

# The Road To Golgotha

The Passion Of Christ

## A Short *Abstract Reflection*.

(60 minutes)

### *Equipment Ticklist.*

1x CD The Road To Golgotha

1x CD Player & Speakers

*1x Laptop, Projector and Powerpoint Presentation (optional)*

*For each person taking part...*

1x Pen

1x Printed A4 Reflections Sheet (see overleaf)

## Running the Reflection...

- Step 1.** Make sure everybody is sitting comfortably and can easily hear the music.  
You can invite members of the group to close their eyes if they wish to solely focus on the music.
- Step 2.** Invite members to write down any thoughts, ideas, shapes, colours or images that come into their heads while each track is playing.  
*What does each track make them think of? No idea is too abstract!*
- Step 3.** Play consecutively tracks **1, 4, 5, 6, 7, 8 and 9** (total running time, approx. 35 minutes).  
*Don't stop for pauses in between the tracks.*
- Step 4.** If appropriate, allow 2-3 minutes of silence after the music has finished playing for the group to collect their thoughts.
- Step 5.** Share with one another track by track the thoughts they have written down.  
For larger groups, split first into smaller groups and then share.

Make sure everyone has the opportunity to say what they have written down.  
It is ok for someone not to have written anything down at all!

# The Road To Golgotha

## Reflections Sheet

*Write your thoughts and ideas here...*

[CD TRACK 1] **1. The Lament of the Shalmaj**  
*(The Lord's Prayer)*

[CD TRACK 4] **2. Gethsemene**

[CD TRACK 5] **3. Pilate**

[CD TRACK 6] **4. The Lament of the Tenebrae**  
*(The Way Of Grief)*

[CD TRACK 7] **5. Golgotha**

[CD TRACK 8] **6. We Have Fallen (Over The Edge Of The World)**

[CD TRACK 9] **7. Resurrection**