

The Cross Walk

Take a walk along the
path .

Pause along the way,

taking time to
reflect upon

the Seven Last Words
of Christ.

*Father, forgive them, for they do not
know what they are doing.*

*Truly I tell you, today you will be with
me in Paradise.*

Woman, here is your son.

*My God, My God, why have you for-
saken me?*

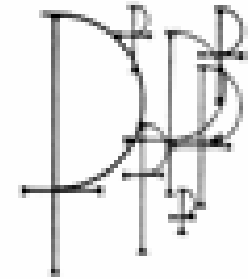
I am thirsty.

It is finished.

*Father, into your hands I commend
my spirit.*



**Christ The
Redeemer ELCA**



The Cross Walk

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The Cross Walk

The First Word: Father, forgive them, for they do not know what they are doing. Luke 23:34

In what ways do I think or behave that offends others? How do I live in ways that show my lack of gratitude for all of the blessings I receive every day? How do my actions show that I have little or no regard for all you offer me?

The Second Word: Truly I tell you, today you will be with me in Paradise. Luke 23: 43

Jesus promised the criminal who was being executed that he would be remembered in the paradise of eternal life. The criminal recognized Jesus as the Lord and Savior. That's all it took. As I acknowledge my shortcomings and turn to Jesus, can I hear your comforting words that your love and forgiveness assures me a place in paradise? How does that affect me?

The Third Word: Woman, here is your son. John 19:26

Even as he was dying, Jesus cared for his family and friends. Take care of each other....

How is Jesus asking me to be more aware of ways I can care for others?

The Fourth Word: My God, my God, why have you forsaken me? Mark 15:34

Jesus had never experienced separation from God. Yet in the moments of the crucifixion he was alone in his suffering that he accepted willingly so that people could live in new relationship with God. Jesus did not deserve this death — but because of his sacrifice we LIVE forever in relationship with God. Give thanks for His sacrifice.

The Fifth Word: I am Thirsty. John 19:28

Jesus had the power to turn water into wine. He taught that he was the living water that quenches all thirst. Yet, Jesus chose not to save himself from bleeding and suffering. He endured severe dehydration as he died.

Thank you, Jesus, for being thirsty, so that I might be satisfied forever.

The Sixth Word: It is finished. John 19:30

Jesus had finished his earthly task. He may have said these words in relief, sensing that his body was about to expire. "It" is the grand master plan established before creation, to bring all of us back into relationship with God.

Have you ever been at the bedside of somebody who is dying a painful death? Have you seen the settling of the body into peace as death occurs?

Imagine yourself at the foot of the cross, hearing Jesus say: It is finished. Give thanks for his sacrifice.

The Seventh Word: Father into your hands I commend my spirit. Luke 23:46

At the end of all your striving, all your thinking, all your efforts, all of your attempts to figure everything out, all of your deeds, both good and bad, what do you have left to do, but to trust God? Commend your spirit to God. Rely upon God. Live for Christ, in gratitude for all that he accomplished in life, death and resurrection.
