



¹¹ And this is what God has testified: He has given us eternal life, and this life is in his Son.

¹² Whoever has the Son has life ...

(1 John 5: 11 – 12)

Stations of the cross (basement)

For the stations in the basement, we shall follow Jesus's journey to the cross through the events of Good Friday. Through this immersive experience, we will reflect on our own lives, and our personal brokenness, in the light of Jesus's example. We will also discover the extent of His sacrifice on the cross for us.

There are 6 stations in total

- 1) Footwashing
- 2) Jesus is condemned
- 3) Jesus accepts His cross
- 4) Simon carries the cross
- 5) Jesus is crucified
- 6) Jesus dies on the cross

Format for Stations of Cross

Each station will be split into 4 sections. The booklet (e-copy or hardcopy) will cover the steps to take for each section. Be sure to go through it slowly and meditatively.

Scripture passage

This passage describes the event covered by the station.

Personal Reading

Read this, in first person voice, to enter a contemplative posture in your heart

Personal Reflection and Activity

Reflect on your own life in light of what Jesus has done, by following the steps given. There may be a short Bible verse provided.

Take your time for this section, so that God's word will deeply impact you.

Responsive Prayer

End off the station by reading this prayer, or you may do your own prayer of response

Station 1: Footwashing

Scripture Passage

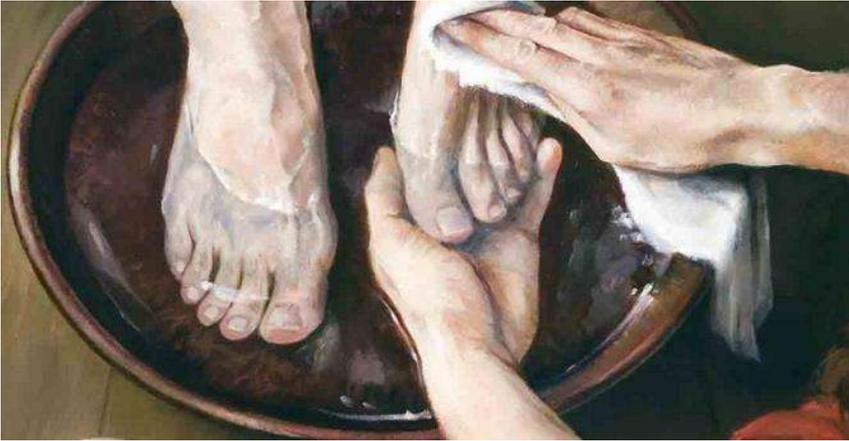
3 Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; 4 so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. 5 After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him ...

12 When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. 13 "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. 14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you. 16 Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. 17 Now that you know these things, you will be blessed if you do them.
(John 13:3 - 17)

Personal Reflection

Jesus knew that God the Father had put everything under His power - He was fully secure in His identity. In light of that, Jesus stooped to the lowest point, washing his disciples' feet, taking the place of a household servant.

Jesus then told His disciples that He had set them an example to follow. Footwashing symbolizes a lifestyle of humble service, doing works that others deem as lowly, commonplace, and even unpleasant.



In this station, the leaders of the church will wash your feet, as an re-enactment of the humility and love of Christ,

who calls us all to follow His example.

Station 2: Jesus is condemned

Scripture Passage

*Now Jesus stood before the governor; and the governor asked him, "Are you the King of the Jews?" Jesus said, "You say so." But when he was accused by the chief priests and elders, he did not answer. Then Pilate said to him, "Do you not hear how many accusations they make against you?" But he gave him no answer, not even to a single charge, so that the governor was greatly amazed. . . . So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, "I am innocent of this man's blood; see to it yourselves." . . . and after flogging Jesus, he handed him over to be crucified.
(Matt 27:11-14, 24, 26)*

Personal Reading

Jesus, I wish that you would speak! I wish you would proclaim who you are, and declare your innocence before these accusations and condemnations. I wish that someone will speak up for you! Where are the lepers who were healed? Where are the blind who can now see? Where are your disciples who followed you for 3 years, whom you chose?

Yet no one speaks. No voice in the crowd comes to your defense. You stand alone. There have been times where I stood alone. Times when I have been falsely accused, and no one has spoken for me. Times when I have been treated unfairly, and times when people have jumped to conclusions about me.

Yet perhaps I have treated others unfairly as well. Perhaps I have been hasty to form judgements on others too. How easy is it for me to judge, yet how difficult is it for me to receive judgement! O Lord, forgive me for my hypocrisy, forgive me for not always being who I should be.

