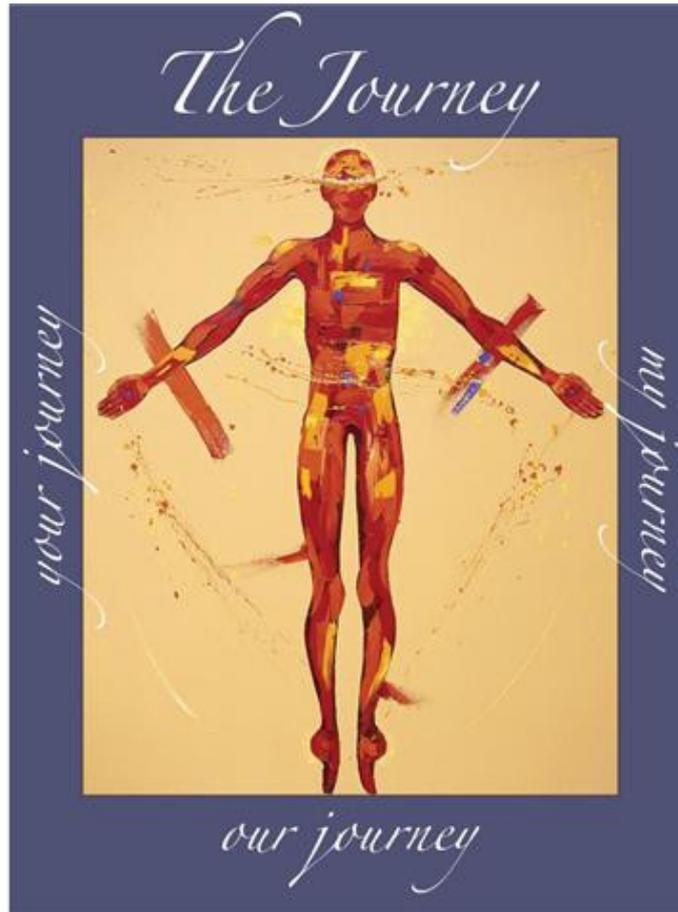


# TEACHING MANUAL



## Practical uses

The Teaching Manual is of particular value for:

### **Church leaders**

**Introduction to Christianity Courses, Confirmation Classes, Enquirers Groups, Discipleship Groups, Sermon material, Lent Groups.**

### **Group leaders**

**Bible Study Groups, House Groups or Prayer Groups**

### **Classroom teachers**

**General RE or up to GCSE Religious Studies, with many cross-curricular opportunities in Art, English, Dance.**

### **Individuals**

**Personal Prayer, Meditation, Devotion and Growth**

## **The Journey - A Users Guide:**

An integral part of using *The Journey* to maximum effect is to allow each painting to speak to you about *Your Journey*, or the journey of someone else.

We are not just observers of the journey of Jesus; rather we use his journey to help us understand *Our Journey* through life.

It is as if each painting acts like a mirror before us; in each painting we can look into it and see ourselves.

So take time to ask yourself some questions before the mirror of each painting.

There are no right or wrong answers - only your answers.

Your answers may be sharp and clear, or vague and hazy.

Try to listen to what answers emerge from within you as you ponder each painting and the accompanying quotations and questions.

Is this the Spirit of God reaching out to you in the "still small voice"?

Remember that these paintings can speak to the present moment - what is going on in our lives or the lives of others at the present time; or they can speak to us about the past; or they can speak to us about the future.

Answers to these questions may vary when we come back to the paintings at a later date.

Our lives never stay still for long, they are dynamic-we are on *Our Journey*.

And so some questions to help you learn and pray and grow as you use *The Journey*.....

- *Where are you in the painting?*
- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Is the figure anonymous, thus representing a group of humanity?*

These quotations and questions may be a catalyst for other material that can be added by group leaders.

It is not anticipated that all quotations and questions will necessarily be used on every occasion.

Worksheets can be made up and adapted to suit the needs of the occasion; eg selected quotations and questions can be used, depending on the nature of the group.

Would it help to listen to music as you look at the painting?

## **THE JOURNEY - STATION ONE:**

### JESUS IS CONDEMNED TO DIE

*“But with loud shouts they insistently demanded that he be crucified, and their shouts prevailed. So Pilate decided to grant their demand. He released the man who had been thrown into prison for insurrection and murder, the one they asked for, and surrendered Jesus to their will.”*

*Luke Ch 23 v.23-25*



## **Entering the painting**

### JESUS IS CONDEMNED TO DIE

*Take time to imagine  
Jesus, yourself, a loved one, or someone else as the faceless figure in the  
painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?  
Do you want to describe it or write it down?*

### **Questions about this painting**

*Why are the feet crossed?  
What does the position of the hands suggest?  
Are there other features of the painting that suggest things to you?*

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.  
What do you hear them saying?*

- He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before her shearers is silent, so he did not open his mouth. *Isaiah 53 v 7*
- For the Son of Man did not come to be served but to serve, and to give his life as a ransom for many. *Mark 10 v 45*
- You have heard that it was said, 'Love your neighbour and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. *Matthew 5 v 44 -45*
- Bless those who persecute you; bless and do not curse. *Romans 12 v 14*
- To everything there is a season, and a time to every purpose under heaven: a time to be born, and a time to die. *Ecclesiastes 3 v 1-2*

## **Personal questions for *Our Journey* through life**

*Consider these questions to help you reflect on your own life journey.*

- Have you been the victim of injustice? How did it feel?
- Have we felt the weight of people turning against us? What was it like?
- Have we been deserted by our friends? Is it possible to forgive them?
- What have we experienced that has felt like a moment of condemnation? An illness? A bereavement? A job loss? Other experiences?
- How do we cope when we encounter these experiences?
- Does the painting ask other questions of us? What are they?

## **Questions exploring Christian faith and belief:**

*Consider these questions to help you reflect on the journey of faith.*

- In what ways was it important for Jesus to undergo such a journey of suffering?
- Why do good people suffer?
- Jesus was an innocent victim. Who are these victims in today's society?
- Jesus was condemned to death. In what way is news of a terminal illness a form of condemnation?
- People called for Jesus to be crucified. Why is there pressure to "follow the crowd"?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.  
What do you hear them saying?*

- Suffering passes: having suffered never passes. *Charles Peguy*
- We must learn to regard people less in the light of what they do or not do, and more in the light of what they suffer. *Dietrich Bonhoeffer*
- Difficulties are not a passing condition that we must allow to blow over like a storm so that we can set to work when calm returns. They are the normal condition. *Charles de Foucauld.*
- If God sends us on stony paths, he provides strong shoes. *Corrie ten Boom.*
- If Jesus Christ were to come today people would not even crucify him. They would ask him to dinner, and hear what he has to say, and make fun of it. *Thomas Carlyle*

## **A Famous Prayer to accompany us on Our Journey**

God grant me the serenity to accept the things I cannot change,  
courage to change the things I can,  
and the wisdom to know the difference.  
Living one day at a time;  
enjoying one moment at a time;  
accepting hardship as the pathway to peace.  
Taking, as He did, this sinful world as it is, not as I would have it;  
trusting that He will make all things right if I surrender to His will;  
that I may be reasonably happy in this life,  
and supremely happy with Him in the next. Amen

*Reinhold Niebuhr*

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Research the work of Amnesty International or other charities concerned with injustice. Follow up any of their suggestions for action.
- Write to your MP about your concern over an issue of social injustice.
- Participate in activities that seek to bring to an end to injustice.
- Make contact with someone who has recently been given bad news and offer them your support.
- Investigate what support, both practical and financial, local hospitals and hospices might need.

## **Biblical background for teaching and preaching**

- Before he was arrested Jesus was in the Garden of Gethsemane on the Mount of Olives praying, and it is said that his 'sweat was like drops of blood'. This is a very rare condition called haematidrosis, and is caused by extreme anxiety when blood and sweat mingle together. There are other reported cases of this from soldiers in the trenches during the First World War.
- Jesus was brought before the Sanhedrin, which is the High Court of the Jews. It was made up of 71 members, consisting of Chief Priests, Elders and Teachers of the Law. Caiaphas was the High Priest and the presiding officer at the so-called trial of Jesus.
- The Sanhedrin had a great deal of authority under Roman occupation, but they were not allowed to condemn someone to death, which is why they needed the help of Pilate.
- They had accused Jesus of blasphemy for claiming to be the Messiah. This was punishable under Jewish law by stoning, but they had no real case for capital punishment under Roman law.
- Before Pilate, the Sanhedrin needed to exaggerate the story that Jesus had claimed to be the King of the Jews. This was considered to be treason and punishable under Roman law by crucifixion, unlike blasphemy.

## **THE JOURNEY - STATION TWO:**

### JESUS IS GIVEN HIS CROSS

*"So the soldiers took charge of Jesus. Carrying his own cross, he went out to the place of the skull (which in Aramaic is called Golgotha). John Ch 19 v16-17*



## **Entering the painting**

### JESUS IS GIVEN HIS CROSS

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

Where is the cross?

What does the purple splashing suggest?

Are there other features of the painting that suggest things to you?

