

Journey with Jesus

Prayer stations to guide people through Holy Week

The *Journey with Jesus* prayer stations seek to provide a space for people to encounter God in different ways through Holy Week.

The stations are easily adaptable. They can all be set up at the same time or used individually within a midweek group, in Sunday worship or as a visual for a thought.

Each station includes a brief description on how to set up each element; one or more key Bible passages; creative ways to engage; and a sensory element to help people encounter the story using their different senses. The Good Friday and Easter Sunday options have a few more additional ideas.

Ready-made printable elements are available as 'Displays' and 'Activity Sheets' after each outline.

If you are using the stations within a prayer space setting, in addition to the content you may also want to provide:

- Quiet instrumental background music.
- Dimmed lights.
- Bibles in different translations.
- Comfortable room temperature.

(Please be mindful of Safeguarding and Safe Mission procedures when setting up the stations and offering a prayer space)

Prayer Stations Outline

1. Jesus enters Jerusalem

A focus on Palm Sunday (Matthew 21:8-10)

2. Jesus cleanses the Temple

A focus on Jesus overturning the tables (Matthew 21:12,13)

3. Jesus loved, Jesus betrayed

A focus on the treasures of Mary and Judas (John 12:3; Matthew 26:14-16)

4. Jesus and the disciples

A focus on the events of the Last Supper (John 13:2-5; Matthew 26:26-29)

5. Jesus in Gethsemane

A focus on Jesus praying in the garden (Matthew 26:36-39)

6. Jesus suffers and dies

A focus on Jesus before Pilate and his death on the cross (John 19:1-6; Matthew 27:51-52a, 54)

7. Jesus is risen

A focus on Jesus' resurrection (John 20:1-2; 18)

JESUS ENTERS JERUSALEM



EASTER

JOURNEY WITH JESUS

Instruction Guide

Items needed:

- 'Displays 1,2, 3' and 'Activity Sheet 1' printed
- A table and table cover (decorative option)
- Chairs around the station (if applicable)
- *Scrabble* or *Bananagrams* letters
- Colouring pencils

Sensory element

Decorate the table with real palm leaves for people to touch and smell.

Description

Place 'Displays 1 and 2' on the table. Cut out however many quantities needed of 'Activity Sheet 3' and provide colouring pencils.

Place the *Scrabble* or *Bananagrams* letters all together in a bowl or on the corner of the table alongside 'Display 4'. You may want to connect a couple of words to start people off.

Example:



FRIND
HEALER



JESUS ENTERS JERUSALEM

EASTER

JOURNEY WITH JESUS

Display 1

‘A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. The crowds that went ahead of him and those that followed shouted, “Hosanna to the Son of David!” “Blessed is he who comes in the name of the Lord!” “Hosanna in the highest heaven!” When Jesus entered Jerusalem, the whole city was stirred and asked, “Who is this?”’

(Matthew 21:8-10)



JESUS ENTERS JERUSALEM

The people waved palm leaves to welcome Jesus into Jerusalem.

How are we welcoming Jesus into our lives daily? How are we welcoming others?

Colour in the word **‘Welcome’** and keep it somewhere visible as a reminder for yourself, or give it to someone who may need to feel welcome.



EASTER

Activity 1



Jesus invites each one of us to faithfully follow him. Respond to his invitation and use the letters to form a word that describes who Jesus is to you.

Pray that he will help you to faithfully follow him.



JESUS CLEANSSES THE TEMPLE



EASTER

JOURNEY WITH JESUS

Instruction Guide

Items needed:

- 'Displays 1,2,3' printed
- Table
- Cushions and chairs
- Coins
- Crockery/vases (some broken if possible) and colourful cloths
- Post-it Notes
- Pens
- Hand gel

Sensory element

Depending on the space, you may want to have some [Busy Market](#) sounds on loop.

Description

Turn a table upside down with some props around it such as coins, some crockery/vases (even broken items if possible) and colourful cloths. Place 'Displays 1, 2 and 3' on the floor around the table alongside any respective props, so that people can engage with each one. You may want to provide cushions or chairs for people to feel comfortable.



JESUS CLEANSSES THE TEMPLE

‘Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money-changers and the benches of those selling doves. “It is written,” he said to them, “My house will be called a house of prayer,’ but you are making it ‘a den of robbers.’”’

