

Interactive Stations of the Cross

Virtual

Based on the Stations of the Cross, also known as the Way of the Cross,
or "Via Dolorosa," the Way of Suffering

The interactive stations typically set up at St. Thomas's are based on works assembled by Lilly Lewin. For over twenty years, Lilly Lewin has created and curated experiential worship experiences around the world for conferences, including Youth Specialties' National Youth Workers Convention, as well as local churches and camps. She is a speaker, worship curator and the co-author of the book Sacred Space, along with Dan Kimball.

The paintings of the first 14 stations were made by a former member of St. Thomas's Episcopal Church,
William "Bill" Dec (3/3/1925 - 12/16/2020).

Copies of them hang on at each of the stations at St. Thomas's Episcopal Church in Newark, DE.
The originals can be found at St. Peter's Church in Lewes, DE.

START HERE

As we begin the Journey, let us reflect and pray:

LORD JESUS HELP US WALK IN YOUR STEPS.

And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2: 8-11

God of power and mercy, in love you sent your Son, that we might be cleansed of sin and live with you forever. Bless us as we gather to reflect on his suffering and death that we may learn from his example the way we should go.

We ask this through that same Christ, our Lord. AMEN

**If you could meet Jesus
face to face, what
question would you want
to ask him?**

**Ask Jesus your questions
as you start your journey
to the cross.**

Station #1: Jesus is Condemned to Death

While Pilate was sitting in the judgement hall, his wife sent him a message: *“Have nothing to do with that innocent man, because in a dream last night I suffered much on account of him.”*

The Chief priests and the elders persuaded the crowd to ask Pilate to set Barabbas free and have Jesus put to death. But Pilate asked the crowd, *“Which one of these two do you want me to set free for you?”*

“Barabbas!” they answered.

“What then shall I do with Jesus called the Messiah?” Pilate asked them.

“Crucify him!” they all answered.

But Pilate asked, *“What crime has he committed?”* Then they started shouting at the top of their voices: *“Crucify him!”*

When Pilate saw that it was no use to go on, but that a riot might break out, he took some water, washed his hands in front of the crowd, and said, *“I am not responsible for the death of this man! This is your doing!”*

The whole crowd answered, *“Let the responsibility for his death fall on us and our children!”*

Then Pilate set Barabbas free for them; and after he had Jesus whipped, he handed him over to be crucified.

Matthew 27.19 - 26



Painting by Bill Dec.

Station #1: Jesus is Condemned to Death

Pilate washed his hands of his guilt.

He didn't recognize Jesus for who he was.

He chose to listen to the crowd rather than his heart - or even his wife!

He was afraid of what the people would do and was afraid of losing his power and his position.

- Have you ever been afraid of losing power or position because of your belief in Jesus?
- Have your actions or lack of action ever condemned Jesus?
- When have you let the crowd dictate your response to Him?
- When have you allowed your fear or your desire to be popular keep you from doing the right thing?
- Or has your desire for power stopped you from seeing Jesus or helping others recognize him?

Talk to God about this and ask God's forgiveness.