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- He was despised and rejected by men, a man of sorrows, and familiar with suffering. Like one from whom men hide their faces he was despised, and we esteemed him not. Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. *Isaiah 53 v 35*
- Going a little farther, he threw himself on the ground and prayed, "My father, if it is possible, let this cup pass from me; yet not what I want but what you want." *Matthew 26 verse 39*
- Let your thoughts be on things above, not on the things that are on the earth. *Colossians 3 verse 2*
- Do not repay anyone evil for evil. *Romans 12 v 17*
- My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends. *John 15 v 12-13*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Are you carrying a cross at this time? What is it? How does it feel?
- What crosses have you been called upon to carry in the past? How did you cope?
- Has any good come out of the crosses you have been called on to bear? If so, what was it?
- Jesus said, "If it is possible that this suffering be taken away from me; nevertheless not my will but yours". What can we learn from these words of Jesus?
- What are the physical, emotional and mental consequences of carrying heavy burdens?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- Pilate condemned an innocent man. Are there contemporary examples of the abuse of authority?
- "Crosses" come in many different shapes and sizes. What constitutes a cross in someone's life?
- Jesus asked for God to take away his suffering if possible. Is suffering inevitable in this life?
- What did Jesus mean when he said, "take up your cross and follow me"?
- In what senses was Christ's death and means of healing for us 2000 years later?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- Expect great things from God; attempt great things for God. *William Carey*
- Every noble work is at first impossible. *Thomas Carlyle*
- The cross that Jesus tells us to carry is one that we willingly take up ourselves - the cross of self-denial in order that we might live for the glory of the father. *Colin Urquhart*
- What other society has as its symbol a horrifying instrument of torture and death - especially when the marks of that society are meant to be love and peace? *David Watson*
- God is faithful, and if we serve him faithfully, he will provide for our needs. *St Richard of Chichester*

## **A Famous Meditation to accompany us on Our Journey**

First they came for the Jews. I was silent; I was not a Jew.

Then they came for the Communists. I was silent; I was not a Communist.

Then they came for the trade unions. I was silent; I was not a trade unionist.

Then they came for me. There was no one left to speak for me.

*Martin Niemoller. 20<sup>th</sup> century German Lutheran pastor.*

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Find out more about the Church of the Holy Sepulchre in Jerusalem.
- Go on a pilgrimage.
- Try carrying something very heavy and write about your experiences - in prose or a poem.
- Which people in your locality are carrying heavy crosses?
- What can be done to take their crosses away?

## **Biblical background for teaching and preaching**

- In order to increase humiliation, the prisoners normally had to carry their own crossbeam upon which they would be nailed. This weighed between 30 and 40lbs
- The name of the place where Jesus was crucified was called Golgotha, which in Aramaic means "The Place of the Skull".
- None of the Gospels explicitly tell us that Golgotha was on a hill. Nevertheless it could have been a small hill that had certain contours that looked like a skull. On the other hand, it could have been called Golgotha because it was a place of death as so many crucifixions would have happened on that site.
- The Latin name for the skull is Calvaria which is where we get the name Calvary from.
- Scholars identify two possible locations for Golgotha, one is inside today's city walls in Jerusalem and one outside. The traditional site has the famous Church of the Holy Sepulchre is built over it. This is inside the city walls of today, but it was probably outside the city walls in New Testament times.

## **THE JOURNEY - STATION THREE:**

### JESUS FALLS FOR THE FIRST TIME

*(Although the Bible does not specifically tell us that Jesus fell, it is not difficult to imagine that he must have done so, considering the physical punishment that had been given to him before he began his walk to crucifixion.)*

*"Pilate had Jesus flogged, and handed him over to be crucified. Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers round him... They spat on him and took the staff and struck him on the head again and again." Matthew chapter 27 verse 26-27, 30*



## **Entering the painting**

### JESUS FALLS FOR THE FIRST TIME

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

*What is happening to Jesus?*

*What do the slashes represent?*

*Are there other features of the painting that suggest things to you?*

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who wait on the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. *Isaiah 40 v 29-31*
- Be joyful in hope, patient in affliction, faithful in prayer. *Romans 12 v12*
- Cast all your anxiety on him because he cares for you. *1 Peter 5 v7*
- And we know that all things work together for good to them that love God, to them who are the called according to his purpose. *Romans 8 v28*
- If one member suffers, all suffer together with it. *1 Corinthians 12 v 26*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Have you ever physically fallen over? What happened? How did it feel, or can you imagine how it would feel?
- Were others watching you when you fell over? How did they react? How did you feel or would you feel about these different reactions?
- Jesus literally fell under the weight of his Cross because he had been severely weakened through cruelty. What saps your physical strength and ability to stand?
- Are you frightened of getting older and frailer?
- What help would you need to prevent you from falling under the weight of your cross?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- Does it help us to know that Christ endured a journey of suffering?
- Is suffering pointless or does it have positive value?
- Can God help us in our suffering? If so, how?
- What place does prayer have in our journey?
- How high a priority should it be in the Christian life to alleviate suffering?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- The more we receive in silent prayer, the more we can give in active life. *Malcolm Muggeridge,*
- God, help us not despise or oppose what we do not understand. *William Penn*
- We can do nothing unless divine aid support us. This divine aid is at hand for all who seek it with a truly humble and devout heart. *St Bonaventure*
- God whispers in our pleasures but shouts in our pains. *C. S. Lewis*

- Nothing great was ever done without much enduring. *St Catherine of Siena*

## **A Famous Prayer to accompany us on Our Journey**

### **Prayer of Thomas Merton**

My Lord God, I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself,

and the fact that I think I am following your will

does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you.

And I hope that I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

And I know that if I do this you will lead me by the right road

though I may know nothing about it.

Therefore will I trust you always

though I may seem to be lost and in the shadow of death.

I will not fear, for you are ever with me,

and will never leave me to face my perils alone. Amen

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Find out more about the Via Dolorosa in Jerusalem.
- Write a prayer on what this particular Station makes you think or feel.
- Find out about disabilities that make you fall over or unable to walk; Parkinson's Disease, Motor Neurone Disease, and others.
- Watch a film about the last days of Jesus, possibly *The Passion* by Mel Gibson, or something less graphic.
- Discuss whether torture can ever be justified.

## **Biblical background for teaching and preaching**

- It is possible that Pilate had hoped that by having Jesus flogged it would satisfy those who wanted him killed and he could then release Jesus. The Gospels suggest that Pilate was not persuaded that Jesus had committed any crime warranting death; in fact three times he says this.
- Roman floggings could be so brutal that the prisoners died before being crucified. Jewish law limited the number of lashings to 40, although it was 39 in practice in case there was a miscount! However Romans did not necessarily observe these rules.
- The whips were made of strips of animal skin and embedded in the ends were pieces of bone and lead which would rip through human flesh.
- It was the custom to write the criminal's crime on a board which they had to carry with them around their neck as they walked to their execution. This board was then put on the cross above the victim's head. In this case it was full of irony, *The King of the Jews*.

## **THE JOURNEY - STATION FOUR:**

### JESUS MEETS HIS MOTHER

*Although this is another episode not directly referred to in the Gospels, we are told that Mary was standing by the cross, and one can imagine that she would have been in the crowds seeing her son make this terrible journey.*

*"There stood by the cross of Jesus his mother, and his mother's sister, Mary of Clopas and Mary Magdalene. And so Jesus, seeing his mother, and the disciple standing by whom he loved said to his mother, "Woman, look-your son." Then he said to the disciple, look-your mother." From that hour the disciple took her to his own."  
John chapter 19 v 25-27*



## **Entering the painting**

### JESUS MEETS HIS MOTHER

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

Is it disrespectful for Mary to be naked? What does Mary's nakedness insinuate?

What do Mary's outstretched arms bring to mind?

Are there other features of the painting that suggest things to you?