(Matthew 21:12,13)



Jesus was angry because the 'house of prayer' was being used for trade, profit and personal gain, with people being cheated out of their money.

Look at the overturned table.

What would make Jesus 'overturn tables' in the Church today?

Write your thought on a Post-it Note and place it on the table.



As you pray this prayer, cleanse your hands with gel as a symbolic act of devotion.

Lord, cleanse my heart and mind.

Sanctify my motives, may they be pure and righteous.

Anoint my lips to challenge the things that would anger you today.

Turn over the tables in my heart.

Turn over the tables in your Church.

Cleanse our/my worship to you.

Amen.



**JESUS LOVED,
JESUS BETRAYED**



EASTER

JOURNEY WITH JESUS

Instruction Guide

Items needed:

- 'Displays 1,2,3,4' and 'Activity Sheet 1' printed
- A table and table cover (decorative option)
- Chairs around the station (if applicable)
- A selection of coins
- A decorative bowl
- Pens and colouring pencils

Sensory element

Provide a selection of perfumes for people to smell, or use a ceramic oil burner with scented tealights or a scented oil diffuser to fill the space with a sweet-smelling fragrance.

Description

Place 'Displays 1,2,3,4' on the table alongside any respective props. Cut out however many quantities needed of 'Activity Sheet 1' and provide pens and colouring pencils.



JESUS LOVED, JESUS BETRAYED

‘Mary took a jar of special perfume that cost much money and poured it on the feet of Jesus. She dried his feet with her hair. The house was filled with the smell of the special perfume.’

(John 12:3 *NLV*)



Write or draw on the heart a prayer of **love**
and **devotion** to Jesus.

Place it in the bowl as an offering to him.



JESUS LOVED, JESUS BETRAYED

EASTER

Activity Sheet 1



JESUS LOVED, JESUS BETRAYED

‘Then one of the Twelve – the one called Judas Iscariot – went to the chief priests and asked, “What are you willing to give me if I deliver him over to you?” So they counted out for him thirty pieces of silver. From then on Judas watched for an opportunity to hand him over.’

(Matthew 26:14-16)



While Mary expressed her love for Jesus, Judas was secretly plotting to betray him for money, and later Peter would deny knowing him (Luke 22:57).

Pick up a coin. Sometimes our hearts 'betray Jesus' in the choices we make, in the thoughts we think, in the words we say. Ask God to bring some of these things to mind.

Pray that he would help you to be faithful to him, then put the coin down again.



JESUS AND THE DISCIPLES



EASTER

JOURNEY WITH JESUS

Instruction Guide

Items needed:

- 'Displays 1,2,3,4' printed
- A table and table cover (decorative option)
- Chairs around the station
- A sponge and water in a large bowl or basin
- A towel
- One big plate or a number of small paper plates
- Markers (for the plate) or felt-tip pens (for the paper plates)

Sensory element

Provide pieces of bread and small cups of juice for consumption.

Description

Place 'Displays 1,2,3,4' on the table alongside any respective props. You may want to provide cushions or chairs for people to feel comfortable.



JESUS AND THE DISCIPLES

‘The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. 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.’

(John 13:2-5)



It was usually a servant's task to wash people's feet when they entered a house, so Jesus' act of service was surprising to the disciples. They may have even felt embarrassed.

Drench the sponge in water, then take it out, squeezing it slowly over the bowl or basin as you do so. As you watch the water pour out, **think about who God is asking you to serve today.** May your act of service be as radical and life-giving to the person who will receive it as Jesus' was.



‘Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, “Take, eat; this is my body.” And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.”’

(Matthew 26:26-29 *ESV*)



Jesus was sharing the **Passover** with his friends, his last meal with them before his death. Although now, he was describing *himself* as the Passover lamb, whose body would be sacrificed and blood shed for the redemption of the whole world.

Write or draw on a plate an expression of thankfulness to God for giving his only Son to die for you.



JESUS IN GETHSEMANE



EASTER

JOURNEY WITH JESUS

Instruction Guide

Items needed:

- 'Displays 1,2,3' and 'Activity Sheet 1' printed
- A small indoor tree or big house plant or a large cut-out of a tree
- A table and table cover (decorative option)
- Chairs around the station (if applicable)
- Paper tags with string
- Pens

Sensory element

Place big stones, grass, soil etc on a tray for people to feel and interact with.