**Wash your
hands...**

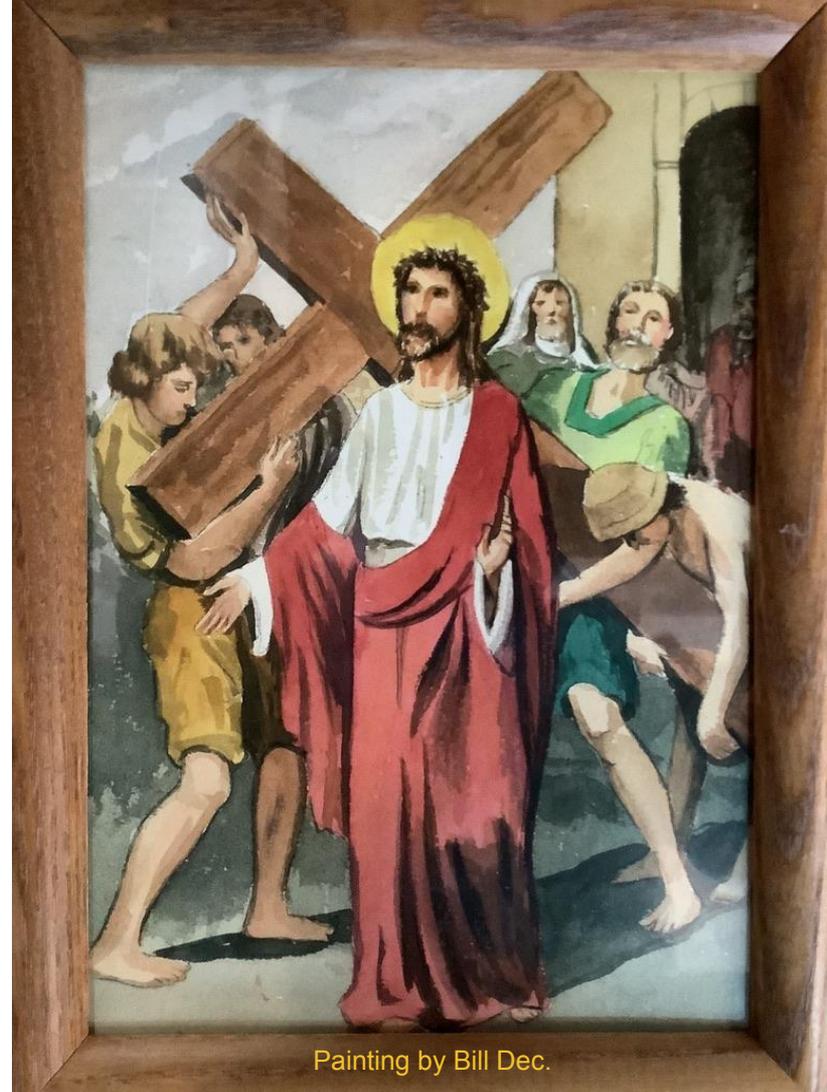
not as an act of
dismissal

But as an act of
repentance and
cleansing as you begin
your journey to the
Cross.

STATION #2: Jesus Takes up His Cross

Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha).

John 19:17



Painting by Bill Dec.

STATION #2: Jesus Takes up His Cross

As you make your cross consider Jesus' words to his disciples...

"If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it."

Matthew 16:24-25

Take up your Cross.
**Make a cross of
popsicle sticks
using the yarn.**

**Carry this cross
with you through
the rest of the
stations**

STATION #3: Jesus falls under the weight of the Cross (first time.)

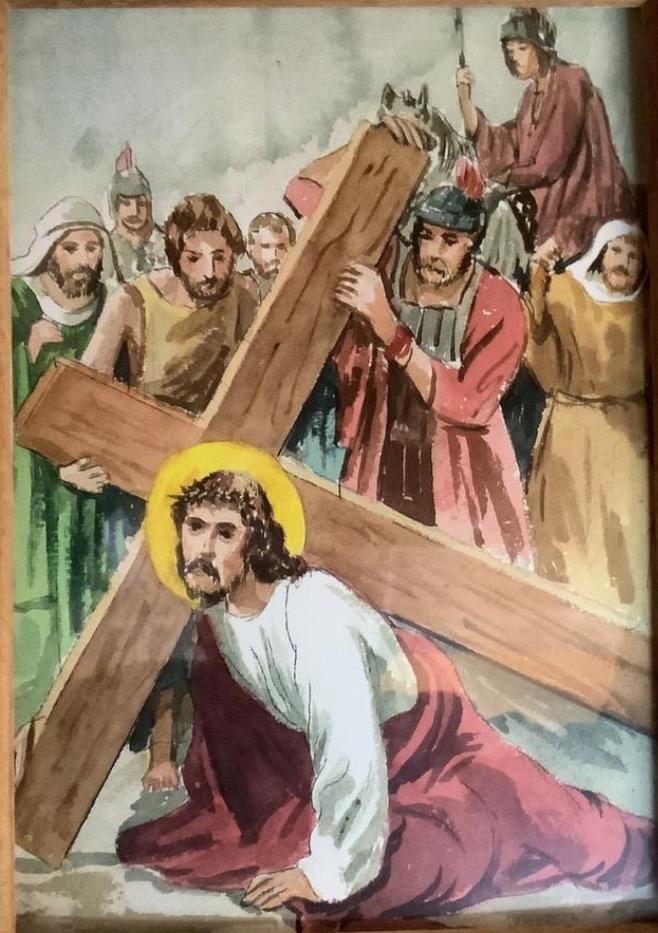
What is weighing you down right now?

What burdens do you carry?

What is heavy in your life?

