

## Station 5: Jesus Carries the Cross

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Date: 31 March 2026

[ 0 : 00 ] Jesus carries the cross. After a gruesome beating and being mocked and spit on,! Jesus is made to carry the cross on which he is to be crucified.

! In John 19, we read this.

Carrying his own cross, Jesus went out to the place of the skull, which in Aramaic is called Golgotha. See and touch the cross that lies before you.

If you can, pick up the cross and place it on your shoulder.

As you do that, imagine carrying it for at least 600 metres, the approximate distance from the palace to Golgotha. Jesus, exhausted from the ridicule and beating, was made to carry the cross through the city amidst the crowd.

[ 1 : 27 ] Now imagine standing with the crowd and witnessing this. Knowing what you know regarding what Jesus is about to do, and knowing who Jesus really is, how do you feel?

Scripture tells us that Jesus, though being in the very nature of God, made himself nothing. Jesus, the Almighty One, chose to become weak as he carried the heavy cross to his death. As you look at the cross before you, and as you touch it, think of the words of Jesus in Luke 9.

If anyone would come after me, let him deny himself and take up his cross daily and follow me.

What does that look like for you?

Take a moment to reflect, and when you're ready, let's continue our journey at the next station. The next station might be uncomfortable for sensitive viewers and small kids.

[ 2 : 35 ] If you prefer a modified station, please take the alternative route. To be continued...

Thank you.