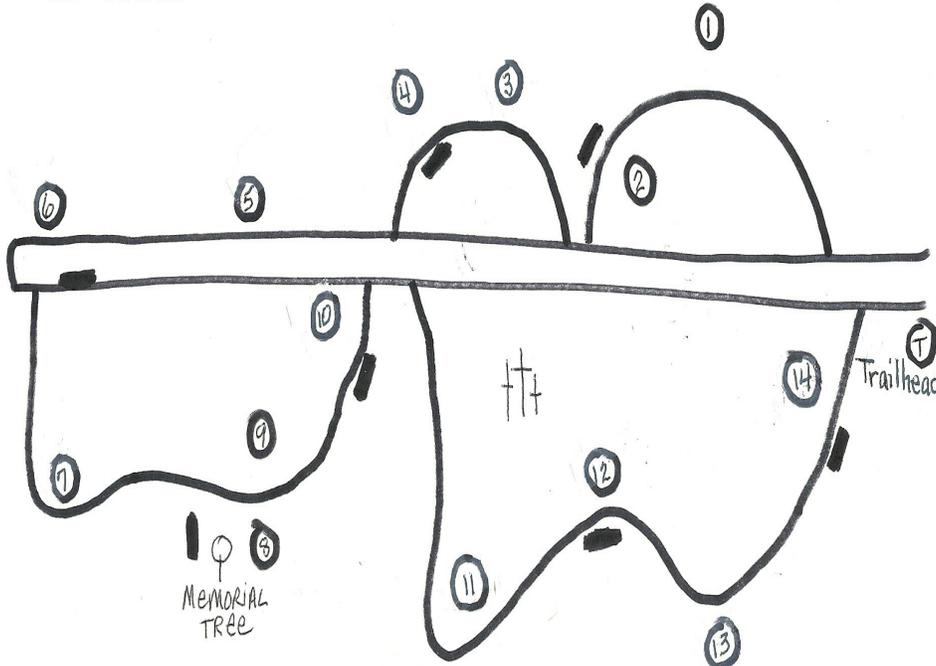


Meditation Trail



Central Community
 United Methodist Church
 25682 State Highway YY
 Shell Knob Mo 65747
 417-858-6707
 Created by Michael Bernsen—Eagle Scout
 project 2017

■ = Benches



1. Then Jesus went with his disciples to a place called Gethsemane. He said to the disciples, “Stay here while I go and pray over there.” Matthew 26:36 Prayer: Lord Jesus, as we reflect upon your experience in Gethsemane, we are once again astounded by your humanness. You prayed fervently for the Father’s will to be done, though you knew it would not be easy. Help us strive to seek the Father’s will in all things, even if it is painful. You are Emmanuel, God with us. We thank you, dear Lord, for who you are, for what you have done, and for what you are doing in our lives today. Lord Jesus, help us walk in your steps.



2. Suddenly, while Jesus was still speaking, Judas, one of the Twelve, came with a mob carrying swords and clubs. They had been sent by the chief priests, legal experts, and elders. His betrayer had given them a sign: “Arrest the man I kiss, and take him away under guard.” As soon as he got there, Judas said to Jesus, “Rabbi!” Then he kissed him. Then they came and grabbed Jesus and arrested him. Mark 14: 43-46 Prayer: O Lord, as much as we are ashamed to admit it, to ourselves and to you, there is a bit of Judas in us. Forgive us for the times we have pledged our love for

you, only to reject you in the way we live. Help us to see where our commitment to you is mixed, where our hearts are divided. Set us free to be wholly devoted to you, even when we do not understand you, even when we are afraid that following you is too difficult. Grant us the courage in our conviction, that our lives may faithfully reflect the good news you bring. Lord Jesus, help us walk in your steps.