Shame, Fear, old habits, lack of job, lack of trust, bitterness, anger, heaviness of debt, trouble in school, or the loss of someone or something dear?

Take some time talk to Jesus about these things...



STATION #3: Jesus falls under the weight of the Cross (first time.)

Is there sin weighing you
down?

Note: The story of Jesus falling three times along the Way of the Cross is not part of the biblical account; it is a legacy of traditional devotion, carefully preserved and cultivated in the hearts of those who pray.

**Write these burdens,
these heavy things -
your sins on your
cross with a marker.**

**Allow Jesus to carry
them for you.**

**Allow Jesus to carry
them on the Cross**

STATION #4: Jesus Meets His Mother

When Jesus was dedicated in the temple as an infant, Simeon gave this prophecy to his parents:

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 2:34

While on the cross...

Standing close to Jesus' cross were his mother, his sister and Mary Magdalene. Jesus saw his mother and the disciple he loved standing there; so he said to his mother, "He is your son." Then he said to the disciple, "She is your mother." From that time the disciple took her to live in his home.

John 19:25-27



Painting by Bill Dec.

STATION #4: Jesus Meets His Mother

Mary's heart would be broken as she watched her son go to his death... the death of a criminal.

Death by torture being beaten and then nailed to the Cross.

What is in your heart today as you approach the Cross and the Crucifixion? What things are in your heart?

Good things - things that bring you joy. Give God thanks.

Not so great things - things that bring you pain?

Has your heart been broken in any way this year?

Has anyone in your life caused you pain?

Give this pain to Jesus to carry to the cross.

WRITE THE THINGS
THAT HAVE BROKEN
YOUR HEART ON A
POST-IT HEART

Talk to God about what
is on your heart today.

STATION #5: Simon from Cyrene Carries the Cross

And when they had mocked him, they took off the purple robe and put his own clothes on him. Then they led him out to crucify him.

A certain man from Cyrene, Simon, the father of Alexander and Rufus, was passing by on his way in from the country, and they forced him to carry the cross. They brought Jesus to the place called Golgotha (which means The Place of the Skull).

Mark 15:20-22



Painting by Bill Dec.

STATION #5: Simon from Cyrene Carries the Cross

Who has helped you carry your cross?

Who are the people in your life who help you make it through the tough times, the people who help you through pain, and/or the stuff that makes you sad, crazy, etc?

HOLD YOUR CROSS...

THANK GOD for these
people.

Take time to PRAY for
them.

Write their names on
your cross.

STATION #6: The Face of Jesus is Wiped by Veronica

While the story of Veronica is not found in the Gospel accounts of Jesus' life, there are a couple of interesting traditions associated with this station.

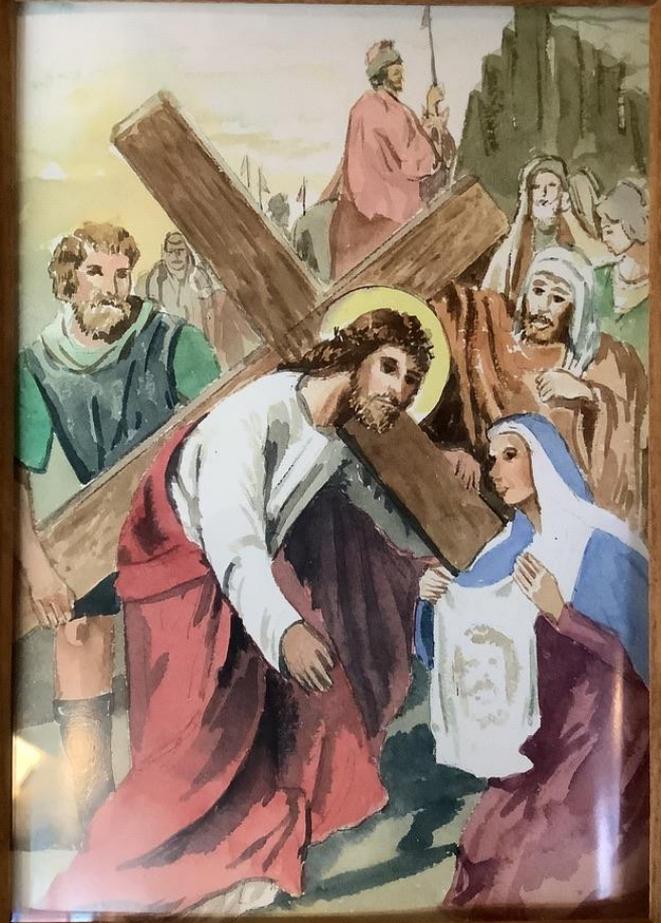
One story says that Veronica was the woman who touched Jesus' robe to be healed from her bleeding disorder. This woman followed Jesus to his trials and tried to give her testimony on his behalf.