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too." *Luke 2 v34-35*
- Blessed are those who mourn, for they will be comforted. *Matthew 5 v4*
- This is what the LORD says: "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!" *Isaiah 49 v 15*
- Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. *1 Corinthians 13 v4-7*
- Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; and anyone who does not take his cross and follow me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it. *Matthew 10 v 37-39*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Have we ever had to stand by and watch our own children suffer? What did it do to us?
- Jesus chose the Way of the Cross. If we are parents, how much should we try and stop our children from following their own chosen path, if we know it is going to cause them pain?
- What would our own mothers say to us in the midst of our suffering? Would it help us?
- What should we say to our children, or the children of others, who are on a difficult journey? Would it help them?
- What would we want to say to our own mothers before our lives come to an end?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- What is the meaning of the virgin birth?
- How could Jesus be fully human and fully divine if he did not have natural parents?
- The fifth of the 10 Commandments is to honour our mother and father. What does this mean?
- Jesus said, "If anyone comes to me and does not hate his father and mother, his wife and children, his brothers and sisters—yes, even his own life—he cannot be my disciple." *Luke 14:26* What did he mean?
- Should we pray to Mary? If so why; if not, why not?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- Love is the divine vitality that everywhere produces and restores life. To each and every one of us, it gives the power of working miracles if we will. *Lydia Maria Child*
- In order that the body of Christ might be shown to be a real body, he was born of a woman; but in order that his Godhead might be made clear he was born of a virgin. *St Thomas Aquinas*
- Let never day nor night unhallowed pass but still remember what the Lord hath done. *William Shakespeare*
- Love means to love that which is unlovable, or it is no virtue at all; forgiving means to pardon the unpardonable, or it is no virtue at all; faith means believing the unbelievable, or it is no virtue at all; and to hope means hoping when things are hopeless, or it is no virtue at all. *GK Chesterton*
- Nor was Mary less than was befitting the Mother of Christ. For when the apostles fled, she stood before the Cross and with reverent gaze beheld her son's wounds, for she waited not her child's death, but the world's salvation. *St Ambrose*

## **A Famous Prayer to accompany us on Our Journey**

### **St. Ignatius of Loyola: A Prayer for the Disturbed**

O Christ Jesus,  
when all is darkness  
and we feel our weakness and helplessness,  
give us the sense of Your presence,  
Your love, and Your strength.  
Help us to have perfect trust  
in Your protecting love  
and strengthening power,  
so that nothing may frighten or worry us,  
for, living close to You,  
we shall see Your hand,  
Your purpose, Your will through all things. Amen

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Explore how different denominations understand the role of Mary within the Christian story.
- Find out more about the work of Cruise, the bereavement organisation.
- Examine some of the traditional images and icons of Mary. Try to paint one yourself.
- Read the Magnificat (Mary's song) in *Luke chapter 1 verse 46-55*. What does it tell us about Mary?
- What are the pressures on motherhood today?

## **Biblical background for teaching and preaching**

- Mary is first mentioned in the New Testament at the Annunciation, when the angel Gabriel appeared to Mary and told her that she was to be the mother of Jesus. She was also with Jesus at the scene of his first miracle, changing water into wine at Cana of Galilee, and follows him to his moment of crucifixion.
- The miraculous conception took place when she was already betrothed (similar to our engagement) to Joseph, and she was awaiting the concluding rite of the Jewish marriage ceremonies. It would have been common for women to be stoned if they were pregnant before marriage, and so Joseph acted heroically in marrying her, in response to God speaking to him in a dream.
- Some Christian doctrines concerning Mary involve her living a sinless life, although this is not a Biblical teaching. Some think that it is implied because she became the "Mother of God" or the "God-bearer", in Greek the Theotokos, and that to be worthy of this she would have had to have been sinless.
- The New Testament says that Mary was a virgin, which in Greek is parthenos.
- In art, Mary is often depicted cradling the dead body of her son, although this is not recorded in the gospels as such. This common motif is called a "pieta" or "pity", and it is not impossible given that she was standing next to the Cross when he died.

## **THE JOURNEY - STATION FIVE:**

### SIMON CARRIES THE CROSS OF JESUS

*As they were going out, they met a man from Cyrene, named Simon, and they forced him to carry the cross. They came to a place called Golgotha (which means The Place of the Skull). Matthew chapter 27 verse 32-33*

*"And they compel one Simon a Cyrenian, who passed by, coming out of the country, the father of Alexander and Rufus, to bear his cross." Mark 15:21*



## **Entering the painting**

### **SIMON CARRIES THE CROSS OF JESUS**

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?  
Do you want to describe it or write it down?*

### **Questions about this painting**

How can we tell this is Simon and not Jesus?  
What do the marks on the hands of Simon hint at?  
Are there other features of the painting that suggest things to you?

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- Jesus called them together and said, "You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." *Mark 10 v 42-44*
- Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. *1 John 4 v7*
- If someone forces you to go one mile, go with him two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you. *Matthew 5 v41-42*
- Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.' All the Law and the Prophets hang on these two commandments." *Matthew 22 v 37-40*
- If your enemy is hungry, feed him; if he is thirsty, give him something to drink. *Romans 12 v 20*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Have you ever been forced to carry a burden for somebody else against your will? How did you feel?
- Have you been changed by bearing somebody else's burden for them? If so, how?
- Can you think of someone who needs you to carry their cross for them for a little while? Who is it? What is their cross?
- Are you carrying a cross that you would like someone else to carry for you for a time? What is it? Can you ask anyone to help you?
- Has a stranger ever come "out of the crowd" to help you carry your cross? Who was it? How did it make you feel?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- In the Parable of the Sheep and Goats, Matthew 26 v 31-46 Jesus says, "*I tell you the truth, whatever you did for one of the least of these brothers of mine, you did to me*" What does this really mean?
- Does charity begin at home?
- In the Sermon on the Mount, Matthew 5 v 41 Jesus says, "*If someone forces you to go one mile, go with him two miles.*" What are the circumstances today where we are forced to do something against our will, and what are the implications of this verse for us in those situations?
- To what extent is your church following the example of Simon? Should it be doing more, and if so what?
- Should we always obey those in authority? If not why not?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.  
What do you hear them saying?*

- The only thing necessary for the triumph of evil is for good men to do nothing. *Edmund Burke*
- Great works are performed not by strength but by perseverance. *Samuel Johnson*
- Help us to help each other, Lord, Each other's cross to bear, And each his friendly aid afford, And feel his brother's care. *Charles Wesley*
- You can give without loving, but you cannot love without giving. *Amy Carmichael*
- Without sacrifice there is no resurrection. Nothing grows and blooms saved by giving. *Andre Gide*

## **A Famous Prayer to accompany us on Our Journey**

### **Prayer of St. Francis Assisi**

Lord, make me an instrument of your peace;  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

Grant that I may not so much seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned.

It is in dying that we are born to eternal life. Amen.

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- What is the Golden Rule in Christian ethics?
- Find out about the life stories of some famous people who have carried the burdens of others, Martin Luther King, Oscar Romero and/or others.
- Explore the meaning of the famous parable of the sheep and goats, in *Matthew Chapter 25 v 31-46*
- Carve or make a cross out of wood, found or otherwise. Alternatively buy a cross and carry it with you as a reminder to carry the crosses of others.
- Read the Parable of the Good Samaritan *Luke 10 verse 25-37* and discuss its deep implications.

## **Biblical background for teaching and preaching**

- Cyrene is an important city in Libya, North Africa, which had a very large Jewish population of over 100,000 Palestinian Jews.
- Although we cannot be certain, Simon was probably a Jew visiting Jerusalem for the Passover because they had a synagogue in Jerusalem and went there for important Jewish festivals.
- Because Jesus was so weak, because of the scourging and beating, Simon was press-ganged into carrying the cross for Jesus. There is no suggestion in the Gospels that Simon carried the cross out of sympathetic generosity, although this may have been the case.
- In the Gospel of John there is no mention of Simon and Jesus carries the cross himself.
- Tradition has it that Simon's sons Rufus and Alexander became missionaries and the fact that they are mentioned in Mark's gospel would suggest that they did have some standing within the Christian community in Rome.

## **THE JOURNEY - STATION SIX:**

### VERONICA WIPES THE FACE OF JESUS

*The story of Veronica is not found in the gospel accounts, but there is a legend of a woman who performed the great kindness of wiping the sweat and blood off the face of Jesus along his journey to crucifixion. She represents the lowly of her day and ours, bravely intervening to show kindness to someone in great need. The story continues that the face of Jesus was imprinted -icon like - upon the veil she used.*



## **Entering the painting**

### VERONICA WIPES THE FACE OF JESUS

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

*What does the position of her head indicate?*

*What does the cloth represent?*

*Are there other features of the painting that suggest things to you?*

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- Your life must be controlled by love, just as Christ loved us and gave his life for us as a sweet smelling offering sacrifice that pleases God. *Ephesians 5 v 2*
- Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven. *Matthew 7 v 21*
- Share with God's people who are in need. Practice hospitality. *Romans 12 v 13*
- This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. *1 John 4 v9-11*
- Thy kingdom come, thy will be done, in Earth as it is in Heaven *Matthew 6 v10*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Has anyone ever literally wiped your face when you needed it? Who was it? How did it feel, either in reality or in your imagination?
- Do you let people get close to you when you need help?
- Is it difficult or easy for you to accept help from others? Why?
- Why do some people act with compassion, and others with indifference?
- In similar circumstances to Veronica, what would you have done? Be honest.

## Questions exploring Christian faith and belief

*Consider these questions to help you reflect on the journey of faith.*

- To what extent do legends help us in our own Christian pilgrimage? Do they have a place or should we only use the Biblical text?
- Study the passage on the woman who was healed of a 12 year issue of blood, by touching the hem of Jesus' garment whilst he was in Capernaum (Luke 8:43–48). According to legend she is named as Veronica, and hence is repaying Jesus the kindness that he showed to her.
- Who are the people of today that need their faces wiped, either literally or metaphorically?
- Do people in the caring professions get the respect they deserve? Should they be paid more?
- There are various claims to people having relics of part of the veil of Veronica; for example in St Peter's Basilica in Rome, and in the Monastery of the Holy Face in Alicante Spain. What part do relics play in Christian faith and pilgrimage?