3. At daybreak, the chief priests—with the elders, legal experts, and the whole

Sanhedrin—formed a plan. They bound Jesus, led him away, and turned him over to Pilate. Pilate questioned him, “Are you the king of the Jews?” Jesus replied, “That’s what you say.” The chief priests were accusing him of many things. Pilate replied, “Then what do you want me to do with the one you call king of the Jews?” They shouted back, “Crucify him!” Pilate wanted to satisfy the crowd, so he released Barabbas to them. He had Jesus whipped, then handed him over to be crucified. Mark 15:1-3; 11-13; 15
Prayer: Lord God, forgive us for failing to take responsibility for our own actions. Help us to acknowledge our sins against you and others. Grant us your sense of righteousness and discernment so that we may see as you see, not as the world sees. Lord Jesus, help us walk in your steps.



4. But Peter denied it, saying, “Woman, I don’t know him!” A little while later, someone else

saw him and said, “You are one of them too. But Peter said, “Man, I’m not!” An hour or so later, someone else insisted, “This man must have been with him, because he is a Galilean too.” Peter responded, “Man, I don’t know what you are talking about!” At that very moment, while he was still speaking, a rooster crowed. Luke 22:57-61
Prayer: Forgive us, dear Lord, when we let fear get in the way of our relationship with you. Forgive us for all the times we have fallen short in our discipleship because we have been afraid. Forgive us for failing to trust you when you have proven yourself to be so completely worthy of trust. May we live our whole lives in honor of you. Grant us the gift of honesty that we may not fear to speak the truth. Lord Jesus, help us walk in your steps.



5. Then Pilate had Jesus taken and whipped. The soldiers twisted together a crown of thorns and put it on his head, and dressed him in a purple robe. Over and over they went up to him and said, “Greetings, king of the Jews!” And they slapped him in the face.

John 19:1-3
Prayer: Lord God, your Son endured humiliations and indignities beyond compare, yet without complaint. Help us be humble in our work and daily lives with a willingness to put others before ourselves, as Jesus put us before himself. Holy Spirit, grant us patience in times of suffering that we may offer our lives as a sacrifice of praise. Lord Jesus, help us walk in your steps.



6 Then Pilate handed Jesus over to be crucified. The soldiers took Jesus prisoner. Carrying his cross by himself, he went out to a place called Skull Place (in Aramaic, Golgotha). John 19:16-17 Prayer: Jesus, you carried that heavy cross upon your wounded shoulder, and yet the weight of the cross was our sinfulness. We repent of our sins and beg you to forgive us for when we have failed to do your will. Lord God, grant us strength of purpose that we may faithfully take up our crosses each day, for love of you and for love of others. Lord Jesus, help us walk in your steps.



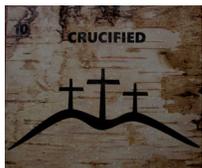
7. John saw Jesus coming toward him and said, “Look! The Lamb of God who takes away the sin of the world! John 1:29 Prayer: “Lord, thank you for every step you took for my sake, every spasm of pain, every bead of sweat, every drop of blood.” Lord Jesus, help us walk in your steps



8. A huge crowd of people followed Jesus, including women, who were mourning and wailing for him. Jesus turned to the women and said, “Daughters of Jerusalem, don’t cry for me. Rather, cry for yourselves and your children. The time will come when they will say, ‘Happy are those who are unable to become pregnant, the wombs that never gave birth, and the breasts that never nursed a child.’ Then they will say to the mountains, ‘Fall on us,’ and to the hills, ‘Cover us.’ If they do these things when the tree is green, what will happen when it is dry?” Luke 23:27 -31 Prayer: God and Father of our Lord Jesus Christ, we are but mortal flesh, and the span of our lives is very brief. In our human weakness, we are so concerned to live our lives without discomfort or pain. Help us to see our frailty and affliction as a sharing in Christ's frailty and affliction. Grant us, that we may comfort others who mourn and are afflicted. Lord Jesus, help us walk in your steps



9. Simon, a man from Cyrene, Alexander and Rufus’ father, was coming in from the countryside. They forced him to carry his cross. Mark 15:21 Prayer: Loving Father, you have called us into fellowship under the cross of your Son that we might bear your love to all in the world. We confess that we are inclined to resist this call, even though we know that in dying to ourselves, we find true life in you. Grant us willing spirits that we may be your instruments on earth, and help us to be as ready as Simon to bear the burdens of those in need, that all may be called out of the darkness into the light of your love. Lord Jesus, help us walk in your steps.



