

The Road To Golgotha

The Passion Of Christ

A Short Journey 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.** Using the word given on the Reflections sheet (see overleaf), invite the group to write down other words or feelings.
Imagine that each person on the group is going on a journey, following Jesus at each stage to the cross.
- 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!

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Reflections *JOURNEY* Sheet

Write your thoughts and ideas here...

[CD TRACK 1] **1. PREPARATION**

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

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

[CD TRACK 6] **4. CONDEMMED**

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

[CD TRACK 8] **6. SORROW**

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