Personal Reflection

*22 "He [Jesus] committed no sin,
and no deceit was found in his mouth."*

23 When they hurled their insults at him, he did not retaliate;

*When he suffered, he made no threats.
Instead, he entrusted himself to him who judges
justly.*

(1 Peter 2:22-23)

Take a look at the condemnation/accusation board. What are the hurtful words that others have spoken over you? What are the ways others have wrongly judged you? Are you still holding on to these offenses in your heart?

Now reflect your own response: Have you been reacting to these offenses in a godly or ungodly way? Consider the example of Jesus in 1 Peter 2:22 - 23. Take some time to entrust your hurts and your emotional wounds to God. Take some time to also submit the unfair situations you face to God - trusting that God will judge justly for them in His time.

Prayer

Jesus, in your silence, I see a quiet strength that reveals your confidence in who you are. O Lord, help me deal with the unfairness of life without becoming critical, or lashing back at others. Help me to keep trusting in your justice and timing.

Amen

Station 3: Jesus Accepts His Cross

Scripture Passage

26 Then [Pilate] released Barabbas to them. But he had Jesus flogged, and handed him over to be crucified.

Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole cohort around him. They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, "Hail, King of the Jews!" They spat on him, and took the reed and struck him on the head. After mocking him, they stripped him of the robe and put his own clothes on him. Then they led him away to crucify him.

(Matthew 27:27-31)

Personal Reading

Jesus, I cringe at the pain of your flogging, and the crown of thorns they placed on your head. I am grieved by the humiliation and degradation you suffer under the hands of the soldiers.

You accept the Cross upon your shoulders despite the agony and mockery - I hear no words of complaint, no protestations of innocence, no cursing the injustice.

And yet I am so prone to complain and whine about many things in life. Some are trivial. Other troubles weigh down on me and feel overwhelming. These are my crosses in life. Sometimes I fall into self-pity, assuming that I am the only one who bears a cross. Sometimes I am quick to compare with others, assuming that my cross is bigger and heavier than theirs.

But today, I look at the cross you bore, and the example you showed. In the light of the burden you bear, I realize that I am not alone in my suffering. In the light of your example, I realize there is a better way than self-pity or comparison - there is wholehearted surrender to God's will.

Personal Reflection

19 For it is commendable if someone bears up under the pain of unjust suffering because they are conscious of God ... 21 To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps

(1 Peter 2:19, 21)

What are the crosses you bear in your life? Crosses can come in all shapes and sizes: A difficult situation at home, at work or in school. A chronic health condition. Missing out, time and again, on your hopes and dreams.

Some crosses have to be borne for a season, others for a whole lifetime. We are to bear our crosses, whilst being conscious of God (1 Peter 2:19).

Spend some time reflecting on the crosses in life. Bring them up, one by one, before God. Ask God for strength to bear them by His grace. Ask God that you will continue to glorify and focus on Him even in the midst of suffering, instead of falling into self-pity or comparison.

Prayer

O Lord, forgive my attitudes of self-pity and self-absorption when I face my crosses. I do not ask for crosses to bear. But when they come, give me the strength to bear them as one who follows your example.

Help me to remain conscious of you in the midst of pain and hardship. Help me to remember that in my weakness I am driven to trust in your all-sufficient grace, and because of that, your strength is made perfect in my weakness.

Amen.

Station 4: Simon Carries the Cross

Scripture Passage

³² As they were going out, they met a man from Cyrene, named Simon, and they forced him to carry the cross.

(Matthew 27:32)

Personal Reading

Jesus, I can only imagine the awful weight of that cross you carry. I see you fall, again and again, under its crushing weight. I know that your physical strength is failing, and the soldiers recognize that too.

Simon of Cyrene was just a bystander passing by. And yet he was forced to carry your cross to save your strength for crucifixion. I would like to think that if I was there, I would have rushed from the crowd and volunteered to help you. But would I have been willing to risk everything to ease your suffering for just a few moments?

Besides, I have my own crosses to bear already. And so, instead of offering to help, I try to become invisible in the crowd. It is easy to pretend not to see the needs, the grief, and the suffering around me. Easy to pretend not to hear the cries for help that come in so many forms. Easy to convince

myself that I am too busy, or too tired, or have too much on my plate.

But as I look to the example of Simon of Cyrene, I see in it an invitation to walk in the path of discipleship. To come alongside you, my Lord and master.

Reflection

² Bear one another's burdens, and so fulfill the law of Christ.