Another story says that a woman named Veronica (Beatrice in Greek) saw Jesus stumbling under the weight of the cross and showed compassion on him by wiping his sweaty, blood-streaked face with her veil.

As Jesus wiped his face the image of his face was imprinted on the cloth/veil.

And Veronica later used this cloth bearing Jesus' image to bring God's healing touch to others.

The name Veronica actually means "true image."



Painting by Bill Dec.

STATION #6: The Face of Jesus is Wiped by Veronica

Are you carrying the image of Jesus with you today?
Are you bringing the healing and the love of Jesus to others?

How do you carry Jesus with you? Talk to Jesus today about ways you can show his love to the people in your life.

Who do you need to share Jesus with? Who needs the healing touch of Jesus? Do you need to touch Jesus today?

Do you need healing like the woman who touched Jesus?

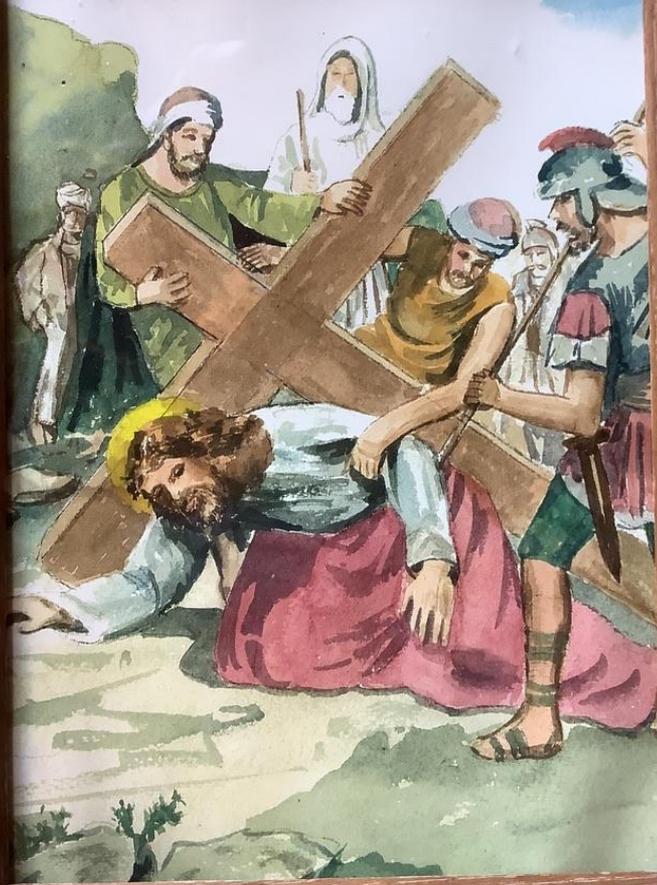
Draw an image of the cross on
your hand
as a symbol of your desire to
bear the love and healing of
Jesus to the world, to your
friends, to your family to
strangers you meet along your
journey.

If you or someone you know
needs healing today write your
or their name on a Band-Aid
and place it on the cross

STATION #7: Jesus Falls a Second Time

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important.

Galatians 6:1-3



Painting by Bill Dec.

STATION #7: Jesus Falls a Second Time

**Whose burden are you carrying
today?**

Who are you helping to follow God?

Pray for them.

TALK to God about this.

**Write their names on
your cross and
continue to carry
them with you.**

STATION #8: The Women of Jerusalem Mourn for the Lord

A large number of people followed him, including women who mourned and wailed for him.

Luke 23:27



Painting by Bill Dec.

STATION #8: The Women of Jerusalem Mourn for the Lord

Consider the loss of Jesus
the loss the women and men who followed and loved Jesus
felt as they saw him on his way to die.

They thought he would ride in on a white horse and deliver
Jerusalem and all of Israel from the Romans...
Instead they are watching him go to a criminal's death
The death on a cross.

How would that make you feel? Have you ever mourned for
Jesus?

Have you ever really mourned for someone?
Perhaps you've lost a loved one recently. Perhaps you've lost
someone or something very special to you and you need time
to GRIEVE.