## Quotations to accompany us on Our Journey

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- Next to love, sympathy is the divinest passion of the human heart. *Edmund Burke*
- Lord help me to begin to begin. *George Whitfield*
- Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
To all the people you can,  
As long as ever you can. *John Wesley*
- Conversion has to materialise in small actions as well as in great. *Robert Hugh Benson*
- We are the wire, God is the current. Our only power is to let the current pass through us. *Carlo Caretto,*

## **Famous Prayer to accompany us on Our Journey**

### **Prayer of Mother Teresa**

Dear Jesus, Help us to spread your fragrance everywhere we go,  
flood our souls with your Spirit and life.

Penetrate and possess our whole being so utterly  
that our lives may only be a radiance of yours.

Shine through us and be so in us that every soul we come in contact with  
may feel your presence in our soul.

Let them look up and see no longer us but only Jesus.

Stay with us and then we shall begin to shine as you shine,  
so to shine as to be light to others.

The light, O Jesus, will be all from you.

None of it will be ours.

It will be your shining on others through us.

Let us thus praise you in the way you love best  
by shining on those around us.

Let us preach you without preaching  
not by words but by our example,

by the sympathetic influence of what we do,  
by the evident fullness of the love our hearts bear to you. Amen.

### **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Visit a care home for the elderly, who are dependent on others to wipe their bodies for them.
- Find out about the work of Mother Teresa, and maybe completed project on her and the Sisters of Mercy.
- Look at the famous painting by Hans Memling, depicting Veronica with her veil of the face of Christ imprinted upon it.
- Try and see if you can do some volunteering at your local hospital.
- Looked at the section in Mel Gibson's film "The Passion", which has a moving depiction of the episode concerning Veronica and stop

## **Background for teaching and preaching**

- Veronica is sometimes thought to derive from the Latin vera (true) and the Greek eikon (image), hence the name Veronica can mean "true likeness" or "true image".
- Veronica is the patron saint of laundry workers and photographers.
- In Jerusalem there is a small chapel along the route of Jesus' journey (the Via Dolorosa) and it is known as the Chapel of the Holy Face. By tradition this is considered to be on the site of the miracle, and the home of St Veronica.
- The bright blue flowers of the plant speedwell were thought in mediaeval times to resemble the face of Christ, and therefore they are named Veronica
- Bullfighters use the classic movement of their cape called the Veronica. This is because the cape is swung before the face of the bull in a slow movement, as Veronica wiped the face of Jesus.

## **THE JOURNEY – STATION SEVEN:**

### JESUS FALLS FOR THE SECOND TIME

Again there is no scriptural reference to Jesus falling. In the first fall we identified with his physical fall. In this station depicting his second fall, we pause to reflect that we are a *fallen humanity*, and Jesus stoops to rescue us from our sinful nature, most famously reflected in the story of Peter's threefold denial of Jesus, and Jesus' threefold restoration of Peter.

*And after a little while the bystanders again said to Peter, "Certainly you are one of them, for you are a Galilean." But he began to invoke a curse on himself and to swear, "I do not know this man of whom you speak." And immediately the cock crowed a second time. And Peter remembered how Jesus had said to him, "Before the rooster crows twice, you will deny me three times." And he broke down and wept.*  
*Mark Ch 14 v70-72*

*The third time he said to him, "Simon son of John, do you love me?"  
Peter was hurt because Jesus asked him the third time, "Do you love me?"  
He said, "Lord, you know all things; you know that I love you." John Ch 21 v 17*



## **Entering the painting**

### **JESUS FALLS FOR THE SECOND TIME**

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?  
Do you want to describe it or write it down?*

### **Questions about this painting**

*What does the slash across the body bring to mind?  
Why the colour purple around the head?  
Are there other features of the painting that suggest things to you?*

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." *Matthew 26 v 40-41*
- For all have sinned and fallen short of the glory of God. *Romans 8 v 23*
- When they kept on questioning him, he straightened up and said to them, If any one of you is without sin, let him be the first to throw a stone at her. *John 8 v 7*
- If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. *1John 1 v 8*
- "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.' *Luke 18 v 13*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Can you think of particular occasions when you have fallen into temptation? How did it feel?
- Is there anything in particular that causes you to stumble and fall and give in to sin?
- Are there any steps you can take to avoid falling again?
- What have been the consequences of you giving into temptation? Is there anything you need to do to make amends?
- What do you hear the spirit of God telling you at this time?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- What does it mean to say that Jesus "saves us" from our sins?
- What does the phrase mean in the Lord's Prayer, "lead me not into temptation"?
- Do we really have free will to choose between good and evil?
- What do we understand by the term "original sin"?
- What is the story of Zacchaeus teach us about the power of Christ to change people?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- The saint is a saint because he received the Holy Spirit, who took up his abode with him and inwardly married himself to the soul. *Abraham Kuyper*
- Prayer enlarges the heart until it is capable of containing God's gift of himself. *Mother Teresa*
- The happiness of a man in this life does not consist in the absence but in the mastery of his passions. *Alfred, Lord Tennyson*
- Beware no man more than yourself; we carry our worst enemies with us. *Charles Spurgeon*
- You cannot run away from a weakness; you must sometime fight it out or perish. And if that be so, why not now and where you stand? *Robert L. Stevenson*

## **A Famous Prayer to accompany us on Our Journey**

### **Prayer of Thomas a Kempis**

Grant to me, O Lord, to know what I ought to know,  
to love what I ought to love,  
to praise what delights thee most,  
to value what is precious in thy sight,  
to hate what is offensive to Thee.

Do not suffer me to judge according to the sight of my eyes,  
nor to pass sentence according to the hearing of the ears of ignorant men;  
but to discern with true judgment between things visible and spiritual,  
and above all things to inquire what is the good pleasure of thy will. Amen

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Read the story of King David and Bathsheba in *2 Samuel Ch 11*. What does it tell us about humanity? What does the fact that David was still greatly used by God, tell us about God?
- Read Psalm 51, David's lament and confession. What phrases are helpful?
- Take a daily newspaper and try to see where the 10 Commandments have been broken.
- Discuss whether the human race is evolving morally for better or for worse?
- What does the following famous story tell us about sin?

*One day an Arab and his camel were crossing the desert. Night came and the temperature became colder. The Arab put up his tent and tied the camel to it. The Arab went to sleep.*

*The temperature became slightly colder and the camel asked the Arab if he (camel) could just put his nose in the tent to warm up. The Arab agreed that the camel could just put his nose in, because the tent was small and there was no room for 2. So the camel's nose became warm and after a while the temperature went down even more.*

*The camel asked the Arab again, if he (camel) could just put his fore legs in because they were very cold. The Arab reluctantly agreed that the camel could only put his fore legs in and no more. So the camel moved in his fore legs and they became warm. After sometime the camel asked the Arab again that he had to put in his hind legs or else he won't be able to make the journey the next morning with frozen legs. So the Arab agreed and once the camel moved his hind legs in, there was no more room in the tent for the Arab and the Arab was kicked out.*

## **Biblical background for teaching and preaching**

- Peter comes from the name that cross which means rock. Originally he was a fisherman from Galilee, and was given a leadership role by Jesus.
- St Peter is often depicted as holding some keys, which is a reference to St Matthew 16 v 18- 19 where Jesus says, "*And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hade will not overcome it I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.*"
- He is identified as one of Jesus' closest disciples and was with him at events witnessed only by a few apostles, such as the Transfiguration.
- He became the leader of the early Christian Church, and according to Catholic tradition he was the first bishop of Rome. This means that the Pope is seen as St Peter's successor. According to the non-canonical book, the Acts of Peter, he was crucified upside down as a martyr for his faith.
- All four Gospels record that during the Last Supper Jesus predicted that Peter would deny him three times before the cock crowed twice in the next morning. Movingly Jesus also restores Peter, asking him three times if he loves him, thus mirroring the three denials.

## **THE JOURNEY - STATION EIGHT:**

### JESUS SPEAKS TO THE WOMEN OF JERUSALEM

*A large number of people followed him, including women who mourned and wailed for him. Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. For the time will come when you will say, 'Blessed are the barren women, the wombs that never bore and the breasts that never nursed!'*

*Then they will say to the mountains, "Fall on us!" and to the hills, "Cover us!"  
'For if men do these things when the tree is green, what will happen when it is dry?'" Luke 23 v 27-31*



## **Entering the painting**

### JESUS SPEAKS TO THE WOMEN OF JERUSALEM

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?  
Do you want to describe it or write it down?*

### **Questions about this painting**

What does the position of Jesus' hand suggest?  
Are there other features of the painting that suggest things to you?