(Galatians 6:2)

The law of Christ, the law of love, is fulfilled when we bear one another's burdens. Spend some time in prayer, asking the Holy Spirit to reveal to you the ways you may have ignored His prompting to bear the burdens of others. This does not mean that we have to solve everyone's problems. But Jesus has called us to be a channel of His love, in specific and concrete ways.

Now, ask Jesus for a fresh outpouring of His love to fill you.

Pray: *'Lord, show me someone whose cross I may help carry'*. Pray for specific ways you may share that person's burdens.

Prayer

O Lord, forgive me for becoming so preoccupied with myself that I have become deaf and blind to the grief and suffering of those around me. Constantly remind me that I cannot love you without loving others as well. Fill me once again with your love and grace.

Amen

Station 5: Jesus Is Crucified

Scripture Passage

³⁵ When they had crucified him, they divided up his clothes by casting lots. ³⁶ And sitting down, they kept watch over him there. ³⁷ Above his head they placed the written charge against him: THIS IS JESUS, THE KING OF THE JEWS.

³⁸ Two rebels were crucified with him, one on his right and one on his left. ³⁹ Those who passed by hurled insults at him, shaking their heads ⁴⁰ and saying, "You who are going to destroy the temple and build it in three days, save yourself! Come down from the cross, if you are the Son of God!"

(Matthew 27:35 - 40)

Personal Reading

Jesus, I do not want to see this. Yet I force myself to watch. I hear the sharp crack of hammer against nail and shudder. You spoke of being a light to the world, but it seems that darkness is winning.

I want to rage at the injustice of this. The cruelty of the Romans. The hypocrisy of the High Priest and religious leaders. The cowardice of the disciples. The treachery of Judas. The fickleness of the crowds.

But is it just them who are guilty of your death? Or is it human sin that drives the nails? My sin. I want to deny it. I want to pretend that it is someone else's guilt, someone else's sin. But I was there. Jesus, you are here, dying, because of *my* sin. I was there. It was I who drove the nails.

Personal reflection

Read the passage below, which explains in detail what Jesus did on the cross.

*3 He was despised and rejected—
a man of sorrows, acquainted with deepest grief.
We turned our backs on him and looked the other way.*

He was despised, and we did not care.

*4 Yet it was our weaknesses he carried;
it was our sorrows that weighed him down...*

*5 But he was pierced for our rebellion,
crushed for our sins.
He was beaten so we could be whole.
He was whipped so we could be healed.*

*6 All of us, like sheep, have strayed away.
We have left God's paths to follow our own.
Yet the LORD laid on him
the sins of us all.*

(Isaiah 53:4 – 6)

Now read Isaiah 53:4 - 6 again. But this time, the passage below changes the subject from we to me.

The sin that Jesus bore on the cross are not just the sins of humanity in general, but our own personal sins. As you read through the passage slowly and reflectively, ponder on the deathly cost of sin, especially your own sin.

*3 He was despised and rejected—
a man of sorrows, acquainted with deepest grief.
I turned my back on him and looked the other way.
He was despised, and I did not care.*

*4 Yet it was my weaknesses he carried;
it was my sorrows that weighed him down...*

*5 But he was pierced for my rebellion,
crushed for my sins.
He was beaten so I could be whole.
He was whipped so I could be healed.*

*6 I myself, like a sheep, have strayed away.
I have left God's paths to follow my own.
Yet the LORD laid on him
the sins of me.*

Prayer

Lord Jesus, I see in the cross the deathly cost of my sin. Forgive me for things I have done that displease you. Forgive me for not letting you deal with the darkness that I hide in my heart. Forgive me for those things I should have done, but found excuses not to do. Forgive me for thinking I am more righteous than I actually am and that I have no need to repent.

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Amen.

Station 5: Jesus Dies on the Cross

Scripture Passage

⁴⁵ From noon until three in the afternoon darkness came over all the land. ⁴⁶ About three in the afternoon Jesus cried out in a loud voice,

"Eli, Eli, lema sabachthani?" (which means "My God, my God, why have you forsaken me?").

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

⁴⁸ Immediately one of them ran and got a sponge. He filled it with wine vinegar, put it on a staff, and offered it to Jesus to drink. ⁴⁹ The rest said, "Now leave him alone. Let's see if Elijah comes to save him."

⁵⁰ And when Jesus had cried out again in a loud voice, he gave up his spirit. ⁵¹ At that moment the curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split ⁵² and the tombs broke open ...