**Mourning is a process...
It takes time.
Are you mourning the
loss of anyone or
anything?**

Talk to Jesus about this.

**Write their names on
your cross and continue
to carry them with you.**

STATION #9: Jesus Falls A Third Time

Are you carrying anything else?

Anything heavy on your heart today?

Are you carrying Burdens for the world?

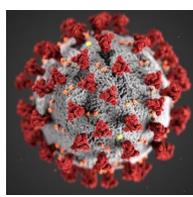
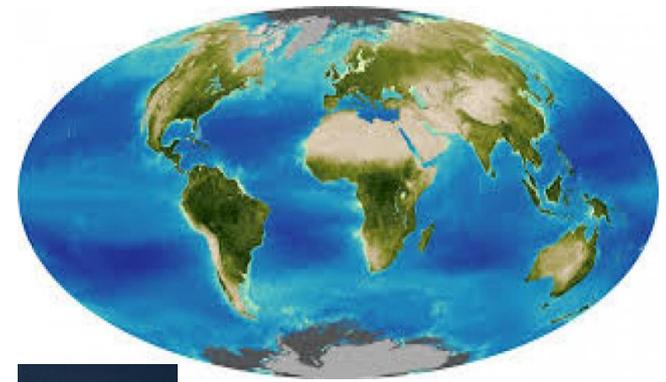
Burdens for Injustice, Poverty, Pain,
Suffering, Hunger, Slavery, Disease.

PRAY about these things.



Painting by Bill Dec

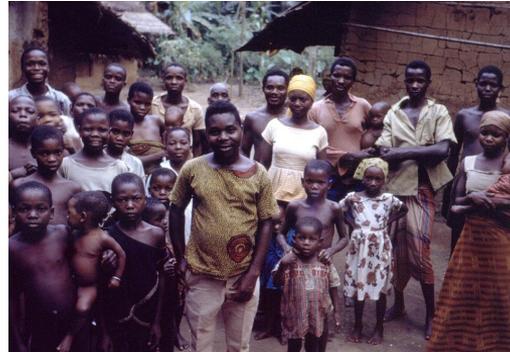
Look at the photographs



STATION #9: Jesus Falls A Third Time

Look at the photographs

Pray for these places and people...
the suffering around the world.



**On your cross WRITE
THE BURDENS that you
feel and carry.**

**Pray for the heavy
places, and heavy issues
around the globe.
ALLOW GOD TO
HOLD THEM
Continue to carry
your Cross.**

STATION #10: Jesus is stripped of his Garments

"When the soldiers crucified Jesus, they took his clothes, dividing them into four shares, one for each of them, with the undergarment remaining. This garment was seamless, woven in one piece from top to bottom.

"Let's not tear it," they said to one another. "Let's decide by lot who will get it."

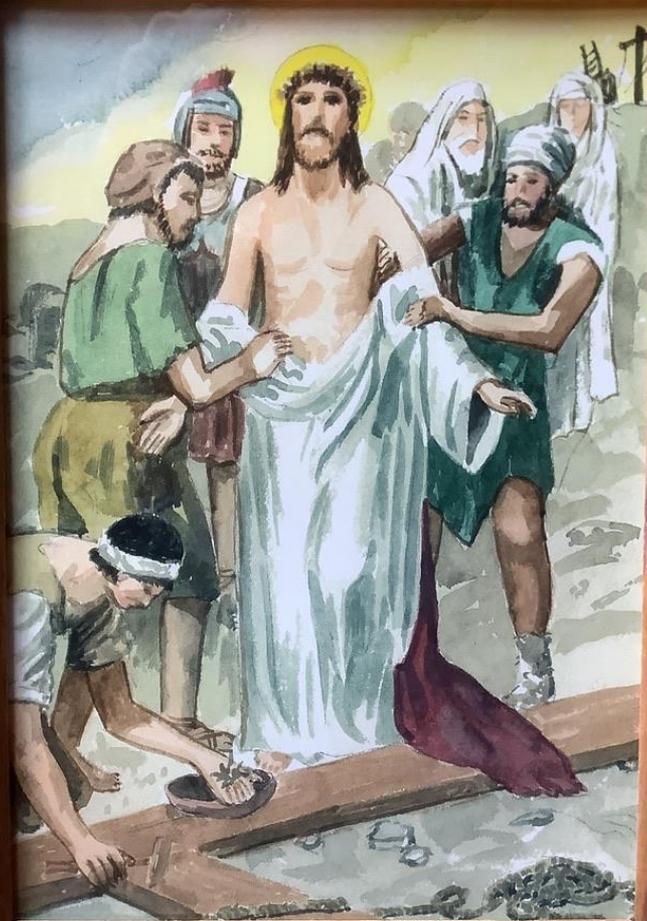
This happened that the scripture might be fulfilled which said,

"They divided my garments among them
and cast lots for my clothing."*

So this is what the soldiers did."