Description

Place 'Displays 1,2,3' around the tree on the floor or on the table alongside any respective props. Cut out however many quantities needed of 'Activity Sheet 1' with pens. You may want to provide cushions or chairs for people to feel comfortable.



JESUS IN GETHSEMANE

‘Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”’

(Matthew 26:36-39)

'Stay here and keep watch with me' (v38).

Jesus needed the prayerful support of his closest friends, and yet verses later he found them sleeping.

Write on the 'I'm praying for you' card the name of someone who you know needs prayer right now and give it to them as an encouragement.

EASTER

I'm praying
for you

.....



I'm praying
for you

.....



I'm praying
for you

.....



I'm praying
for you

.....



Jesus knelt in the garden with his face to the ground.
If you are able, kneel or sit and consider in what area of your life you need to say to God **'Your will be done.'**

Write on the paper tags what is challenging you at the moment and hang it on the tree.

JESUS SUFFERS AND DIES



EASTER

JOURNEY WITH JESUS

Instruction Guide

Items needed:

- 'Displays 1,2,3,4,5,6,7' and 'Activity Sheet 1' printed
- A table and table cover (preferably purple as a decorative option)
- Chairs around the station
- Newspapers headlines and articles on suffering
- A large map of the world, or a globe
- Post-it Notes
- Nails, a piece of wood and a hammer
- Pens and colouring pencils
- A bin

Sensory element

Provide a crown of thorns for people to touch.

Description

Place 'Displays 1,2,3,4,5,6,7' on the floor or on the table or on a wall alongside any respective props. Cut out however many quantities needed of 'Activity Sheet 1' and provide colouring pencils. You may want to provide cushions or chairs for people to feel comfortable.

Note: 'Display 2' is an alternative to 'Display 3' if you don't have access to a world map or globe.



JESUS SUFFERS AND DIES

EASTER

JOURNEY WITH JESUS

Display 1

‘Then Pilate took Jesus and flogged him. And the soldiers twisted together a crown of thorns and put it on his head and arrayed him in a purple robe. They came up to him, saying, “Hail, King of the Jews!” and struck him with their hands. Pilate went out again and said to them, “See, I am bringing him out to you that you may know that I find no guilt in him.” So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, “Behold the man!” When the chief priests and the officers saw him, they cried out, “Crucify him, crucify him!”’

(John 19:1-6 *ESV*)



JESUS SUFFERS AND DIES

Jesus' suffering means that there is no pain too great in this world that he cannot identify with.

Look at the newspaper headlines/articles and take time to **pray for the different situations you see.**

Jesus' suffering means that there is no pain too great in this world that he cannot identify with.

On the Post-it Notes write prayers for areas of the world in which you know people are suffering deeply right now and **place them on the map.**

‘For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.’

(John 3:16 *NCV*)

After Jesus had hung on the cross for six hours, Jesus gave up his spirit.

“At that moment the curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split and the tombs broke open...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 27:51–52a, 54)



JESUS SUFFERS AND DIES

Take a nail and hammer it slowly into the piece of wood.

It's hard to imagine the pain Jesus endured. He suffered not because of his own sins, but because of your sins. Take some time to contemplate this and what his sacrifice means for you.

(Safety warning – please be careful when handling the hammer and nails.)



JESUS SUFFERS AND DIES

Despite all he was enduring, Jesus' final words on the cross were still of love and mercy: "Father, forgive them, for they do not know what they are doing" (Luke 23:34). It can be hard to forgive others and even ourselves.

Fill in the appropriate blank spaces in the 'Prayer of Forgiveness'.

Once you have prayed, rip up the card and put it in the bin as a sign of forgiveness.



EASTER

Prayer of forgiveness

Lord, I forgive (name of person)..... for what they did to me (name it)

I hand this over to you. I know you died for their sins as well as mine. I no longer want to hold any resentment towards them.

Bless (name the person)..... and give me healing.