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- Rejoice with those who rejoice; weep with those who weep. *Romans 12 v 15*
- If you love me, you will obey what I command. And I will ask the Father, and he will give you another Counsellor to be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. *John 14 v15-18*
- Honour your father and your mother, so that you may live long in the land the LORD your God is giving you. *Exodus 20 v12*
- For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
  - My frame was not hidden from you when I was made in the secret place.
  - When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.  
*Psalms 139 v13-16*
- Then Jesus' mother and brothers arrived. Standing outside, they sent someone in to call him. A crowd was sitting around him, and they told him, "Your mother and brothers are outside looking for you." "Who are my mother and my brothers?" he asked. Then he looked at those seated in a circle around him and said, "Here are my mother and my brothers! Whoever does God's will is my brother and sister and mother." *Mark 3 v31-34*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Jesus spoke words of warning to the women about future suffering. Are you fearful or fearless for the future, or both? Why?
- Let a real or imagined suffering person speak to you? What are they telling you?
- What does the future hold for you? How does it make you feel?
- What do you need to hear Jesus saying to you at this stage on your journey?
- Is there anything you would like to say to him?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- If God is all loving why doesn't he stop us from suffering?
- If God is all powerful why doesn't he intervene and stop suffering?
- Would there be physical suffering in a perfect world?
- What can we say to or say to people who are suffering?
- St John in the book of Revelation 21 v 4 says that in the new Jerusalem-commonly interpreted as heaven, God "*will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.*" How does this help us to come to terms with suffering in this life?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- Be humble and gentle in your conversation; and of few words, I charge you; but always pertinent when you speak. *William Penn*
- While women weep, as they do now, I'll fight; while men go to prison, in and out, in and out, as they do now, I'll fight; while there is a drunkard left, while there is a poor lost girl upon the streets, where there remains one dark soul without the light of God-I'll fight! I'll fight to the very end! *William Booth*
- Prayer is the key of the morning and the bolt of the evening. *Mahatma Gandhi*
- The slanderous tongue kills three; the slandered, the slanderer, and him who listens to the slander. *The Talmud*
- God gave us two years and only one mouth. Why don't we listen twice as much as we talk? *Traditional proverb*

## **A Famous Prayer to accompany us on Our Journey**

### **Nun's Prayer**

Lord Thou knowest better than I know myself that I am growing older and will someday be old.  
Keep me from the fatal habit of thinking I must say something on every subject and on every occasion.

Release me from craving to straighten out everybody's affairs.

Make me thoughtful but not moody: helpful but not bossy.

With my vast store of wisdom it seems a pity not to use it all,  
but thou knowest Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point.

Seal my lips on my aches and pains.

They are increasing and love of rehearsing them is becoming sweeter as the years by.

I dare not ask for grace enough to enjoy the tales of others pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory  
seems to clash with the memories of others.

Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a Saint some of them so hard to live with, but a sour old person is  
one of the crowning works of the devil.

Give me the ability to see good things in unexpected places, and talents in unexpected people.

And, give me O Lord the grace to tell them so. Amen

### **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Discover more about some famous women in the Bible.
- Find out about IVF treatment for women who are literally "barren".
- Research the development of the child in his or her mother's womb.
- Discuss whether abortion is ever justified?
- On one occasion Jesus famously said, "Who is my mother, and who are my brothers?" Pointing to his disciples, he said, "Here are my mother and my brothers. For whoever does the will of my Father in heaven is my brother and sister and mother." What do you think Jesus meant by this?  
*Matthew 12 v 48-50*

## **Biblical background for teaching and preaching**

- According to some scholars the New Testament contains a relatively high number of references to women.
- Jesus is known to be someone who affirms and speaks with women in public, and in doing this he was going against the norms of society. The fact that he speaks to them even on his journey to the crucifixion, is a further indication of his regard for their place within society.
- Jesus refers to the mountain's covering them and the hills falling on them, and this is a direct quotation from the book of the prophet Hosea 10 v 8
- Jesus was warning the women of the terrible suffering that was going to come upon Jerusalem some 40 years later. At this time the city and the temple would be completely destroyed by the Romans. Hence he says that it would have been better not to have had children than to have to experience such suffering.
- Perhaps we can identify with this sentiment when we think of the suffering in our world today, brought about by war and famine.

## **THE JOURNEY - STATION NINE:**

### JESUS FALLS FOR THE THIRD TIME

In the first two falls of Jesus, we recall a physical fall and a moral fall. In this station we take time to think about a fall into *emotional despair*.

*At the sixth hour darkness came over the whole land until the ninth hour. And at the ninth hour Jesus cried out in a loud voice, "Eloi, Eloi, lama sabachthani?"—which means, "My God, my God, why have you forsaken me?" Mark 15 v33*



## **Entering the painting**

### JESUS FALLS FOR THE THIRD TIME

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

*What does the arched back mean?*

*What does the emaciated body bring to mind?*

*Are there other features of the painting that suggest things to you?*

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- *My God, my God, why have you abandoned me? Why are you so far away when I groan for help? Every day I call to you, my God, but you do not answer. Every night you hear my voice, but I find no relief. *Psalm 22 v1-2**
- *I sought the LORD, and he answered me; he delivered me from all my fears. This poor man called, and the LORD heard him; he saved him out of all his troubles. *Psalm 34 v4,6**
- *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. *Philippians 4 v6-7**
- *I can do everything through him who gives me strength. *Philippians 4 v13**
- *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may dwell in me. *2 Corinthians 12 v9**

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Falling into emotional despair can be frightening. Are you feeling frightened at the moment? What is causing the fear?
- Are you carrying a burden of sadness? How long has it been with you? Would you like to lay it down?
- Is there anyone you can share your burdens with? Who is it and can you approach them?
- Is there anything that makes you feel vulnerable? What is it?
- Do we feel guilty about anything? If so what can we do about it?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- In what ways does the fact that Jesus felt abandoned by God speak to us?
- In The Sermon on the Mount, Matthew 6 verse 31-34, Jesus says. *"Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."* What does Jesus mean?
- In Philippians 4 v 6-7 Saint Paul says, *The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*" How true is this to people's experience?
- Does taking antidepressants demonstrate a lack of faith?
- In what ways can God heal us, physically and mentally?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- I worry until midnight and from then on I let God worry. *Louis Guanella*
- God does not comfort us to make his comfortable, but to make us comforters. *John Henry Jowett*
- Prayer takes place in the heart, not in the head. *Carlo Caretto*
- When will we teach our children in school what they are? We should say to each of them: do you know what you are? You are a marvel... And when you grow up, can you then harm another who is, like you, a marvel? *Pablo Casals*
- It's tough in the desert. It's bewildering. It's destructive. It's hellish. Yet the testimony of the Old Testament, and ever more strongly, of the New, is that out of it comes new growth, new insight, new certainty that a God of love is at home among us. *Charles Elliot*

## **A Famous Prayer to accompany us on Our Journey**

### **Prayer of St. Patrick**

May the Strength of God guide us.  
May the Power of God preserve us.  
May the Wisdom of God instruct us.  
May the Hand of God protect us.  
May the Way of God direct us.  
May the Shield of God defend us.  
May the Angels of God guard us,  
Against the snares of the evil one.

May Christ be with us!  
May Christ be before us!  
May Christ be in us,  
Christ be over all!  
May Thy Grace, Lord,  
Always be ours,  
This day, O Lord, and forevermore.

Amen.

### **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Discuss: Is assisted suicide right or wrong?
- Try praying about worries and notice what happens.
- Find out about the work of The Samaritans or other help lines, and find out how you might help.
- Paint or draw a representation of your emotions.
- Read Psalm 22 which Jesus quotes on the cross, and describe the emotions of the Psalmist.

## **Biblical background for teaching and preaching**

- Before he was arrested Jesus was in the garden of Gethsemane praying, and it is said that his sweat was like drops of blood. This is a very rare condition called haematidrosis, and is caused by extreme anxiety when blood and sweat mingle together. There are other reported cases from soldiers in the trenches in the First World War.
- It was a tradition that only the worst criminals and slaves were executed by crucifixion, which is known to be excruciating.
- The victim carried the crossbeam to the place of execution, normally taunted by insults and abuse from the crowds who were lining the route.
- Crucifixion would have been with nails hammered into the wrists and feet, the nails being heavy wrought iron.
- The crossbeam was then bolted to the upright post, the victim nailed to it, and then it was lifted up and dropped into a socket on the ground. The victim died through slow suffocation as the body sank.

## **THE JOURNEY - STATION TEN:**

### JESUS IS STRIPPED

*They offered him wine mixed with myrrh, but he did not take it. And they crucified him. Dividing up his clothes, they cast lots to see what each would get." Mark 15 verse 23-24*



## **Entering the painting**

### JESUS IS STRIPPED

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?  
Do you want to describe it or write it down?*

#### **Questions about this painting**

*What does the position of Jesus' hands insinuate?  
What do the position of his legs suggest?  
Are there other features of the painting that suggest things to you?*

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- *There is nothing I cannot do in the one who strengthens me. **Philippians 4 v13***
- *For he will charge his angels to guard you wherever you go. **Psalms 91 v 11***
- *You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also. And if someone wants to sue you and take your tunic, let him have your cloak as well. **Matthew 5 v 38 -40***
- *Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it. **1 Peter 3 v9***
- *Forgive us our sins, as we forgive those who sin against us. **Matthew 6 v12***

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Have you been stripped bare before other people? Physically? Emotionally? Intellectually?
- When are you aware of being exposed and vulnerable? What does it feel like?
- What would Jesus say to you in your vulnerability?
- What would you say to the naked people in this world? Should you do anything to help them?
- How would we feel if we were alongside Jesus in the story? What would he say to us?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- Who are the naked people in today's world?
- Is humanity likely to commit atrocities such as Auschwitz and Belsen ever again?
- What makes us cruel, "nature" or "nurture"?
- Read the Parable of the Good Samaritan in *Luke 10 verse 30-37*, in which the man was stripped and left half dead. Is the parable so familiar that it has lost its power, or can it still change us for good?
- Is the goodness in the world worth all the pain and suffering?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- Power tends to corrupt, and absolute power corrupts absolutely. *Lord John Acton*
- 'Tis not enough to help the feeble up, but to support him after. *William Shakespeare*
- Interior growth is only possible when we commit ourselves with and to others. *Jean Vanier*
- When a train goes through a tunnel and it gets dark, you don't throw away your ticket and jump off. You sit still and trust the engineer. *Corrie ten Boom*
- It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust. *Samuel Johnson*

## **A Famous Prayer to accompany us on Our Journey**

### **The Anyway Prayer by Kent Keith**

People are often unreasonable, illogical, and self-centred;  
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives;  
Be kind anyway.

