



**LIFE POINT**

JOURNEY TO  
**THE CROSS**

A SEASON *of* REFLECTING ON

CHRIST'S ROAD *to* THE CROSS

# ACTIVITY *Preparation* LIST

## WEEK 1 | Pieces of Silver (pg. 2)

- *A bag of thirty coins for each participant*

## WEEK 2 | Spike & Mallet (pg. 4)

- *Hammer*
- *Nails*
- *2 planks for wood to form a cross (keep for next week)*

## WEEK 3 | The Cross (pg. 6)

- *The cross you made last week*
- *Red paint*
- *Paint brush*
- *Drop cloth*

## WEEK 4 | Communion (pg. 8)

- *Red grape juice*
- *Glasses for each participant*
- *Bread/crackers for each participant*

## WEEK 5 | The Curtain (pg. 10)

- *A sheet or blanket*
- *Tape or push pins to attach to door frame/wall*

## WEEK 6 | Oil & Spices (pg. 12)

*Each participant contributes small items of beauty to decorate a small table, such as:*

- *Aromatic oils, perfumes, and creams*
- *Aromatic or decorative candles*
- *Silk scarves, elaborate tablecloths*
- *Small flowers, greenery*

## WEEK 7 | Our Cross (pg. 14)

- *Sticky notes*
- *Pens*

# A Guide for Your Experience

We are glad you are taking time to reflect on what Christ did for you. Use this seven-week devotional individually, as a family, or with a small group.

Here are some suggestions to make the experience more meaningful:

1. Pause throughout the devotions—they are intentionally short, so prayerfully take your time.
2. Ask God to guide your time. There are seven reflections in this devotional.
3. Each devotion has items associated with Good Friday (see activity preparation list). Touching items helps us connect with the impact Christ's sufferings have on us.
4. Ask yourself (or if you are in a group ask others) how these objects connect us with Christ's suffering?
5. Take time to pray. There is a Scripture guide, notes, and suggested prayers you can use.
6. Prepare to participate in communion in week four. If in a group, do this together. This is an act of worship.
7. This is a time to reflect on what Jesus has done for us. Use this experience and the devotions to draw closer to God through Christ's sufferings for us.

God has something for you in this season of reflecting on Christ's work. Open your eyes and heart to Him. Let Him speak to you. Talk to Him, He wants to hear from you.

# Week 1: PIECES OF SILVER

## GOD'S WORD:

I told them, "If you think it best, give me my pay; but if not, keep it." So they paid me thirty pieces of silver. And the LORD said to me, "Throw it to the potter"—the handsome price at which they priced me! So I took the thirty pieces of silver and threw them into the house of the LORD to the potter. (Zechariah 11:12-13)

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 hand him over to you?" So they counted out for him thirty silver coins. From then on Judas watched for an opportunity to hand him over. (Matthew 26:14-16)

## REFLECTION:

In Old Testament times, the price of a slave was thirty pieces of silver. The Israelites paid Zechariah this meager price after hearing his prophecy—an insult to the living God.

Several hundred years later, Judas heaped the same insult upon Christ. A mere bag full of coins and the Son of God was traded away.

What value do you put on Jesus? Is there anything you value more than your relationship with Jesus? Are you willing to trade it for something temporal that will bring no more lasting pleasure than that which a few coins will buy? Your time. Your reputation. Your possessions. Nothing, not even all the gold in Fort Knox, is worth turning away from that for which you and I were made - a life of close intimate fellowship with the living God.

**Group Preparation Suggestion:** If you're doing this as a group, each participant receives a small bag of thirty coins from the leader. Allow each person to count out each coin into the center of the table until a small pile of coins is formed. If you're on your own, do the same. Consider that this pile of coins with little worth represents the value placed on Zechariah's prophesy and Jesus' life.

**PRAYER:**

*Father, so many things vie for my time and attention. Help me to see where I tend to sell out on my relationship with you. Remind me that nothing can ever take your place in my life.*

*Contemplations*

## Week 2: SPIKE & MALLETS

### GOD'S WORD:

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. (Isaiah 53:5)

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace which he lavished on us. (Ephesians 1:7-8)

Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." Thomas said to him, "My Lord and my God!" (John 20:27-28)

### REFLECTION:

Imagine driving nails into the hands and feet of an innocent man. In a way, that's exactly what happened that day, as your sins and mine held Jesus to the cross. Yet even as He hung there Jesus pleaded, "Father, forgive them."

