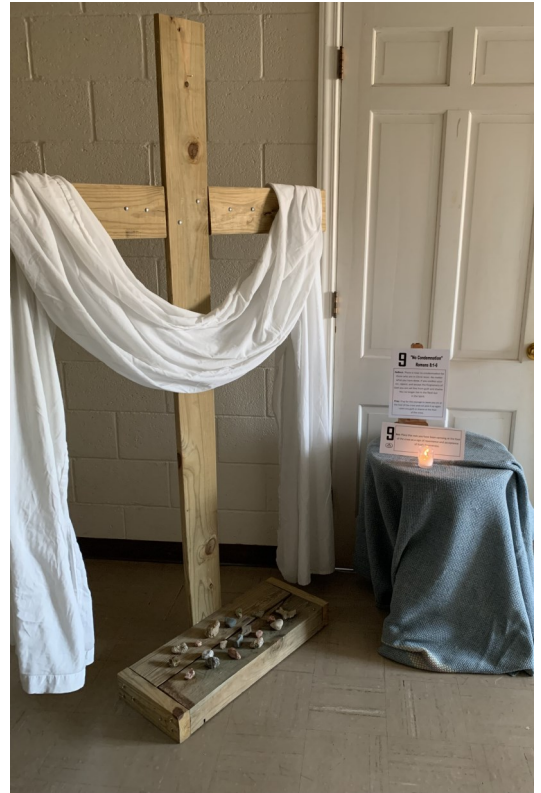


Pray: Lord, the world can seem like a dark and hopeless place. Help me to remember that even when I cannot see You or feel Your presence, You are with me. Even on my darkest days I can turn to You and You will walk beside me.



9 "No Condemnation" Romans 8:1-6

Reflect: There is now no condemnation for those who are in Christ Jesus. No matter what you have done, if you confess your sin, repent, and accept the forgiveness of God you are set free from guilt and shame. You no longer live in the flesh but in the Spirit.



Act: Place the rock you have been holding at the “foot of the cross” (in your Bible, outside your home, in a trashcan) as a sign of repentance and acceptance of God’s forgiveness.



Pray for the courage to leave your sin “at the foot of the cross” and not pick it up again. Leave any guilt or shame at the foot of the cross.



10 "Take Up Your Cross"

Luke 9:23-24

Reflect: How might you walk more closely with Christ as your faith journey continues? Where might you place the rock to remind you to “pick up your cross daily” and follow Christ?



Act: Pick up the rock with the cross to remind you that your sins are forgiven and you have been set free from slavery to sin & death!



**Have a
blessed
Good
Friday, Holy
Saturday, &
Easter
Sunday!**

