

3-6 APR 2023



Journey
To The
CROSS

Lent / Holy Week 2023

Wesley
METHODIST CHURCH



WESLEYMC.ORG

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Journey To The CROSS

Journey to the Cross is a self-guided spiritual exercise where you will walk through four prayer stations intended to take you on the path that Jesus walked in the final few days of His life on earth.

It is a journey of encountering our Lord from the agony at Gethsemane, the betrayal by Judas, the denial by Peter, the trial and suffering, to His final breath on the cross.

During the journey, let us reflect and respond to what our Lord had done, recommit to be His faithful disciples, and then, individually and as a family, go forth to proclaim the amazing resurrection hope of Easter through word and deed.

Key Details:

Date and Time:

- 3 April 2023 (Holy Monday), 1pm to 7pm
- 4 April 2023 (Holy Tuesday), 9am to 7pm
- 5 April 2023 (Holy Wednesday), 9am to 7pm
- 6 April 2023 (Maundy Thursday), 9am to 3pm

Note: Wednesday 5 April, 9.00am to 12 noon, will be specially set aside for seniors and those who are less mobile. To ensure safety, the stations will be brighter then. There will also be GYM volunteers present to guide and help the participants along.

No Registration Required

Just walk in during the above opening hours. To ensure a safe and conducive space for prayer and meditation, however, we seek your understanding if you have to wait for your turn to enter a particular station when it gets crowded, especially during the peak hours. Together let us make this a smooth and reflective journey for all.

We also appreciate your kind consideration to respect the presence of other participants by maintaining silence while you are in any of the stations.

Parental Guidance

Station 3 at Wesley Hall is not suitable for children aged 12 and below, as well as those sensitive to bright lights and loud noises. At this station, we will be showing the Crucifixion scene through audio and lighting, and hence there will be sudden bursts of sound and change of lights. The lighting and noise levels are utilised to help participants better visualise the scene of the Crucifixion.



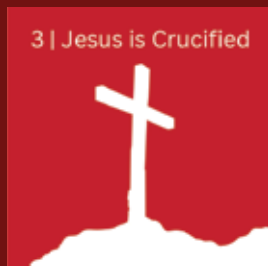
**STATION 1:
Prayer Room
behind Plaza Hall**



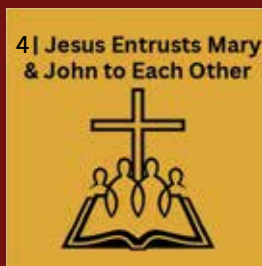
**STATION 2:
Plaza Hall**

General Instructions:

1. There are altogether four stations in this Journey to the Cross.
The four stations have been placed in a particular sequence to guide you through Jesus' own journey to the cross.
2. You may start from any station, but we would encourage you to move in this order:
 - a. Station 1 (Prayer Room behind Plaza Hall): Jesus at the Garden of Gethsemane.
 - b. Station 2 (Plaza Hall): Jesus is betrayed, disowned and mocked.
 - c. Station 3 (Wesley Hall): Jesus is crucified.
 - d. Station 4 (Wesley Atrium): Jesus entrusts Mary and John to each other.
3. Each interactive prayer station comes with Scripture readings and suggested reflection points for you to ponder and respond. Interact with the elements placed at each station using your senses – sight, sound, smell and touch. Write down any thoughts or reflections in this booklet as you walk this journey with Jesus. Please remember to bring this booklet along with you.
4. When you are at the stations:
 - Sit comfortably and spend some time in silence.
 - Ask God to quieten your heart from any inner chatter and the bustle of the day. Remove distracting thoughts and give this time to be with Jesus.
 - Allow the Holy Spirit to lead you and to hold every thought captive to Christ alone.
 - Use the pointers in this booklet or at the stations to guide you in your reflection and response. Adopt a prayerful posture throughout the journey.



**STATION 3:
Wesley Hall**



**STATION 4:
Wesley Atrium**

Station 1

Jesus

at the
Garden of
Gethsemane



A Journey of Obedience from Struggle to Surrender



STATION 1:

Jesus At The Garden
Of Gethsemane

LOCATION:

**Prayer Room behind
Plaza Hall**

READ:

Matthew 26:36-46

³⁶Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray."

³⁷He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled.

³⁸Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

³⁹Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

⁴⁰Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. ⁴¹"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

⁴²He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

⁴³When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴So he left them and went away once more and prayed the third time, saying the same thing.