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

(Matthew 27:45 - 54)

Personal reading

It is dark in the middle of the day. It seems that the heavens and the earth are grieving. Jesus, you cry out in lament from the Psalms and I know that this is the cry of human pain and desolation. Here on the cross, where too often we see you only as God, you reveal your true humanity.

Finally, it is over. The earth shakes. The curtain in the temple is torn right down the middle. The Holy of Holies is exposed for all to see. What does it mean? Who are you truly? Even the Romans now think that you are the son of God. But you are dead. It's too late. What have we all done?

Yet you never stopped loving me to the point of death. You died because of human sin, because of me. Yet I know that sin is not the final word. You can redeem the worst that human beings can do.

Personal Reflection

*8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.
(Romans 5:6 - 8)*

The Holy Communion is a sacrament open to all who believe in Jesus as their Lord and Saviour. Through it, believers remember what Jesus has done on the cross, and reflect on the extent of His love for us.

In this station, you will spend time partaking in the Holy Communion. There will be steps given below to guide you through this process. Take as long as you want - this is a sacred moment where you meditate upon and immerse yourself in the significance of this sacrament.

Preparation for Holy Communion

Take the communion elements from the table.

First begin by reading the words of the institution by yourself:



The Lord Jesus, on the night he was betrayed, took bread, 24 and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." 25 In the same way, after supper he took the

cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me."

26 For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

(1 Corinthians 11:23 - 26)

Prayer

Whilst holding the communion elements in your hand, you can pray the prayer written below, or your own personal prayer of thanksgiving.

Pray:

Lord Jesus Christ, I thank you for laying down your life for all mankind, and for me, at the cross of Calvary.

On the cross, all the judgement and condemnation that was mine was made yours instead. All the good that was yours, earned by your sinless obedience to God the Father, was made available to me instead.

Jesus,

You were punished that I might be forgiven,

You were wounded that I might be healed,

You were made sin with my sinfulness that I might be made righteous with your righteousness,

You died my death that I might share your life,

You were made a curse that I might receive the blessing,

You endured poverty that I might share in your abundance,

You bore my shame that I might share your glory

You endured my rejection that I might enjoy your acceptance.

My old corrupt self, died in you, that my new self, my new nature in Christ, might live in me.

Jesus, I thank you for all that you have done for me.

I pray that as I eat and drink of the bread and cup,

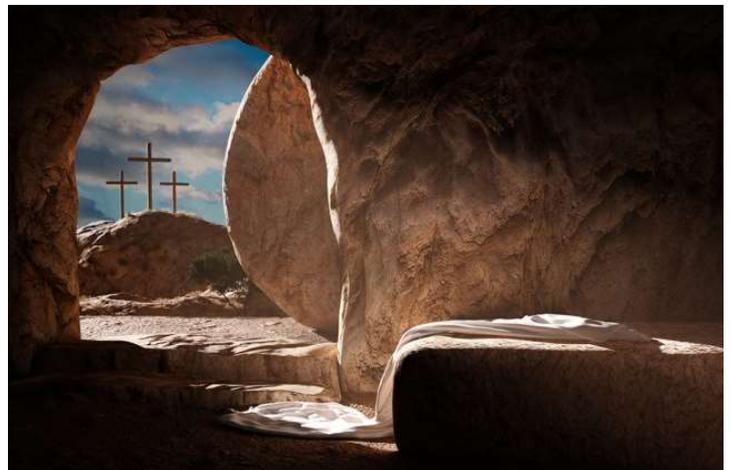
it may be for me the communion of the body and blood of Christ. Amen.

Partaking the Holy Communion

Eat and drink of the communion elements, and spend some time in quiet reflection on Jesus's sacrifice for you. Continue to thank Him for His love for you.

Easter Encounter Stations (Lvl 3)

28 *After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.*



2 *There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it ...*

5 *The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. **6** He is not here; he has risen, just as he said. Come and see the place where he lay. **7** Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."*

⁸ So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. ⁹ Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him.

(Matthew 28:1 - 9)

Jesus not only died on the cross for our sins, but He was raised to life again. And all who believe in Jesus have also been raised with Him, and seated with Him in the heavenly realms, and blessed with every spiritual blessing (Ephesians 1).

In the stations at level 3, we will reflect on the significance of Resurrection Sunday (Easter) in our lives.

There are 4 stations in total

- New life in Christ
- Prophetic Prayer
- Past Goodbye
- Soaking & Drawing

Format for Easter Encounter station

1) What is this station about

Significance & meaning of station

2) What do you do

Reflection points + actions to do for station

New Life in Christ

What is this station about

In this station, we reflect upon our new identity in Jesus.