When the risen Jesus showed His hands to doubting Thomas, Thomas saw the scars and believed. When Jesus looked at His own palms, He saw not scars, but Thomas. And you. And me. He did not see scars, reminding Him of our sins that held Him to the cross. Instead He saw the reason for His death—you and me—redeemed through the lavish grace of His death on the cross.

**Group Preparation Suggestion:** Make a cross by hammering the nails into the wood. Consider the force and listen to the noise as you do this. Be conscious of the roughness of the wood, sharpness of the nails and the sound the action generates.

**PRAYER:**

*Jesus, thank you for being pierced for me. Thank you for letting your wounds become my healing from the scourge of sin and death. Your pierced hands and feet assure me of your love. I hear your words of forgiveness. By faith, I again claim them as directed to me.*

*Contemplations*

## Week 3: THE CROSS

### GOD'S WORD:

Finally Pilate handed him over to them to be crucified. So the soldiers took charge of Jesus. Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha). Here they crucified him, and with him two others: one on each side and Jesus in the middle. (John 19:16-18)

He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. (1 Peter 2:24)

### REFLECTION:

The cross was much more than the instrument of Christ's death; it was an altar. An altar is a place where a gruesome, ugly death makes hideous sin apparent. The wood of that cross was an altar upon which the blood of the Lamb of God was spilled for you and for me.

And yet the wood of this same cross offers us protection. The night before the children of Israel fled Egypt, they were instructed to take the blood of a spotless lamb and wipe it upon the doorpost of their homes. When the angel of death passed over that night, those blood-soaked doorposts protected them from the plague of death. Likewise, the blood-soaked cross protects us from the righteous judgment of God. The cross is more than a charm to wear on a chain about our neck or a sign on a bumper sticker. It's more than a symbol of our faith. It is our only hope. Have you placed your hope in Christ's work on that cross?



**Group Preparation Suggestion:** Using the cross from last week, allow each participant to paint some of the cross with the red paint. Place this cross in a prominent position and consider the dramatic nature of what you've created. Think about the protection the real blood of Jesus on the cross affords you.

**PRAYER:**

*Jesus, when I think about your mangled body hanging there on the cross, and your blood spilled out for me, I am grieved. And yet it's only through your blood that I can be forgiven and cleansed from my sin which held you to that cross. I have no hope other than in what you did for me. Your love for me is amazing and I stand in awe and praise you.*

*Contemplations*

# Week 4: COMMUNION

## GOD'S WORD:

Moses then took the blood, sprinkled it on the people and said, "This is the blood of the covenant that the Lord has made with you in accordance with all these words." (Exodus 24:8)

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you. But the hand of him who is going to betray me is with mine on the table."  
(Luke 22:19-21)

## REFLECTION:

As you partake of communion today, picture the disciples at the last meal they shared with their Lord. As they ate, Christ commanded them to pause often with each other and remember what they were about to experience. And He identified it with the most basic of needs—eating and drinking, the breaking of bread and drinking the cup. His body, His blood ... the very essence of life, broken and poured out for us.

Take the bread and eat. Take the cup and drink. Do this and remember what He did for you. Our very lives depend upon what He did for us on the cross.

**Group Preparation Suggestion:** You may want to do this at the end of a dinner meal. Set aside some red grape juice and bread. Read and partake together.

**PRAYER:**

*Jesus, I choose to remember again what you did for me. Your body was broken, your blood shed to establish a permanent union between us. I can hardly take in a love like yours. Thank you for these simple reminders of your sacrifice for me.*

*Contemplations*

# Week 5: THE CURTAIN

## GOD'S WORD:

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. (Matthew 27:50-51)

Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. (Hebrews 10:19-22)

## REFLECTION:

We have a dilemma: our sin separates us from the holy God. One solution would be for God to become like us—to

set aside His holy nature and wink at our sin. But to do so would remove all hope for goodness and holiness.

In the Jewish temple, a curtain separated people from the Holy of Holies, where the presence of God dwelt. Only the high priest could enter there, and even then only once a year. However, something happened the day Jesus died. As his body let go of his spirit, that temple curtain was ripped from top to bottom.