10. *When they arrived at the place called The Skull, they crucified him, along with the criminals, one on his right and the other on his left. Jesus said, “Father, forgive them, for they don’t know what they’re doing.” They drew lots as a way of dividing up his clothing. Luke 23:33-34 Prayer: Heavenly Father, despite his wounds, Jesus showed his love throughout his passion: for his mother, for the women of Jerusalem, even for those who nailed him to the cross. Bind*

us ever to that love, and help us to look beyond our sufferings, and ourselves, in order to share that love with others. Grant us merciful hearts that we may bring your reconciliation and forgiveness to all. Lord Jesus, help us walk in your steps.



11. *One of the criminals hanging next to Jesus insulted him: “Aren’t you the Christ? Save yourself and us!” Responding, the other criminal spoke harshly to him, “Don’t you fear God, seeing that you’ve also been sentenced to die? We are rightly condemned, for we are receiving the appropriate sentence for what we did. But this man has done nothing wrong.” Then he said, “Jesus, remember me when you come into your kingdom.” Jesus replied, “I assure you that today you will be with me in paradise.” Luke 23:39-43. Prayer: Father, pierce us with love and repentance when we look at the cross. You have called us to be your disciples, to deny ourselves and to follow you. As we come before you, we crucify our will to yours, we crucify all the temptations of the world, the devil and the flesh, and we pray for total submission to your holy will. Grant us perseverance that we may never stop seeking you. Lord Jesus, help us walk in your steps.*



12. *Jesus’ mother and his mother’s sister, Mary the wife of Clopas, and Mary Magdalene stood near the cross. When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, “Woman, here is your son.” Then he said to the disciple, “Here is your mother.” And from that time on, this disciple took her into his home. John 19:25-27 Prayer: Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross so that everyone might come within the reach of your saving embrace. You cared for your family while enduring incredible pain. Help us stretch out our arms in love so we, too, may embrace our family, the elderly, the children, and all those who do not know you. Grant us constancy through your Spirit in this request that we may be willing to stand by those in need. Lord Jesus, help us walk in your steps.*



13. *It was now about noon, and darkness covered the whole earth until about three o’clock, while the sun stopped shining. Then the curtain in the sanctuary tore down the middle. Crying out in a loud voice, Jesus said, “Father, into your hands I entrust my life.” After he said this, he breathed for the last time. Luke 23:44-46 Prayer: Jesus, you gave your life for us. Let us, to our final breath, bear the sacrifice of your dying by giving our lives to you. Grant us trust in you, that when our time on earth is ended, our spirits may come to you without delay. Lord Jesus, help us walk in your steps.*



14. That evening a man named Joseph came. He was a rich man from Arimathea who had become a disciple of Jesus. He came to Pilate and asked for Jesus' body. Pilate gave him permission to take it. Joseph took the body, wrapped it in a clean linen cloth, and laid it in his own new tomb, which he had carved out of the rock. After he rolled a large stone at the door of the tomb, he went away. Matthew 27:57-60 Prayer: Lord God, you have promised that if we are buried with Christ in the waters of baptism, then we, too, will rise with him to new life. Make us ever mindful of our baptism and remove all stain of sin from us through repentance. We look forward to the moment of the resurrection of the dead when you will reveal your glory to us and crush death forever. Just as Joseph cared for you, Jesus, grant us your compassion that we also may always provide for those in need. Lord Jesus, help us walk in your steps.

Resources:

Common English Bible version

<http://redeemerlives.net>

https://en.wikipedia.org/wiki/Stations_of_the_Cross

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

CCUMC

Sunday worship: 9:00 AM

Website: ccumcshellknob.org