If you are successful, you will win some false friends and some true enemies;  
Succeed anyway.

If you are honest and frank, people may cheat you;  
Be honest and frank anyway.

What you spend years building, some could destroy overnight;  
Build anyway.

If you find serenity and happiness, they may be jealous;  
Be happy anyway.

The good you do today, people will often forget tomorrow;  
Do good anyway.

Give the world the best you have, and it may never be enough;  
Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God;  
It was never between you and them anyway. Amen

### **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Watch a film on the Holocaust such as Schindler's List.
- Find out about the Truth and Reconciliation Commission in South Africa.
- Take an active interest in a particular charity.
- Consider buying less and giving away your spare clothes to those who need them.
- Visit the Imperial War Museum in London, and especially the Holocaust exhibition.

## **Biblical background for teaching and preaching**

- In Matthew's gospel it says that a scarlet robe was put on Jesus after he had been stripped. This was the outer cloak belonging to a Roman soldier. In Mark's gospel it says they put a purple robe on him, again probably an old military cloak with a colour suggesting royalty.
- The Crown of Thorns would have been made out of a prickly plant.
- When they said Hail King of the Jews they were mocking with irony, because they would normally say Hail Caesar.
- The fact that Jesus was almost certainly naked on the cross was another humiliation.
- The execution squad gambled for his clothing as was customary. In this case it fulfils the prophecy in *Psalm 22 verse 7*.

## **THE JOURNEY - STATION ELEVEN:**

### **JESUS IS NAILED TO THE CROSS**

*When they came to the place called the Skull, there they crucified him, along with the criminals-one on his right, the other on his left. Jesus said, "Father forgive them that they do not know what they are doing."*

*Luke 23 v 33-34*



## **Entering the painting**

### JESUS IS NAILED TO THE CROSS

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

What does the position of Jesus' head imply?

What is about to happen to the arms and hands?

Are there other features of the painting that suggest things to you?

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- When they came to the place called the Skull, there they crucified him, along with the criminals—one on his right, the other on his left. Jesus said, "Father, forgive them, for they do not know what they are doing." *Luke 23 v 33-34*
- My dear friends, do not be taken aback at the testing by fire which is taking place among you, as though something strange was happening to you; but in so far as you share in the sufferings of Christ, be glad, so that you may enjoy a much greater gladness when his glory is revealed. *1 Peter 4 v 12-13*
- We must share his sufferings if we are also to share his glory. *Romans 8 verse 17*
- You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment. *Matthew 5 v 21-22*
- "You have heard that it was said, 'Love your neighbour and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. *Matthew 5 v43-48*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- What extremely painful experiences have you been through? Were they physical or emotional?
- Have you been the victim of cruelty? What was it like? Has it left its mark on you?
- Jesus spoke to his disciples, his mother and the other victims on the cross before he died. Are the things you need to say to people before you die? What are they and to whom?
- Does your faith depend on God's saving you from pain? How do you feel towards a God who allows you to suffer?
- Where have you witnessed man's inhumanity to man? How do you react to it?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- "Father forgive", said Jesus. Is it humanly possible to forgive such personal evils and torture?
- Do you have to be a particularly cruel person in order to inflict pain on others?
- Is it possible to forgive if people have not said that they are sorry? Isn't that making it too easy?
- What does lack of forgiveness do to those who withhold it?
- Why doesn't God override human free will to prevent human cruelty?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- Wickedness is always easier than virtue, it takes a shortcut to everything. *Samuel Johnson*
- Christianity introduced no new forms of government, but a new spirit, which totally transformed the old ones. *Lord John Acton*
- Every man should keep a fair-sized cemetery in which to bury the faults of his friends. *Henry Ward Beecher*
- The glory of Christianity is to conquer by forgiveness. *William Blake*
- Prayer is and remains always a native and deep impulse in the soul of man. *Thomas Carlyle*

## **A Famous Prayer to accompany us on Our Journey**

**A prayer found in Ravensbruck concentration camp on a piece of paper near the body of a dead child, a prayer possibly written by the mother of that child.**

O Lord remember not only the men and women of good will  
but also those of ill will.

But do not only remember the suffering they have inflicted on us;

remember the fruits we have bought, thanks to this suffering:

our comradeship,

our loyalty,

our humility,

the courage,

the generosity,

the greatness of heart which has grown out of all this.

And when they come to judgment,

let all the fruits that we have borne be their forgiveness.

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Read the Lord's Prayer and see what it says about forgiveness.
- Look at other paintings that depict the crucifixion and try to understand what emphasis the artist is trying to draw to your attention.
- Forgive someone who has done you wrong.
- Go and ask someone for forgiveness if you have done them wrong.
- Why do people confess their sins to God, either together with other people in a church service, or individually in a confessional?

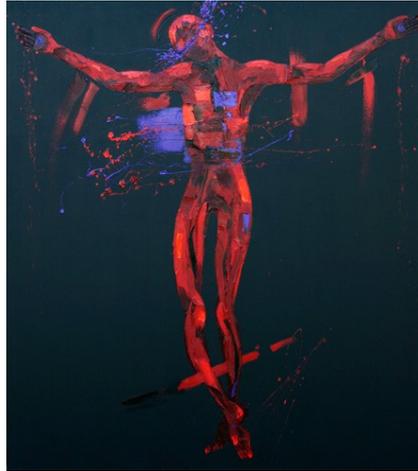
## **Biblical background for teaching and preaching**

- We are told that the women of Jerusalem gave the painkilling narcotic of gall to victims of crucifixion to ease the pain. However Jesus having tasted it then refused it, indicating that he wanted to die being fully conscious of what was happening.
- It says that Jesus was on the cross from the sixth hour until the ninth hour, which is from noon until about three o'clock in the afternoon.
- The sign that said Jesus was the King of the Jews was also Pilate's way of mocking the Jewish leaders, as well as announcing what Jesus had been accused of. The placard on which the crime committed was inscribed was called a titulus. It would act as a warning to other would-be criminals. It was written in Hebrew Latin and Greek the three main languages at that time.
- We often see the letters INRI on replicas of the cross today and they stand for the Latin words Iesus Nazarenus Rex Iudaeorum, which means Jesus of Nazareth, King of the Jews.
- John's Gospel says that Jesus had his side pierced, possibly to make sure that he was dead or possibly just another act of brutality. It says that blood and water flowed out at this point, which would have been because the pericardium would have been pierced, the sac that surrounds the heart

## **THE JOURNEY - STATION TWELVE:**

### JESUS DIES ON THE CROSS

*Later, knowing that all was now completed, and so that the Scripture would be fulfilled, Jesus said, "I am thirsty." A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit. John 19 v 28-30*



## **Entering the painting**

### JESUS DIES ON THE CROSS

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

?

Why so much black?

Why purple?

Are there other features of the painting that suggest things to you?

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- Once you were far off, but now in union with Christ Jesus you have been brought near through the shedding of Christ's blood... For through him we both alike have access to the Father in the one Spirit. *Ephesians v 13, 18*
- Jesus said to him, "I am the way, the truth, and the life; no one comes to the Father, but by me. *John 14 verse 6*
- No one takes my life from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. *John 10 v 18*
- Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. *Romans v12 17-18*
- For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit. *1 Peter 3 v 18*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Have you ever seen a dead person? How did it, or would it make you, feel? Why?
- The Centurion standing by exclaimed that Jesus was "Surely the Son of God." What would you like others to say about you when you have died? What does this tell you about you?
- Before he died Jesus said, "It is finished." What things do you need to finish before you die? Will you achieve them?
- Jesus felt abandoned by God on the cross. Have you felt abandoned by God? Have you learned anything from this?
- We are told that those who were crucified along with Jesus spoke to him; one to "rail against him", the other to acknowledge Jesus' innocence and plead for mercy. What would you like to say to Jesus in the midst of your pain? What would Jesus say to you in return?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- The painting is subtitled "Divine Embrace". What does this name suggest?
- What does it mean to say that Jesus died for me and for my sins?
- Why is Good Friday called Good Friday?
- As Jesus died, he said, "It is finished". What did he mean by this? What unfinished business is there in your life?
- "When you die, that's the end of it. " What do you think of the atheist's argument that there is no life after death?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- To put the matter at its simplest, Jesus Christ came to make bad men good. *James Denny*
- Everyone who accepts God in Christ accepts him through the cross. *Pope John Paul II*
- Human nature will find itself only when it fully realises that to be human it has to cease to be beastly or brutal. *Mahatma Gandhi*
- The only true forgiveness is that which is offered and extended even before the offender has apologised and sought it. *Soren Kierkegaard*
- Christ has turned all sunsets into dawns. *St Clement of Alexandria*

## **A Famous Meditation to accompany us on Our Journey**

### **Footprints In The Sand**

One night a man had a dream.