In the name of Jesus I pray. **Amen.**

Prayer of forgiveness

Lord, I forgive (name of person)..... for what they did to me (name it)

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In the name of Jesus I pray. **Amen.**

EASTER
JOURNEY WITH JESUS



JESUS IS RISEN



EASTER

JOURNEY WITH JESUS

Instruction Guide

Items needed:

- 'Displays 1,2,3,4,5' and 'Activity Sheet 1' printed
- A wooden cross (preferably a big one but a smaller one is also fine)
- A table and table cover (decorative option)
- Chairs or cushions around the station
- Small strips of cloth
- Colouring pencils

Sensory element

Provide play-dough. Create a cross or something that represents new life in Jesus as a model for people to follow.

Description

Place 'Displays 1,2,3,4,5' around the cross on the floor or on the table alongside any respective props. Cut out however many quantities needed of 'Activity Sheet 1' and provide colouring pencils. You may want to provide cushions or chairs for people to feel comfortable.

JESUS IS RISEN



EASTER

JOURNEY WITH JESUS

Display 1

‘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 don’t know where they have put him!”’

(John 20:1-2)

JESUS IS RISEN



Peter and John looked inside the tomb and found that Jesus had gone but the strips of linen that had been wrapped around his body were still there.

Take a strip of cloth and tie it somewhere as a daily reminder that Jesus is no longer dead.



EASTER

JOURNEY WITH JESUS

Display 3

The disciples left, but Mary stayed by the tomb weeping. Jesus appeared to her and said: 'Mary.' After he had spoken with her, Mary went to the disciples and said: 'I have seen the Lord!' (John 20:18).

Sit, kneel or stand before the empty cross.

Imagine you are Mary. You saw Jesus on the cross but now he is no longer in the tomb! **How does that make you feel?**
What does his resurrection mean to you today?

Take time to simply 'be' in Jesus' presence.
Praise him for his sacrifice and the hope of eternal life.

JESUS IS RISEN



*‘Death could not hold you
The veil tore before you
You silence the boast of sin and grave
The heavens are roaring
The praise of your glory
For you are raised to life again.’*

(‘What a Beautiful Name’, Ben Fielding and Brooke Ligertwood)

JESUS IS RISEN



Take time to colour in the cross.

You may want to **write words of praise to Jesus or a prayer of gratitude** for his love and the hope of eternal life he offers you through his resurrection.