⁴⁵Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners.

⁴⁶Rise! Let us go! Here comes my betrayer!"



STATION 1:
Jesus At The Garden
Of Gethsemane

LOCATION:
Prayer Room behind Plaza Hall

REFLECT:

At the garden of Gethsemane, Jesus was deeply grieved. In his words, "My soul is overwhelmed with sorrow to the point of death." Three times, Jesus pleaded with God to "take this cup away", knowing that he would be betrayed by his very own. His body would be scourged. His face would be spat upon. He would be mocked, scorned, and publicly accused of wrongs he did not commit.

Yet, with sweat-like drops of blood trickling to the ground, Jesus said to the Father, *"Nevertheless, not my will, but yours, be done."* (Luke 22:42, ESV).

The Son of God would experience the depths of darkness and the torment of separation from the Father, that nothing in all creation will ever be able to separate us from the love of God in Christ Jesus.

RESPOND:

Pick up a rock and feel its edges. Or listen to the sound of crickets. Consider the pain and agony Jesus felt at this point, in this garden. If you prefer, take a seat. Watch and pray with him.

Has your soul ever been overwhelmed by sorrow and despair? Are you wrestling today with the Father in your own Gethsemane? What cup might you be asking the Father to remove from you?

Come with your burdens to him. Know that Jesus himself had drunk from the cup of suffering. He walked this very path from struggle to surrender. Will you walk with him? Just as Jesus had asked his disciples to stay awake and to keep watch with him, would you ask the Spirit to strengthen your flesh that you too may not fall into temptation? Will you keep on walking with Jesus towards a place of surrender?

Station 2

Jesus

is betrayed,
disowned &
mocked



A Journey from Betrayal to Belief



STATION 2:

Jesus is Betrayed,
Disowned and Mocked

LOCATION:

Plaza Hall

READ:

Judas Betrays Jesus

Matthew 26:14-16

¹⁴Then one of the Twelve – the one called Judas Iscariot – went to the chief priests ¹⁵and asked, “What are you willing to give me if I deliver him over to you?” So they counted out for him thirty pieces of silver. ¹⁶From then on Judas watched for an opportunity to hand him over.

Luke 22:47-48

⁴⁷While he was still speaking a crowd came up, and the man who was called Judas, one of the Twelve, was leading them. He approached Jesus to kiss him, ⁴⁸but Jesus asked him, “Judas, are you betraying the Son of Man with a kiss?”

REFLECT:

Judas had walked many roads with Jesus. Yet, for thirty pieces of silver, he handed Jesus over. Jesus knew that Judas would betray him, and yet Jesus treated Judas respectfully, addressing him as 'friend' (Matthew 26:50) and even allowing Judas to betray him with a kiss.

RESPOND:

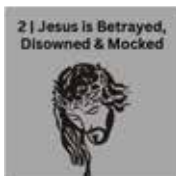
Count the number of silver coins. How much do you value Jesus in your life? Were there times where you have betrayed Christ in the presence of others, for self-gratification, or in the depths of your own sinful heart?

Greed and self-gratification can startle us in our walk with Christ. Distractions can cripple our commitment to journey on with him. Pressure and pursuits, even good ones, can distract our gaze from him and cause us to believe that God is distant and silent. Yet, when we are faithless, he remains faithful. When we fail him, he fails us not. While we were yet sinners, he died for us.

Come, in confession and repentance, at his throne of grace. What pursuits have you given in to, that you have betrayed him in areas of your life? What temptations do you wrestle with that hold you back from giving your all to Jesus?



A Journey from Betrayal to Belief



STATION 2:
Jesus is Betrayed,
Disowned and Mocked

LOCATION:
Plaza Hall

READ:

Peter Disowns Jesus

Matthew 26:69-75

⁶⁹Now Peter was sitting out in the courtyard, and a servant girl came to him. "You also were with Jesus of Galilee," she said.

⁷⁰But he denied it before them all. "I don't know what you're talking about," he said.

⁷¹Then he went out to the gateway, where another servant girl saw him and said to the people there, "This fellow was with Jesus of Nazareth."

⁷²He denied it again, with an oath: "I don't know the man!"

⁷³After a little while, those standing there went up to Peter and said, "Surely you are one of them; your accent gives you away."

⁷⁴Then he began to call down curses, and he swore to them, "I don't know the man!" Immediately a rooster crowed.