He dreamed he was walking along the beach with the LORD.

Across the sky flashed scenes from his life.

For each scene, he noticed two sets of footprints in the sand:

one belonging to him, and the other to the LORD.

When the last scene of his life flashed before him

he looked back, at the footprints in the sand.

He noticed that many times along the path of his life

there was only one set of footprints.

He also noticed that it happened at the very lowest and saddest times of his life.

This really bothered him and he questioned the LORD about it:

"LORD, you said that once I decided to follow you,  
you'd walk with me all the way.

But I have noticed that during the most troublesome times in my life  
there is only one set of footprints.

I don't understand why when I needed you most you would leave me."

The LORD replied:

"My son, My precious child, I love you and I would never leave you,  
During your times of trial and suffering,  
when you see only one set of footprints, it was then that I carried you."

Author unknown

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Find out what are the traditional, "seven last words on the cross" that Jesus spoke before he died.
- Listen to the hymn, "Lord of the Dance" and discuss the imagery.
- Look at some of the other great paintings of the crucifixion.
- Read the United Nations Universal Declaration of Human Rights.
- Discuss whether capital punishment can ever be justified.

## **Biblical background for teaching and preaching**

- The cross might be shaped like a T an X a Y or an I, as well as the traditional form.
- The fact that Jesus died with a loud cry was unusual because crucifixion normally lead to people dying in exhaustion and unconsciousness, as a result of the agony of asphyxiation. Matthew's Gospels says that Jesus was offered wine mixed with myrrh, and this was known to be a painkiller. This spice was obtained from a plant that was common in the Arabian deserts in parts of Africa.
- If the prisoner did not die quickly, then it was the practice for legs to be broken.
- It says that the inner curtain in the temple was torn in two at the moment of Jesus' death. This was the curtain that separated the Holy Place from the Most Holy Place. This symbolised that, because of the death of Jesus, believers could go directly into God's presence, rather than through the mediation of the high priest.
- Crucifixion was never used for a Roman citizen. It had been used by Greeks, Egyptians and Syrians along before the Romans used it.

## **THE JOURNEY - STATION THIRTEEN:**

### JESUS IS TAKEN DOWN FROM THE CROSS

By tradition, Jesus is laid in his mother's arms having been taken down from the cross, although this is not mentioned in the Gospels. However it does say that many women were present and it was the women's work in that culture to deal with corpses.

*Some women were watching from a distance. Among them were Mary Magdalene, Mary the mother of James the younger and of Joses, and Salome. In Galilee these women had followed him and cared for his needs. Many other women who had come up with him to Jerusalem were also there. Mark 15 v 40-41*



## **Entering the painting**

### **JESUS IS TAKEN DOWN FROM THE CROSS**

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

*What does the position of his limp arm point to?*

*Are there other features of the painting that suggest things to you?*

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- The message of the cross is foolish to those who are headed for destruction! But we who are being saved know it is the very power of God. As the Scriptures say, "I will destroy the wisdom of the wise and discard the intelligence of the intelligent." *1 Corinthians 1 v18*
- God blesses those who mourn, for they will be comforted. *Matthew 5 v4*
- As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. As for man, his days are like grass, he flourishes like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more. But from everlasting to everlasting the Lord's love is with those who fear him. *Psalms 103 v13-17*
- He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever. *Revelation 21 v4*
- Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. *Matthew 11 v28*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- Jesus was relatively young when he died and yet his impact on world history has been immense. What will our legacy be to the world, whatever age we die?
- Are there personal things you need to "put in order" before life is ended? What are they?
- Are there things we need to achieve before you die? What are they and what can you do to try and make them happen?
- Does an increased sense of your mortality make your journey morbid or joyful? Why?
- Have you, or anyone you know, had any religious experiences that suggest there is a life beyond this life? What do they make you think or feel?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- Should we pray for the dead?
- It is wrong to try and contact the dead? Do you agree?
- Do we immediately go to heaven or hell, or is there a Purgatory as some Christians believe?
- Will we be judged on what we have done or on what we believe?
- What can we do to help those who have been bereaved?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- The true way to mourn the dead is to take care of the living who belong to them. *Edmund Burke*
- God is full of compassion and never fails those who are afflicted and despised if they trust in him alone. *Saint Teresa of Avila*
- Death is the golden key that opens the palace of eternity. *John Milton*
- This world's a city, full of straying streets; and death's the marketplace, where each one meets. *William Shakespeare*
- The ultimate evil is to leave the company of the living before you die. *Seneca*

## **A Famous Prayer to accompany us on Our Journey**

### **St. Theresa of Avila**

Christ has no body now, but yours.

No hands, no feet on earth, but yours.

Yours are the eyes through which Christ looks with compassion into the world.

Yours are the feet with which Christ walks to do good.

Yours are the hands with which Christ blesses the world."

Amen.

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Find out more about the work of The Hospice Movement.
- Visit the elderly in a care home. Chat to them about their experiences in life.
- Find out about the work of undertakers and how they care for the dead.
- Explore some of the different customs associated with funerals around the world.
- Are we too protected from death in modern society?

## **Biblical background for teaching and preaching**

- The Bible speaks of the crucifixion taking place on the Preparation Day; this was a Friday as people were preparing for the Sabbath.
- It was the custom for the Roman soldiers to allow the bodies to be given over to the elements or scavenging animals, unless someone offered to bury the body.
- The fact that Joseph was given the body of Jesus was quite unusual. The bodies of those who were condemned for high treason were not normally released. In addition it would not normally be given to someone who was not a relative.
- Joseph of Arimathea was probably a wealthy disciple as well as a member of the Sanhedrin, and he had not consented to the death of Jesus. It was a brave move for a member of the Sanhedrin to ask for the body. Arimathea is often thought to be another name for Ramathaim-Zophim in Ephraim, the birth-place of Samuel (*1 Samuel 1:1, 19*), although others dispute this.
- Joseph had Jesus' body placed in his own new tomb. It would seem that the new tomb, hewn out of the rock, was in a garden near the place of the crucifixion.

## **THE JOURNEY - STATION FOURTEEN:**

### JESUS IS PLACED IN THE TOMB

*It was Preparation Day (that is, the day before the Sabbath). So as evening approached, Joseph of Arimathea, a prominent member of the Council, who was himself waiting for the kingdom of God, went boldly to Pilate and asked for Jesus' body. Pilate was surprised to hear that he was already dead. Summoning the centurion, he asked him if Jesus had already died. When he learned from the centurion that it was so, he gave the body to Joseph. So Joseph bought some linen cloth, took down the body, wrapped it in the linen, and placed it in a tomb cut out of rock. Then he rolled a stone against the entrance of the tomb. Mary Magdalene and Mary the mother of Joseph saw where he was laid. Mark 15 v 42-47*



## **Entering the painting**

### JESUS IS PLACED IN THE TOMB

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

*What do the marks across the middle signify?*

*Are there other features of the painting that suggest things to you?*

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die. *Ecclesiastes 3 v1-2*
- I can never escape from your Spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the grave, you are there. *Psalms 139 7-8*
- I am exhausted and completely crushed. My groans come from an anguished heart. *Psalms 38 v8*
- Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. *Romans 8 v 35-39*
- It is the same way with the resurrection of the dead. Our earthly bodies are planted in the ground when we die, but they will be raised to live forever. Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness, but they will be raised in strength. They are buried as natural human bodies, but they will be raised as spiritual bodies. For just as there are natural bodies, there are also spiritual bodies. *1 Corinthians 15 v42-44*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- How would you like your body to be disposed of when you die? Why?
- Jesus was laid in a grave owned by Joseph of Arimathea. Are there preparations for your funeral you need to make before you die?
- What experiences have you had of funerals? Were they positive or negative? Why?
- Are there things you would like to happen at your funeral? What are they and can you ensure that they happen?
- What would you like to have said about you when you die?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- Some people question whether Jesus really did die? What is the evidence that he did?
- In the Apostles Creed it says that Jesus, "suffered under Pontius Pilate, was crucified, dead and was buried. He descended into hell. On the third day he rose again from the dead." What does it mean to say that he descended into hell?
- Do you think that we are to protected from death in our society?
- What are some of the rituals of Christianity that can help people come to terms with loss? Is there anything more that Christians could be doing to help people?
- What do you think St Paul means when he says that we will have "spiritual bodies" when we are resurrected?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- Christianity has died many times and risen again; for it had a God who knew the way out of the grave. *G. K. Chesterton*
- Do not be afraid of being close, of loving each other, of taking risks, of weakness, of being vulnerable. Let love cast out fear. Let steady warmth melt anxiety. *Jim Cotter*
- God makes the end of life a rest for broken things too broke to mend. *John Masefield*
- This is the end - for me the beginning of life. *Dietrich Bonhoeffer*
- They that love beyond the world cannot be separated by it. Death cannot kill what never dies. Nor can spirits ever be divided that love and live in the same divine principle...Death is but crossing the world, as friends do the seas; they live in one another still. *William Penn*

## **A Famous Prayer to accompany us on Our Journey**

### **The Prayer of an Unknown Confederate soldier**

I asked for strength that I might achieve;  
I was made weak that I might learn humbly to obey.

