



## STATION FOUR

### JESUS MEETS THE WOMEN OF JERUSALEM

#### **PRAYER**

*Dear Lord Jesus Christ, I dedicate this time to you. I pray that you will meet me during this time. Open my spirit to hearing from you. My desire is to receive all that you have for me as I follow you to the cross. Amen.*

#### **SCRIPTURE**

##### **Luke 23:27-28**

A large number of people followed him, including women who mourned and wailed for him. Jesus turned and said to them, “Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children.”

##### **Psalm 32:3-5**

When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity.

I said, "I will confess my transgressions to the LORD"-- and you forgave the guilt of my sin.

#### **REFLECTION** *“Do not weep for me; weep for yourselves.”*

As you journey with Jesus to the cross and sense his pain you are also feeling your own pain because Jesus is suffering for you. Jesus tells the women to weep and mourn for themselves. How do you feel about your own sins? Do you try to excuse them, ignore them, compare them to others or do you weep and mourn over them. Jesus’ journey to the cross shows us the horror of sin and the lengths God is willing to go to free us of it.

## **ACTIVITY**

Take time to pray and ask Jesus to reveal areas of sin in your life that you need to break away from. As you pray, Jesus will reveal things to you. Use a blank sheet of paper to write down the sins that come to your mind. They may be things that you are presently doing, or they may be things that you have done in the past but they need to be forgiven and cleansed from your life. Keep this written sheet of confessed sins somewhere private because you will need it for station six in two days.

## **PRAYER**

Unleash God's power of forgiveness by taking the time to confess each sin you wrote down.

### **Pray something like:**

*"Jesus, I confess \_\_\_\_\_. I renounce it as wrong and choose to turn away from that sin to follow you."*

Take as much time praying and writing as you need. This is an important step in your journey to the cross.

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