⁷⁵Then Peter remembered the word Jesus had spoken: "Before the rooster crows, you will disown me three times." And he went outside and wept bitterly.

REFLECT:

Just a while ago, Peter had declared Jesus as the Christ, the Son of the Living God. Here, he denies Jesus not once, but thrice. A faithful disciple, a loyal friend who once thought he would never deny his Lord here says, "I do not know him." He went outside and wept bitterly.

RESPOND:

Pick up a pen and a piece of paper. Pen down the same words that Peter uttered: "I do not know him". Then listen as the rooster crows. Yes, Lord, we confess that we have not loved you with our whole heart.

Following Jesus' arrest, Peter was probably uncertain of his future and fearful of repercussions from those who hated Jesus. Like him, we too face moments of self-doubt, unsure of our own action, whether we did the right thing or followed the right person. We are pressured by people around us to act in a certain way or to try and blend in with the crowd.

Come, in confession and repentance, at his throne of grace. What fears weigh you down and hinder you from remaining faithful to Christ? What pressures have you given in to, that you have denied him in areas of your life?



A Journey from Betrayal to Belief



STATION 2:

Jesus is Betrayed,
Disowned and Mocked

LOCATION:

Plaza Hall

READ:

The Soldiers, Leaders and Criminal Mock Jesus

Matthew 27:27-31

²⁷Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him.

²⁸They stripped him and put a scarlet robe on him,
²⁹and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews!" they said.

³⁰They spit on him, and took the staff and struck him on the head again and again.

³¹After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him.

Matthew 27:38-44

³⁸Two rebels were crucified with him, one on his right and one on his left.

³⁹Those who passed by hurled insults at him, shaking their heads ⁴⁰and saying, "You who are going to destroy the temple and build it in three days, save yourself! Come down from the cross, if you are the Son of God!"

⁴¹In the same way the chief priests, the teachers of the law and the elders mocked him.

⁴²"He saved others," they said, "but he can't save himself! He's the king of Israel! Let him come down now from the cross, and we will believe in him.

⁴³He trusts in God. Let God rescue him now if he wants him, for he said, 'I am the Son of God.'"

⁴⁴In the same way the rebels who were crucified with him also heaped insults on him.

REFLECT:

Stand on the stage with Jesus and look down at the crowds in front of you.

There are four groups of people mocking at Jesus:

Group 1:

People passing by who hurled insults at Jesus and shook their heads.

Group 2:

The chief priests, the teachers of the law and the elders who mocked Jesus.

Group 3:

The soldiers who spat at Jesus, struck him on his head with the staff, and mocked him.

Group 4:

The criminal who heaped insults on Jesus.

Do you identify with any of these four groups?

Jesus could easily have responded to the insults. But he chose not to.

Why? For whom was Jesus mocked?

Now go down stage and join the crowds, looking up at Jesus. Take the gavel into your own hand and sound it twice. Consider the times we esteemed him not. By the hands of lawless men, we have delivered him up to be crucified (Acts 2:23).

2 | Jesus is Betrayed,
Disowned & Mocked



STATION 2:

Jesus is Betrayed,
Disowned and Mocked

LOCATION:

Plaza Hall

RESPOND:

We forget what scorn, shame and smite Jesus bore. We look away from his bloodied face. We turn away from the deep lashes on his back caused by the scourging whip. Yet, turn your gaze back to him. See his loving eyes. Reach out, grasp his hand and hear his voice that says this was done for you. This was done in love, for you.

Recognise and confess that at one time or another, we too have shouted, "Crucify him!" At one time or another, we too have turned away from him and scorned him. We too have rejected and mocked him – him who bears our griefs and carries our sorrow. Yet, know and receive this – Jesus Christ, the Son of God, has taken on all judgement and condemnation upon himself.

As a sheep silent before its shearers, he who is without sin, took on our sin and shame upon himself. Will you come, in confession and repentance, seek forgiveness and approach Jesus once more in new confidence. Come to this place of scorn and shame and receive his redeeming grace.





Station 3

Jesus

is crucified



The Journey to the Cross



STATION 3:
Jesus Is Crucified

LOCATION:
Wesley Hall

READ:

The Death of Jesus

Matthew 27:45-54

⁴⁵From noon until three in the afternoon darkness came over all the land.

⁴⁶About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" (which means "My God, my God, why have you forsaken me?").

⁴⁷When some of those standing there heard this, they said, "He's calling Elijah."