I asked for health that I might do greater things;  
I was given infirmity that I might do better things.

I asked for riches that I might be happy;

I was given poverty that I might be wise.

I asked for power that I might have the praise of men;

I was given weakness that I might feel the need of God.

I asked for all things that I might enjoy life;

I was given life that I might enjoy all things.

I got nothing that I had asked for,

but everything that I had hoped for.

Almost despite myself my unspoken prayers were answered;

I am, among all men, most richly blessed.

Amen.

### **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Visit a local churchyard or cemetery and noticed some of the inscriptions on the graves.
- Find out about the Turin Shroud.
- Explore evidence for near death experiences.
- Discuss whether or not it is important to have a grave to visit when someone dies?
- Write the words you would like to be written on your own tombstone, as an epitaph. What does this say about you?

## **Biblical background for teaching and preaching**

- The sabbath was from Friday sunset to Saturday sunset. Jesus' body was placed in the tomb before 6 p.m. on Friday night which is when the sabbath began. This is because all work stopped before the sabbath began. His body was in the tomb throughout the sabbath day
- The strips of linen that had been wrapped around Jesus were like bandages, and the shroud covering was like a large sheet.
- The Church of the Holy Sepulchre in Jerusalem is also known as the Church of the Resurrection. It is the traditional burial site of Jesus. The two names reflect the central event of Christianity that took place here; namely the resurrection of Jesus from the tomb (Sepulchre)
- The site is also thought to be built on Golgotha, the place where Jesus was crucified.
- It was the Emperor Constantine who ordered Saint Macarius, the Bishop of Jerusalem, to build a great church on the site in the fourth century.

## **THE JOURNEY - STATION FIFTEEN:**

### THE RESURRECTION OF JESUS

*Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, "They have taken the Lord out of the tomb, and we do not know where they have put him!" John 20 v 1-2*



## **Entering the painting**

### THE RESURRECTION OF JESUS

*Take time to imagine*

*Jesus, yourself, a loved one, or someone else as the faceless figure in the painting.*

- *Are you the figure in the painting?*
- *Or are you an onlooker, seeing and observing somebody else's journey?*
- *Is the figure someone you love?*
- *Does it represent a particular group of humanity?*

*What does the painting make you think or feel?*

*Do you want to describe it or write it down?*

### **Questions about this painting**

*What do the broad stripes across his arms imply?*

*Why so much yellow and gold?*

*Are there other features of the painting that suggest things to you?*

*Would it help to listen to music as you look at the painting?*

## **Bible quotations for reflection on Our Journey**

*Take time to dwell on these verses and let them speak to you.*

*What do you hear them saying?*

- The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. *Matthew 28 v5-6*
- As in Adam all die, so in Christ all will be brought to life. *1 Corinthians 15 verse 22*
- While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, "Take and eat; this is my body." Then he took the cup, gave thanks and offered it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. *Matthew 26 v 26-28*
- But if it is preached that Christ has been raised from the dead, how can some of you say that there is no resurrection of the dead? If there is no resurrection of the dead, then not even Christ has been raised. And if Christ has not been raised, our preaching is useless and so is your faith. More than that, we are then found to be false witnesses about God, for we have testified about God that he raised Christ from the dead. *1 Corinthians 15 v13-15*
- How very great is his power at work in us who believe. This power working in us is the same as the mighty strength which he used when he raised Christ from death and seated him at his right side in the heavenly world. *Ephesians 1v19-20*

## **Personal questions for our Journey through life**

*Consider these questions to help you reflect on your own life journey.*

- What does taking the bread and wine at Holy Communion mean to you? Does it change you?
- Jesus said, "Come to me all you who are burdened and heavy laden and I will refresh you." What burdens are you carrying? How can you be refreshed?
- Thomas could not believe that Jesus had been raised from the dead until he saw Jesus for himself. What convinces us that Jesus "is alive"?
- Are you mourning the loss of a loved one? In what way can the resurrection of Jesus help you?
- Jesus appeared to his disciples and said "Peace be with you!" *John 20 v 19* Do you feel at peace?

## **Questions exploring Christian faith and belief**

*Consider these questions to help you reflect on the journey of faith.*

- The painting is subtitled "Infinite Love" What does this name suggest?
- What does Saint Paul mean when he says "If Christ was not raised, then all our preaching is useless, and your trust in God is useless" *1 Cor. 15:14*
- What is a sacrament? To what extent is the bread and wine "the body and blood of Jesus" in a service of Holy Communion?
- After the resurrection Jesus appeared to the disciples and to many other people, on one occasion we are told he appeared to over 500 people, most of whom were still alive at the time of Paul's writing. *1 Corinthians 15 v6*. How much weight can be given to such testimonies, either then or now?
- In what way has the resurrection of Jesus broken the power of sin and death?

## **Quotations to accompany us on Our Journey**

*Take time to dwell on these quotations and let them speak to you.*

*What do you hear them saying?*

- Our old history ends with the cross; our new history begins with the Resurrection. *Watchmen Nee.*
- Eternity is not something that begins after you are dead. It is going on all the time. We are in it now. *Charlotte Gilman*
- Christ, crucified and risen, is set free-  
from one time, for all times  
from one community, for all communities,  
from one sex, for both sexes;  
from one culture, the all cultures;  
from one world, the all worlds;  
life is one individual, for life within every trusting heart.  
*Kate Compston*
- I believe in Christianity as I believe in the sun-not only because I see it, but because by it I see everything else. *C. S. Lewis*
- Christianity is in its very essence of resurrection religion. The concept of resurrection lies at its heart. If you remove it, Christianity is destroyed. *John R. W. Stott*

## **A Famous Prayer to accompany us on Our Journey**

### **Prayer by John Henry Newman**

Dear Jesus,

Help me to spread Your fragrance everywhere I go.

Flood my soul with Your spirit and life.

Penetrate and possess my whole being so utterly,

that my life may only be a radiance of Yours.

Shine through me, and be so in me

that every soul I come in contact with may feel Your presence in my soul.

Let them look up and see no longer me,

but only Jesus!

Stay with me and then I shall begin to shine as you shine,

so to shine as to be a light to others;

the light, O Jesus will be all from You;

none of it will be mine;

it will be you, shining on others through me.

Let me thus praise You the way You love best,

by shining on those around me.

Let me preach You without preaching,

not by words but by my example,

by the catching force of the sympathetic influence of what I do,

the evident fullness of the love my heart bears to You.

Amen.

## **Further activities for groups and individuals**

*Consider exploring these issues and experiences.*

- Where do we get the name Easter from, and why does its date change every year?
- Go on a Prayer Walk of Thanksgiving, giving thanks for nature and all that you experience through your five senses; sight, sounds, smells, tastes, touch.
- Explore the work of Christian Aid whose strapline is "We Believe in Life before Death."
- How reliable are sightings of ghosts today? Discuss.
- Find out about various Easter customs within the Christian church.

## **Biblical background for teaching and preaching**

- One of the criminals crucified with Jesus was told that he would be with Jesus in paradise. The word comes from a Persian word which means garden, and is the same word is used in the creation stories in Genesis for the Garden of Eden.
- The famous first century Jewish historian Josephus was a Jew and a Roman citizen, who wrote the *Antiquity of the Jews*. In a famous passage he mentions the death and resurrection of Jesus: "When Pilate, upon the accusation of the first men among us, condemned Jesus to be crucified, those who had formerly loved him did not cease to follow him, for he appeared to them on the third day, living again, as the divine prophets foretold, along with a myriad of other marvellous things concerning him." Some scholars do not believe this is an authentic passage from Josephus, because he was not a Christian.
- The four gospel accounts of the resurrection all vary in different ways. For many, this adds to the historical validity of the event, because it shows that the writers were not colluding together in trying to come up with exactly the same story. It also points to the fact that each of the gospel writers independently researched the events.
- The gospels disagree as to the exact time when the women visited the tomb; the number of women and their precise identity; the reason for their visit; the appearance of the messenger(s) and whether they were angelic or human; their message to the women and the women's reaction to this message. These differences should neither be over-emphasised nor ignored. It is well known in psychology and law, that honest eyewitnesses will give different accounts of the same story.
- Despite these significant differences, the four gospels come together on the following four points; that the women visited the tomb on the "the first day of the week"; that Jesus chose first to appear to a woman, or women, and told her/them to go and tell Peter and the other apostles what they had seen; the prominence of Mary Magdalene as one of these women; and the stone which had been used for closing the tomb is referred to.