John 19:23-24

* Quoting Psalm 22:18



Painting by Bill Dec.

STATION #10: Jesus is stripped of his Garments

Mocked

Ridiculed

Scorned

Stripped Naked

Jesus hangs before the world.

Bearing all the blame for all WE've done.

Suffering for each of US.

TAKE A SIP OF VINEGAR
Taste the bitterness as a
symbol of being with Jesus
in his suffering.

TAKE A SIP of vinegar and
know that you are no longer
God's enemy because of
Christ's death on the Cross
Know that because of the
suffering of Jesus you are
set free.

STATION #11: Jesus is Nailed to the Cross

Pick up your nail...

Feel the weight of it.

**Consider the sin in your life that
nailed Jesus to the cross.**

Talk to Jesus about this.

**Give your pain, your suffering, your
mistakes, your past, your shame all
to Jesus.**

Thank Jesus for forgiving you.



Painting by Bill Dec.

STATION #11: Jesus is Nailed to the Cross

Consider the burdens you've carried this far on your small cross.

Lay your small cross at the base of a larger cross and give these burdens to Jesus.

If you would like to drop your crosses off at St. Thomas's, a basket will be available by the cross behind the prayer candles on the front, left side of the nave.

Thank Jesus for carrying these burdens for you.

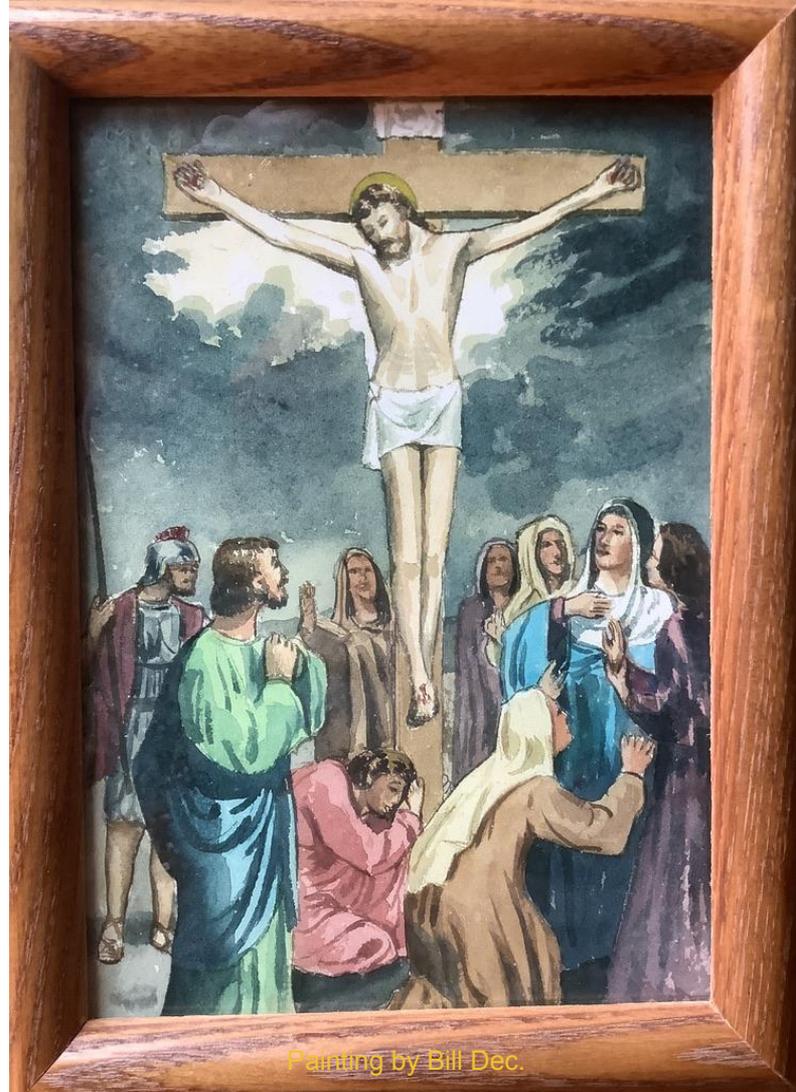
STATION #12: Jesus dies upon the cross.