⁴⁸Immediately one of them ran and got a sponge. He filled it with wine vinegar, put it on a staff, and offered it to Jesus to drink.

⁴⁹The rest said, "Now leave him alone. Let's see if Elijah comes to save him."

⁵⁰And when Jesus had cried out again in a loud voice, he gave up his spirit.

⁵¹At that moment the curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split ⁵²and the tombs broke open. The bodies of many holy people who had died were raised to life.

⁵³They came out of the tombs after Jesus' resurrection and went into the holy city and appeared to many people.

⁵⁴When the centurion and those with him who were guarding Jesus saw the earthquake and all that had happened, they were terrified, and exclaimed, "Surely he was the Son of God!"



STATION 3:
Jesus Is Crucified

LOCATION:
Wesley Hall

REFLECT:

Jesus' torment began before the crucifixion. On the cross itself, Jesus suffered the most excruciating pain ever known to mankind. He bore the most humiliating and contemptuous form of death ever thought up by humanity. At the cross, Jesus knew the greatest sorrow and faced the darkest moment of despair possible to anyone – with his spirit crushed, he cried out, "My God, my God, why have you forsaken me?"

Pick up the Roman nail. Feel it with your fingers. Consider the man. Who is this Jesus who willingly stretched out his arms for them to be nailed to the cross? Who is this Jesus who knew the reality of true abandonment? Who is this Jesus who was deserted, that we may only feel deserted by never truly be? Who was this man whom we crucified?

This is Jesus. The King of the Jews. The one we call our Lord, our Saviour, our Shepherd, our King. The Light of the World covered in darkness. The True Vine shattered in pieces. The Bread of Life broken by human hands. Yet, that is the depth of his love for us. That is the breadth of light he shines for us. That is the height of his living hope for us.



RESPOND:

One of the Christian traditions on Good Friday is to reflect on the seven last recorded sayings of Jesus before he breathed his last. Consider the gravity of each of these words that Jesus uttered while nailed to the cross. Ponder upon some key aspects reflected in each of Jesus' last sayings and consider their transformative power upon our own lives today.

1. *"Father, forgive them, for they do not know what they are doing."*
(Luke 23:34).

PONDER: Forgiveness. Choices. Love.

2. *"Truly I tell you, today you will be with me in paradise."* (Luke 23:43).

PONDER: Assurance. Hope. Eternity.

3. *"Woman, here is your son." (And to the disciple), "Here is your mother."*
(John 19:26-27).

PONDER: Family. Relationships. Care.

4. *"My God, my God, why have you forsaken me?"* (Matthew 27:46).

PONDER: Reconciliation. Promises. Redemption.

5. *"I am thirsty."* (John 19:28).

PONDER: Exhaustion. Needs. Sustenance.

6. *"It is finished."* (John 19:30).

PONDER: Perseverance. Joy. Completion.

7. *"Father, into your hands I commit my spirit."* (Luke 23:46).

PONDER: Faith. Surrender. Rest.





STATION 3:
Jesus Is Crucified

LOCATION:
Wesley Hall

REST:

Come to the Cross. The cross of crucifixion, of pain and scorn. The cross of sin and shame. The cross of redemption and hope. The cross of love and forgiveness. Ponder and remember that it is only by grace that today, we can say, *"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me."* Ponder and hold dear in your heart this thought, that, *"And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me"* (Galatians 2:20 ESV). Come to the Cross, and receive his love, his mercy and his grace, once again.

As you leave the scene of the Crucifixion and look forward to the Resurrection of Jesus on Easter Sunday, may you go forth in repentance and share the resurrection hope of Easter with others.

Take up your Cross. Will you commit to be a disciple of Jesus? Will you deny yourself, take up your cross and follow Jesus?

Remember the Two Greatest Commandments and the Great Commission of Jesus:

The Two Greatest Commandments:

"Love the Lord your God with all your heart and with all your soul and with all your mind." (Matthew 22:37)

"Love your neighbour as yourself." (Matthew 22:39)

The Great Commission

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." (Matthew 28:19-20)



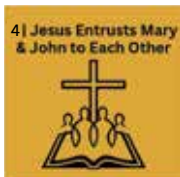
Station 4

Jesus

entrusts
Mary & John
to Each Other



A Word from the Cross to the Family



STATION 4:

Jesus entrusts Mary and John to each other

LOCATION:

Wesley Atrium

READ:

John 19:25-27

²⁵Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene.