¹⁷ Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

(2 Corinthians 5:17)

All who believe in Jesus are given a new identity - they are a new creation in Jesus Christ. This is given by God, not earned - its sheer grace! However, we often forget who we truly are in Jesus, and revert/resort to living in our old identities, our past patterns of existence.

We need to constantly go back to God's word and promises to remember who we truly are.

What are we supposed to do

Within each scroll in the basket, there is a Bible Verse. Take 2 or 3 (maximum) scrolls. Each scroll has a Bible verse that affirms an aspect of our identity in Jesus. Spend some time reflecting on it, asking God what it means specifically for your life?

There are also mirrors provided at each station. Oftentimes, when we look at mirrors, we tend to focus on our flaws - how old we look, or any part of us that we find displeasing.

This time, as you look at the mirror, ask God to reveal to you how He sees you. Remember that because we are in Christ Jesus, we are holy and without blemish in God's sight (Colossians 1:22).

Prophetic Prayer

What is this station about

***3** But the one who prophesies speaks to people for their strengthening, encouraging and comfort.*

(1 Corinthians 14:3)

Prophecy is a supernatural, revelation about someone given by the Holy Spirit - it is not derived through human knowledge or reason (1 Corinthians 14:25).

Apostle Paul tells the church to eagerly seek this gift. Why? Because the gift of prophecy builds up the church - as 1 Corinthians 14:3 says: "it strengthens, encourages and comforts" people.

In this station, someone who will pray prophetically for you. Oftentimes, we seek prayer for our lives and situation from our own vantage point; for prophetic prayer, the aim is to seek God's vantage point for our lives and situation.

What do you do

'Do not put out the Spirit's fire; do not treat prophecies with contempt. Test everything. Hold on to the good. Avoid every kind of evil.'
(1 Thess 5:19 - 22)

Head to one of available booths at this station, to receive prayer. If there are other people waiting in line, you can either join in the queue, or you can head to another station first.

Prophecy by others does not have to be accepted and received wholesale by us. It should be tested according to Biblical guidelines. If unsure, you can always speak to the one who prayed for you to clarify.

Past Goodbye

What is this station about

6 *For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin—* **7** *because anyone who has died has been set free from sin.*

11 In the same way, count yourselves dead to sin but alive to God in Christ Jesus.

(Romans 6:6, 7, 11)

All who accept Jesus into our lives have already been crucified with Christ, and therefore, we are to count ourselves dead to sin, dead to our old ways of living and thinking.

What do you do?

What are the parts of the old self that you want to be 'done away with'?

These could be a habitual sin (like gossip or envy of others), or it could be worldly patterns of living/thinking (addiction to social media, constant worry about finances) etc. Take as long as you need, to examine your lifestyle right now, and write down on the piece of paper provided the parts of the old self you want to be rid off.

After you are done writing, declare this:

As you do so, say:

"I have been crucified with Christ, and I am no longer a slave to sin. I will count myself dead to [list down the sins]. I will depend on God's grace to live out my new life in Christ. I will turn to God for forgiveness when I fail, knowing that He is faithful and just to forgive my sins and cleanse me from my unrighteousness."

(Later on, these pieces of paper will be disposed of and burnt.)

Fold up the piece of paper which you have written on, and pin it to the cross. This symbolizes the nailing and crucifixion of your old self to the cross.

Soaking in God's presence + drawing

What is this station about

Soaking in God's presence is a time to draw close to God, to grow in our intimacy with Him:

"When You [God] said, 'Seek My face, My heart said to You, 'Your face, Lord, I will seek'"

(Psalms 27:8).

Through worship, we direct the affections of our hearts to God. It is important, as we soak in God's presence, to rest in His love, instead of striving in prayer.

What do we do

Soaking in God's presence is a posture we can enter by:

Worshipping God (there will be live worship interspersed with recorded worship songs at this station)

Meditating and contemplating on who He is (His character and goodness to us)

Asking God for more of His fullness and presence in your life

Being still and listening to God's voice.

Another thing you can do in this station is ***prophetic drawing***. Many people are naturally visual, and God can speak to them through images. As you soak in God's presence, you can ask God to reveal images to your mind.

There are art materials (paper, colouring pencils and markers) provided at the side of the station. Feel free to help yourself to these. Oftentimes, the images may come slowly, only after you begin drawing. You do not need to wait for a complete picture before you begin drawing.

Prophetic drawing/art can be symbolic, and not just literal. As you draw, ask God for the interpretation of the image.

(Please return the markers/colouring pencils after use.)