



Journey TO THE Cross

*A multi-sensory experience
for Holy Week*

Virtual Journey to the Cross Guide

To accompany the YouTube video

How to Engage this Resource with Video

The Christian faith is best understood through Holy Week - a week filled with holy mysteries. In this video that offers a multi-sensory experience, we will walk in the footsteps of Jesus as he journeys to the cross. This guide is a supplement to the YouTube video that can be found on the church website or [YouTube Channel](#).

Throughout the video, you will be invited to reflect through a variety of practices. There are a few household items that you will want to gather in order to make the most of our time together. As you watch the video, feel free to press pause if you need more time for a specific activity. You may also use that pause to engage with the supplemental reflection questions found within this Guide.

Materials Needed

- Candle
- Lighter
- Bread
- Juice
- Cups (have enough cups for everyone in the room)
- Vinegar
- Optional (q-tips and a saucer)



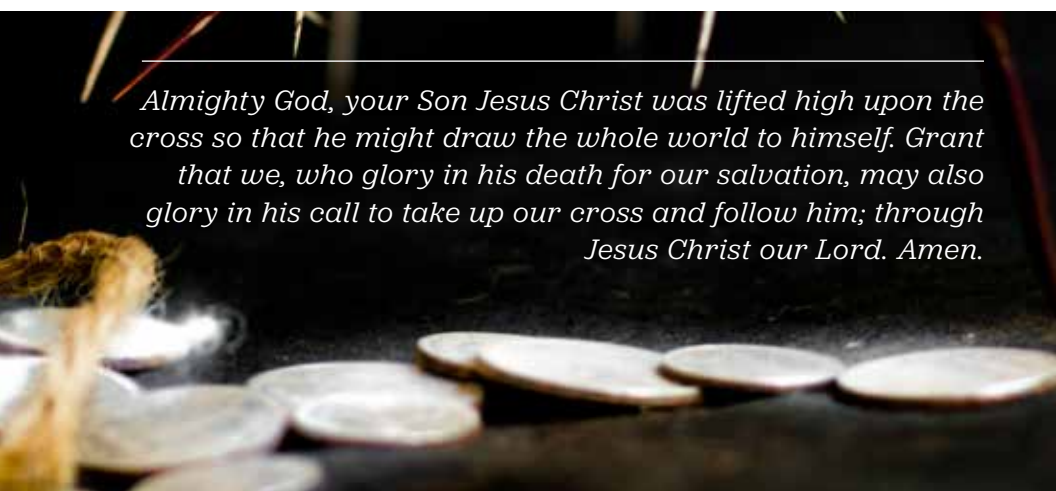
How to Prepare Your Materials

- In order to make the most of our time together, prepare your materials before you start the video.
- Place all of the collected materials on a table.
- Do not light the candle yet - you will be instructed in the video when to light it.
- Put the bread on a serving plate.
- Pour the juice into the cups.
- The vinegar can be prepared one of two different ways:
 - Pour the vinegar in a shallow bowl or saucer and place one end of the q-tip into the bowl to soak up the vinegar. Have enough q-tips for everyone in the room.
 - When you are instructed in the video to taste the vinegar, you can pour a very small amount of vinegar into the same cups that were previously used to drink the juice. It is okay that the remnants of juice and vinegar mix. Do not pour more than a tablespoon in each cup. You just need enough for a sip.

Supplemental Reflections

As you pause the video to participate in the activities, feel free to engage in the Supplemental Reflections listed in this guide. Take what time you need to pray, listen, and ponder before resuming the video. This is a spiritual journey that need not be rushed.

Almighty God, your Son Jesus Christ was lifted high upon the cross so that he might draw the whole world to himself. Grant that we, who glory in his death for our salvation, may also glory in his call to take up our cross and follow him; through Jesus Christ our Lord. Amen.





Chapter 1: Preparing for the Journey

Video

Begin the journey by watching the video introduction.

Activity

Light the candle and prepare yourself for the journey.

Supplemental Reflections

If you knew it was your last day on earth, what would you do? Who would you spend it with? What would you change...if you only had one more day to live?