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

At that moment the curtain of the temple was torn in two from top to bottom.

The earth shook and the rocks split. The tombs broke open and the bodies of many holy people who had died were raised to life.

Matthew 27:50-52



Painting by Bill Dec.

STATION #12: Jesus dies upon the cross.

The Holy of Holies was the place in the Temple where only the High Priest had access, and this access was allowed only once a year on the Day of Atonement. The curtain, also called the veil, that separated the Holy of Holies from the rest of the temple was more than 3 inches thick!

When Jesus died, this curtain ripped from the top to the bottom!

You are no longer separated from God...you now have access to the Holy of Holies. You now have direct access to GOD!

**Take some purple cloth and rip it...
The curtain between you and God
is now open... torn open by
Jesus' death on the cross.
You are invited into the Holy of
Holies to BE with GOD!**

**You are no longer separated from
God.**

**The barriers are gone.
You are free to be with God.
Talk to God about this.**

Thank Jesus for His Death.

STATION #13: Jesus is laid in the arms of his mother.

Hold out your arms as if you are holding a baby.

Imagine Mary holding Jesus, rocking him to sleep, singing him a lullaby, smiling into his face.

Now picture yourself holding Jesus as a baby; rocking Jesus to sleep, singing him a lullaby, smiling into his face.



STATION #13: Jesus is laid in the arms of his mother.

Now picture Mary holding the broken body of her son, once a baby, now a man.

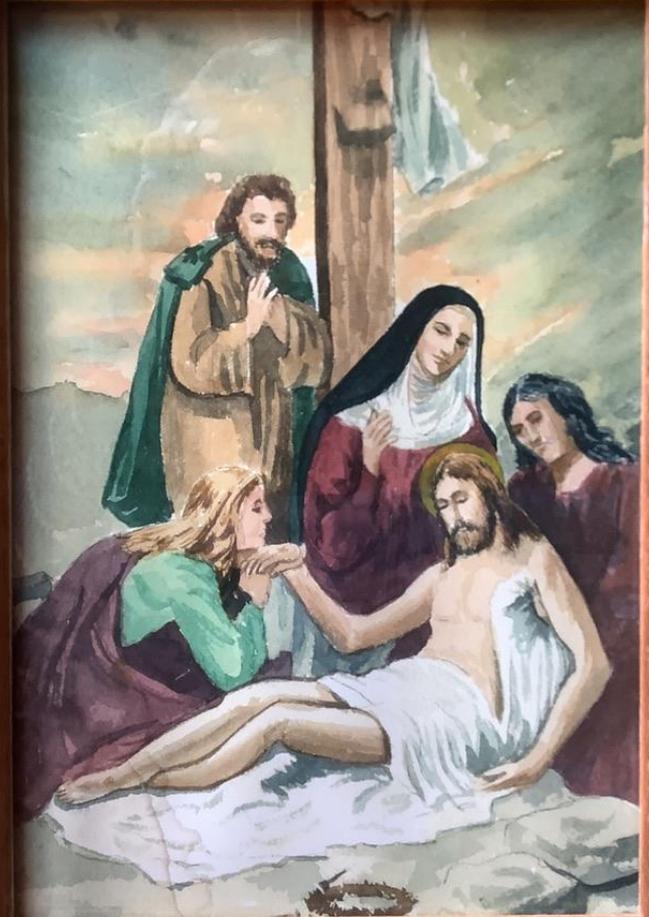
Now hold out your arms as if holding the weight of man... a man broken and shattered, a man battered by whips, punctured by nails, yet an innocent son just the same.

Can you feel his weight? Can you see his face?
What are you feeling at this moment?

Picture Mary holding the broken body of her son, once a baby, now a man.

Talk to God about this. Tell God how you feel.

Now bring his body to the tomb.



Painting by Bill Dec.