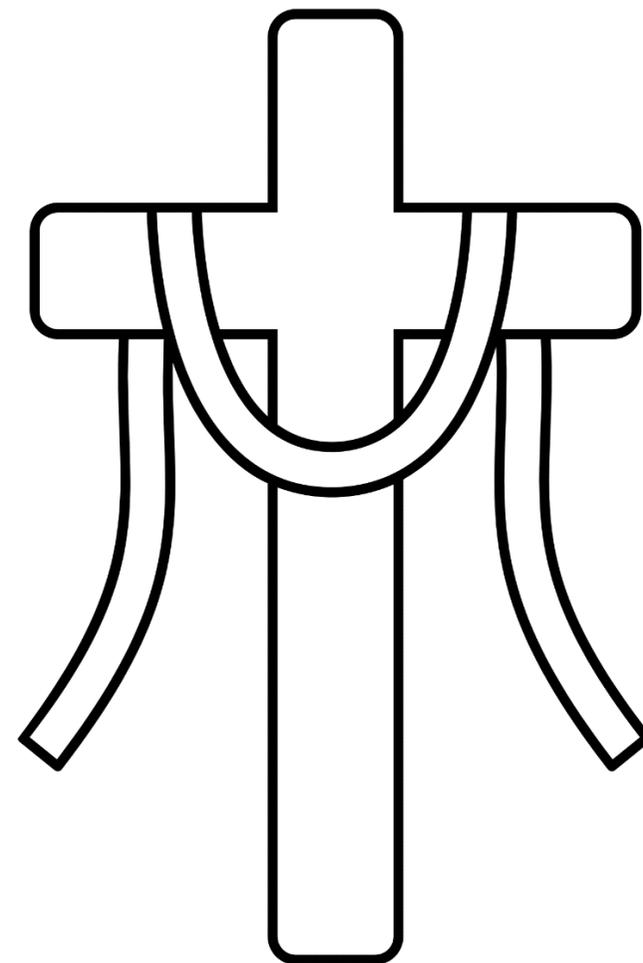
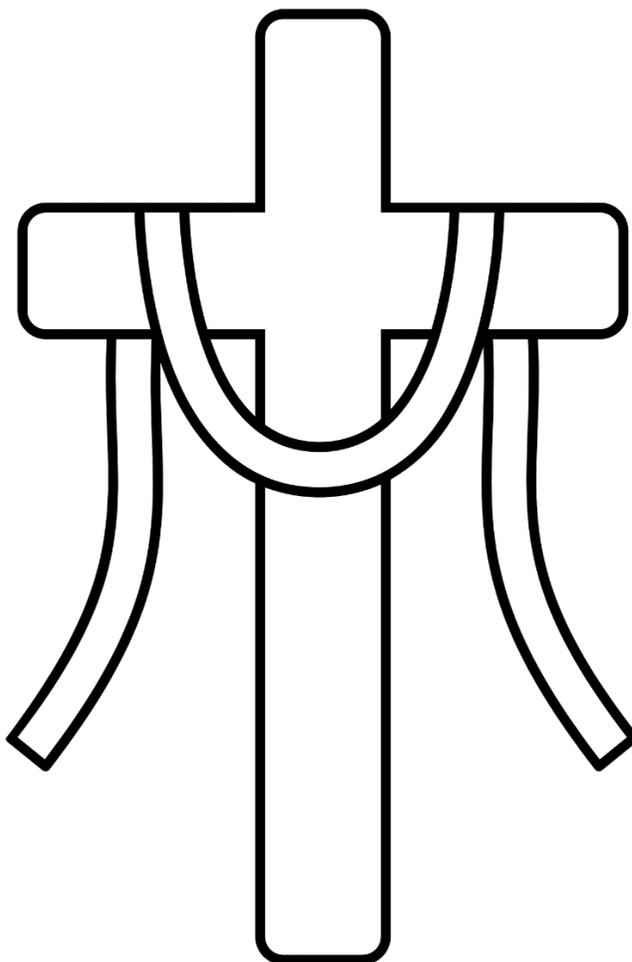
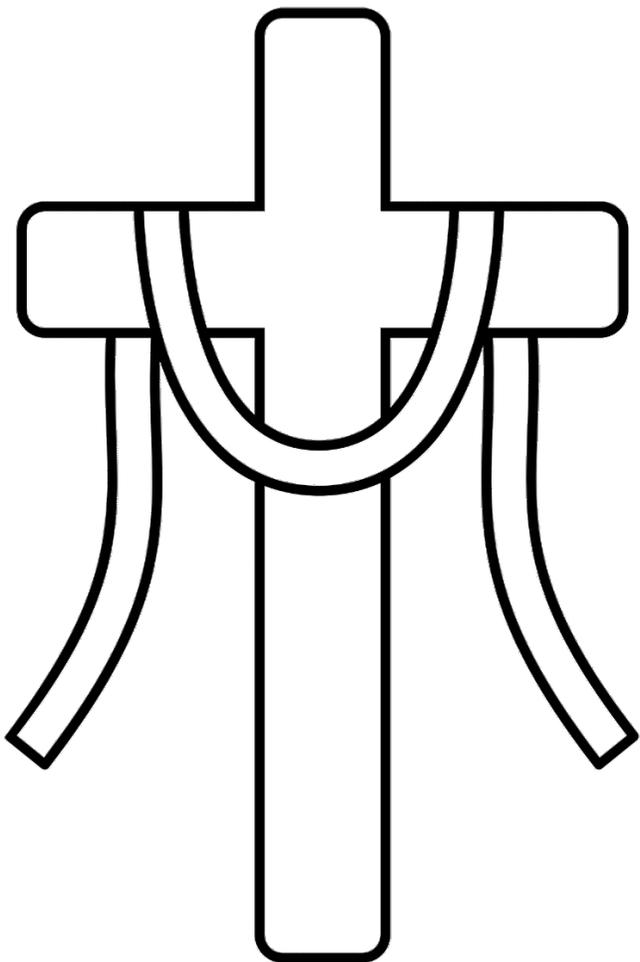
JESUS IS RISEN



EASTER

JOURNEY WITH JESUS

Activity Sheet 1



JESUS IS RISEN