Normally, when you prepare for a journey, you pack a bag and bring your stuff with you. For this journey, though, take a moment to unpack your imaginary bag. What kind of stuff do you need to leave behind before starting this Journey to the Cross? Whatever it is, lay it down in prayer and leave it there. You need not take it with you.



"The Last Supper," by Carl BLOCK, c. late 19th century

Chapter 2: The Last Supper

Video

Listen to the scripture being read. Engage with the artwork as you hear these ancient words spoken.

Activity

Take and eat the bread and drink the juice. Imagine how Jesus shared this blessed meal with those whom he knew would betray, abandon, and deny him.

Supplemental Reflections

The cup that was shared with the disciples was not just wine—it represents something more. What else does Jesus offer to his disciples—to us—when he breaks the bread and shares the cup?

Jesus's last meal was shared with Judas (the one who would betray Jesus) and with Peter (the one who would deny Jesus). How have you offered grace and forgiveness to those who do not deserve it?



"Christ at Prayer on the Mount of Olives," by Noël COYPEL,
c. 1705

Chapter 3: The Betrayal

Video

Listen to the scripture being read. Engage with the artwork as you hear these ancient words spoken.

Activity

Rest your hands over your lips and imagine the kiss that betrayed Jesus. How have our own actions betrayed the Savior?

Supplemental Reflections

Jesus says to God “if you are willing, remove this cup from me.” What would your life look like if God answered that prayer by taking away the trial and crucifixion? How would your life be different if Jesus rebelled against God’s will that night?

How can Jesus’s time in the garden model prayer for you?

We condemn Judas for betraying Jesus for thirty measly pieces of silver, but there are times when we betray Jesus for much less. How have you betrayed Jesus? Have you ever forgotten to be thankful or to give Jesus the credit for something great he has done for you? Have you ever failed to follow him because of your own will, your desire to go your own way?



"Christ Before the High Priest," by Gerrit van HONTHORST,
c. 1617

Chapter 4: Trial and Denial

Video

Listen to the scripture being read. Engage with the artwork as you hear these ancient words spoken.

Activity

The crowd that followed Jesus around Galilee and asked for miracles now become the crowd that demand his crucifixion. We are the crowd. Speak the words: "Crucify! Crucify! Crucify him!"

Supplemental Reflections

Peter was likely afraid that he would also be arrested and put to trial. How have we denied Jesus out of self-preservation, to protect our friendships, professions, or reputations?

In the Garden of Eden, we were all condemned to die for our sins. We sin daily and yet we live, whereas the sinless man Jesus is condemned to die. Jesus dies in our place and takes the punishment for all of our sins. As we journey together in the next chapters and watch Jesus die, remember that it was supposed to be our death on the cross. That it was our punishment to bear for the sins we committed against God and each other.



"Christ Carrying the Cross," by Giovanni Battista TIEPOLO, c. 1737

Chapter 5: Jesus is Crucified

Video

Listen to the scripture being read. Engage with the artwork as you hear these ancient words spoken.

Activity

Take a sip of vinegar and think of the sour wine that Jesus tasted while hanging from the cross. How sweet the wine of his Passover meal. How bitter the wine of his passing.

Supplemental Reflections

After not being able to eat or drink for almost 24 hours, this is the last thing that Jesus consumes before he dies. Let the taste sit on your tongue. Be still before God.

Consider the agony Jesus endures on the cross. Can there be any pain or agony that he would not understand, or that he would not endure for you?



"Crucifixion," by TINTORETTO, c. 1565

Chapter 6: Jesus Dies

Video

Listen to the scripture being read. Engage with the artwork as you hear these ancient words spoken.

Activity

Take a deep breath and think of the last breath Jesus took. Use your breath to blow out the candle.

Supplemental Reflections

Even as he is dying on the cross, Jesus says “Father, forgive them; for they know not what they do.” It is our own sins that nailed Jesus to the cross. What sins do you need to confess? Lift them up now to Jesus.

Jesus died in our place. He died to forgive us for everything we’ve done and everything we’ve left undone, for the wrongs we’ve committed to ourselves and others. Allow Jesus to love you today. Allow Jesus to pay your debt and set you free. Allow Jesus to forgive you...to forgive you even when you have trouble forgiving yourself.



"The Entombment of Christ," by Sisto BADALOCCHIO, c. 1610

Chapter 7: Jesus is Buried

Video

Listen to the scripture being read. Engage with the artwork as you hear these ancient words spoken.