STATION #14: Jesus is Laid in the Tomb

This all happened on Friday, the day of preparation, the day before the Sabbath. As evening approached, Joseph of Arimathea took a risk and went to Pilate and asked for Jesus' body. (Joseph was an honored member of the high council, and he was waiting for the Kingdom of God to come.) Pilate couldn't believe that Jesus was already dead, so he called for the Roman officer and asked if he had died yet. The officer confirmed that Jesus was dead, so Pilate told Joseph he could have the body. Joseph bought a long sheet of linen cloth. Then he took Jesus' body down from the cross, wrapped it in the cloth, and laid it in a tomb that had been carved out of the rock. Then he rolled a stone in front of the entrance. Mary Magdalene and Mary the mother of Joseph saw where Jesus' body was laid.

Mark 15:42-47



Painting by Bill Dec.

STATION #14: Jesus is Laid in the Tomb

**Take a strip of cloth
and roll it in the
spices.**

**Tie it on your wrist
as a bracelet and
wear it until Easter.**

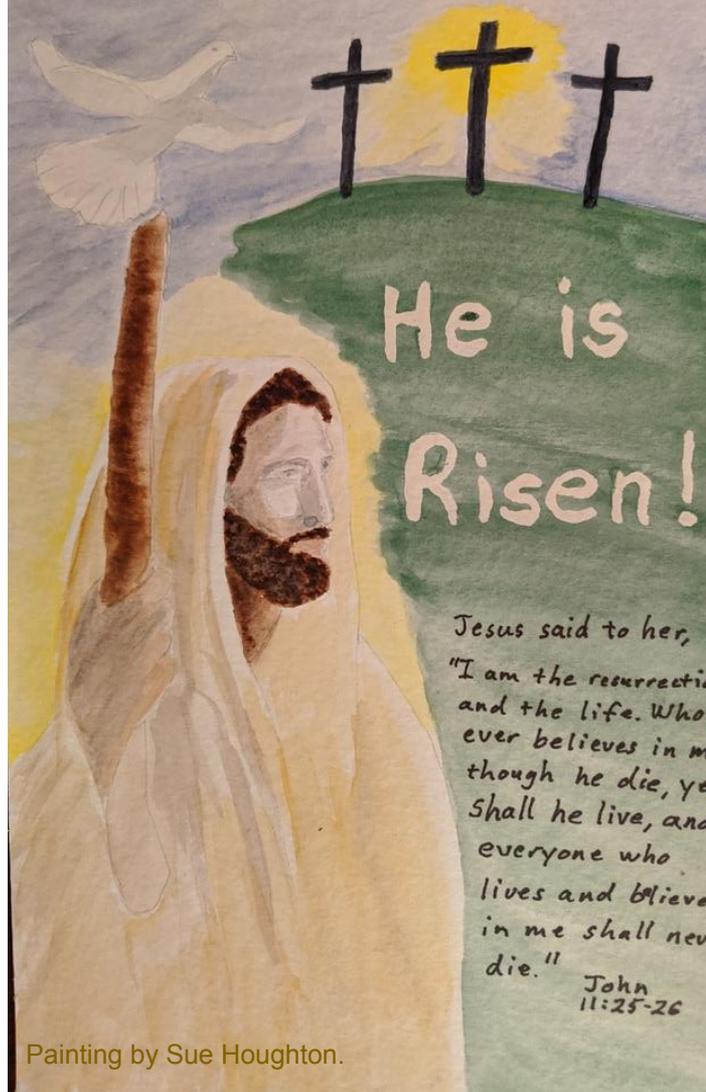
**Allow the smell
of the spices and
the strip of cloth
to remind you of
Jesus' death and
burial.**

**Refresh the spices as the
aroma fades.**

STATION #15: Hope of Resurrection

Jesus replied, *"The hour has come for the Son of Man to be glorified. I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life."*

John 12: 23-25



Painting by Sue Houghton.

STATION #15: Hope of Resurrection

Plant the sunflower seeds in the cup of soil.
Keep the soil moist and in a window sill.

In May we should be past freezing temperatures at night. If you actually want to try and grow the sunflowers, find a sunny spot (ideally protected from the wind) that is OK with your parents to transplant the sprouted seedlings. Keep the soil moist until they are established and water if there are long dry spells.

Squirrels and rabbits like to eat them, so try to protect the plants in some way, like a small wire cage until they get bigger.

Plant a seed...

as a reminder that Jesus died but
his death brings new life...

His death brings life to each of us!

**Ask Jesus for new life in
Him...**

Ask him to plant new life in your heart
...to come in and grow something
new in you as you wait for his
resurrection!