Now we have access—not because God stopped being holy, but because He Himself removed the barrier. Flesh torn by human hands ... a curtain torn by God's hands. Now we can approach Him directly, no matter how guilty or ashamed we feel. We are not dependent upon a high priest to approach God once a year on our behalf. Any time we need to, we can enter into the awesome presence of our holy God. Are you living in His presence today?

**Group Preparation Suggestion:** Start the time together in a space that is between normal living spaces, like a hallway, foyer, or even outside the house. Pin/tape a sheet or blanket above the doorframe where you would like to conclude your time together. Read the scripture and enter through the “curtain.” Conclude by reading the reflection.

**PRAYER:**

*Thank you, Jesus for being my righteous High Priest. You purchased my righteousness with your holiness and made it possible for me to be united with God. You opened the way through the curtain for me. Thank you, my Abba Father, for welcoming me into your presence through the death of your Son.*

*Contemplations*

# Week 6: OIL & SPICES

## GOD'S WORD:

He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. (John 19:39)

Mary therefore took a pound of expensive ointment made from pure nard, and anointed the feet of Jesus and wiped his feet with her hair. ... But Judas Iscariot said, "Why was this ointment not sold for three hundred denarii and given to the poor?" ... Jesus said, "Leave her alone, so that she may keep it for the day of my burial." (John 12:3-7)

## REFLECTION:

Soon after Jesus was born, he was visited by Wise Men from the East who presented him with gifts of gold, incense, and myrrh. At the end of Jesus' life, He again received gifts: a tomb, burial clothes, and (as before) myrrh.

The amount of spices brought to

embalm Jesus is significant: seventy-five pounds was a large quantity, on a par with royal burials. This was a lavish display of love. Like the Magi who gave gifts at Jesus' birth, those who prepared Jesus' body for burial did so out of deep affection and respect.

If we are honest, we will admit that sometimes we do not offer Jesus our best. Sometimes we give leftover time, a few dollars that don't impact our lifestyle, or a heart that is present but not passionate. He gave His all for us. How can we do any less?

As you dip your fingers into the bowl of oil and rub them into your hands remember the price He paid and the price paid by those who buried Him so honorably. Of all the precious gifts you can give, the thing most desired by Christ is your heart. Why not surrender it afresh, as fully as you know how, and make your life an offering to Him again?

**Group Preparation Suggestion:** Decorate a small table or area with all of the items of beauty that have been collected. Consider with reverence the beauty and respect this brings to Jesus for the price He has paid and the price paid by those who buried Jesus' body so honorably.

**PRAYER:**

*Jesus, I want to be among those who honor you. You are a worthy king, deserving of my total dedication. I willingly offer my heart, soul and body - all that I am - to use as you see fit. As a fragrant offering, as best I know how, I surrender my all to you - just as you surrendered your all for me.*

*Contemplations*

# Week 7: OUR CROSS

## GOD'S WORD:

Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will save it.

(Luke 9:23-24)

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)

## REFLECTION:

Jesus showed us that things are upside down in His kingdom; the first are last, the greatest are servants, we give and find ourselves receiving. The paradox that outshines them all is the one He most graphically demonstrated: we take up our cross and die daily, and yet we live.

What does that look like in your life? Are self-directed activities and personal preoccupations keeping you from living fully for Him? Whatever they are, let them go. There is dying required, but it's a death to what binds you, not what gives you real life.

When we desperately cling to our agendas, we inevitably miss God's best for our lives. Imagine affixing your agenda to His cross, and then letting God lead you. Yes, the flesh cries out, but you will not die. Not your true self, anyway. Your own strategy has cost you too much. Exchange your way for His. Die to yourself and in doing so, choose life.



**Group Preparation Suggestion:** Using sticky notes or index cards, write down things you may be holding on to that you want to surrender to God. These may be things you are afraid to let go of, as it may feel like dying. Lay them at the cross you made. If you are doing this as a group, the leader may want to supply prompts.

**PRAYER:**

*Jesus, you shouldered your cross and the whole world was saved. Now with your guidance, help me shoulder my cross. Help me die to the things I think will satisfy me. Help me let go of my need to be seen, to be valued, to have people like me. I lay my own agenda at the foot of your cross. I willingly accept the cost of following you, knowing it may mean hardship and pain, yet knowing it is the only way to truly live.*

*Contemplations*







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