Activity

Take a deep breath and think of the last breath of Jesus.

Supplemental Reflections

Take hold of this moment. Consider death. Remember the grief you felt when you buried a loved one. Feel the depths of sorrow you have carried for every loss and unfulfilled hope. Now imagine delicately laying that grief, sorrow, and heartache into the tomb. Lay it there and walk away. Let the stone roll over the tomb's doorway. Say a prayer to God that it be received and transformed.

It is a tradition to plant a spring garden on Good Friday. Even if you are unable to plant a seed or flowers, you can still plant a seed of hope in your heart. Ask Jesus for new life in Him. Ask him to plant new life in your heart and grow something new in you as you wait for the resurrection. Jesus said, "I am the Resurrection and the Life; those who believe in me will live even though they die, and whoever lives and believes in me will never die."

Hear More of Jesus's Death and Resurrection

Read the Full Story of Jesus' s Journey to the Cross

Do you want to learn to full story of Jesus' journey to the cross? Go to these sections of the Bible to read the original texts. Each gospel book tells the same story in a unique way, so be sure to check them all out. [Matthew 26:1-27:66](#); [Mark 14:1-15:47](#); [Luke 22:1-23:56](#); [John 18:1-19:42](#).

Hear the Good News!

The story does not end at the cross and the grave. "Weeping may last thorough the night...but joy comes in the morning" (Psalm 30:5). Sit with the death of Jesus Christ for a while, but be sure to follow his story - and our story - of resurrection all the way through scripture. You can hear the rest of that story by joining us at Buncombe Street United Methodist Church at any of the following services in person or online. Visit our website for more information at www.buncombestreetumc.org.

Attend an Easter Sunday Service on April 4, 2021

7:00 AM: Sunrise Service (Trinity Campus)

9:00 AM: Traditional Service (Downtown); Table Service (Sisk Hall)

11:00 AM: Traditional Service (Downtown); Table Service (Sisk Hall);
Traditional Service (Trinity Campus)

You can also read the Easter resurrection story for yourself in the following scripture texts: [Matthew 28:1-20](#); [Mark 16:1-20](#); [Luke 24:1-53](#); [John 20:1-21:10](#).



Credits

Throughout the video, Jesus lifts up a lament to which we say “Holy and immortal God, have mercy on us.” These are taken from “The Reproaches: Christ’s Lament Against His Faithless Church” found in the *The United Methodist Book of Worship*.

Some reflection prompts come from the book *Sacred Space: A Hands-on Guide to Creating Multisensory Worship Experiences for Youth Ministry* by Dan Kimball and Lilly Lewan.

Images

The Betrayal: “*The Last Supper*,” by Carl BLOCK, c. late 19th century; “*The Repentant Saint Peter*,” by Claude VIGNON, c. 1643; “*Christ in the Garden of Gethsemane*,” by Albrecht ALTDOFER, c. 1518; “*Agony in the Garden*,” by Giovanni BELLINI, c. 1459; and “*Christ at Prayer on the Mount of Olives*,” by Noël COYPEL, c. 1705.

Trial and Denial: “*Christ Before the High Priest*,” by Gerrit van HONTHORST, c. 1617; “*The Denial of Saint Peter*,” by Michelangelo Meris CARAVAGGIO, c. 1610; “*Homo*,” by Mihály MUNKÁCSY, c.1896; and “*Pilate Washing His Hands*,” by Mattia PRETI, c. 1663; “*The Mocking of Christ*,” by Anthony van DYKE, c. 1630.

Jesus is Crucified: “*Christ Carrying the Cross*,” by TITIAN, c. 1508; “*Christ Carrying the Cross*,” by Giovanni Battista TIEPOLO, c. 1737; “*Christ on the Cross Adored by Two Donors*” by El Greco, c. 1580; “*Golgotha*” by Mihaly Munkascy, c. 1884

Jesus Dies: “*Crucifixion*,” by TINTORETTO, c. 1565

Jesus is Buried: “*The Entombment of Christ*,” by Sisto BADALOCCHIO, c. 1610.

Special Thanks

Jesus Christ, Savior, Redeemer, and Friend

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