²⁶When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son,"

²⁷and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

Matthew 12:46-50

⁴⁶While Jesus was still talking to the crowd, his mother and brothers stood outside, wanting to speak to him.

⁴⁷Someone told him, "Your mother and brothers are standing outside, wanting to speak to you."

⁴⁸He replied to him, "Who is my mother, and who are my brothers?"

⁴⁹Pointing to his disciples, he said, "Here are my mother and my brothers.

⁵⁰For whoever does the will of my Father in heaven is my brother and sister and mother."

4 | Jesus Entrusts Mary
& John to Each Other



STATION 4:

Jesus entrusts Mary
and John to each other

LOCATION:

Wesley Atrium

REFLECT:

Even when Jesus was dying on the cross, he was concerned about his mother, Mary. He instructed his beloved disciple, John, to take Mary as his mother and to care for her. Our families are precious gifts from God, and we should love and care for our loved ones under all circumstances.

Our family is not just biological but spiritual as well. In Matthew 12:46-50, Jesus pointed out to his disciples that "whoever does the will of my Father in heaven is my brother and sister and mother." Jesus was paving the way for a new community of believers, our spiritual family.

Pause and look at the paintings on display. Is there a painting or drawing that catches your attention?

Accept it as your focus for prayerful reflection and listening to God.

RESPOND:

Our Family

The family is where discipleship takes place. Whether within our nuclear or extended family, there are seven key discipleship mandates applicable to all of us.

1. Husbands and wives are to be united, physically and spiritually (Genesis 2:24; Mark 10:6-9).
2. Husbands are to love and lead (Ephesians 5:23-29).
3. Wives are to submit and help (Genesis 2:18; Ephesians 5:22).
4. Parents are to nurture and guide their children (Deuteronomy 6:6-9).
5. Children are to obey and honour their parents (Ephesians 6:1-3).
6. Siblings are to love each other and help the unsaved among them come to Christ. (John 1:40-41; Luke 15:31-32).
7. Families are to serve (Joshua 24:15).

How are you faring in the mandates that apply to you?

Our Church Family

The church is a spiritual family. We are children of God (1 John 3:1); We are a family of believers (Galatians 6:10); We are members of God's household (Ephesians 2:19-20); We are all in this together (1 Corinthians 12:26).

The church is to be a place for all, regardless of age, status or background. Our church is privileged to have a rich tradition and history. Beyond our individual and biological families, we witness church ministries where children, youths, adults participate in discipling and mentoring across ages, in growing, journeying and worshipping together.

How is God calling you to serve, contribute and play a part in building a strong church family, your own spiritual family?

TAKE YOUR NEXT STEP

In this Year of 'Discipleship in the Family', what is the next step of discipleship that you will take as a parent, spouse, child, brother or sister?

Is Jesus entrusting someone to you as your spiritual mother, father, son, daughter, brother or sister? Is he calling you to embrace someone in the church family with His love?

Take a few moments to pray:

- For healing and breakthrough in relationships in individual families.
- For revival of spiritual friendships and safe space in the church family.

Intentional Discipleship

Let us make the intentional choice to be disciples of Jesus, as a church and within our families, to God's honour and glory. And then together as a family – biological and spiritual – let us go forth to love God and one another, and to make disciples wherever God may place us.

Together as a Wesley Family Wesley "Palm" Tree

Psalm 92:12-13 says: *"The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God."*

Let us join hands (and palms) in a collaborative art piece at Station 4 and together paint the Wesley "Palm" Tree.

The Wesley "Palm" Tree symbolises the truth that God has co-partnered with humanity to carry out His Mission and Great Commission here on earth.

Together with the countless faithful brothers and sisters before us, we are part of the family of God, serving Him and each other with our head, heart and hands.

Through our own hands, we see the fingerprints of God holding us through our past, assuring us in the present, and leading us into the future.

Consider the imprints of palms on the panel before you, and give thanks for those who have given of their head, heart and hands in service to the Lord and to His family.

Reflect on what God is calling you today to serve.

Then imprint your own palm on the panel and hold it there for a few seconds. Let the Holy Spirit speak to you.

Now take a step back and consider the Wesley 'Palm Tree' again, this time knowing that your imprint is part of the whole picture. Yes, you are a part of the Wesley Family!

As you complete the Journey to the Cross and head out into the world, may the grace of our Lord Jesus Christ, the Love of God the Father, and the fellowship of the Holy Spirit be with you, now and always. Amen!

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