



JOURNEY TO THE CROSS



The Vine

"Breaking Chains: A Journey to the Cross"

An At-Home Stations of the Cross Experience for Holy Week

This at-home Stations of the Cross is designed to help you break free from the chains that hold you back and embrace the freedom, healing, and abundant life offered through Jesus. Each day of Holy Week will focus on a specific "chain" and provide scripture, a reflection, an activity, and a way to engage with our community.

DAILY SCHEDULE: A HOLY WEEK JOURNEY



PALM SUNDAY (APRIL 13): BREAKING THE CHAINS OF FEAR

Scripture: *Matthew 26:36-46 (CEB)*

Reflection: Jesus prayed in the garden, wrestling with fear and the weight of what was to come. His surrender to God's will teaches us that freedom from fear begins with surrender. As we let go, God fills us with courage.

Activity: Create a prayer space in your home. Light a candle and spend five minutes in silence, offering your fears to God. Write a fear on a strip of paper, form it into a chain link, and break it as a symbol of releasing it to God.

Social Media: Share your prayer space or a broken chain link with us! Use #BreakingChains and tag us on Facebook, Instagram, BlueSky, or TikTok.



MONDAY (APRIL 14): BREAKING THE CHAINS OF BETRAYAL

Scripture: *Matthew 26:47-56 (CEB)*

Reflection: Jesus experienced betrayal from a close friend yet chose forgiveness. When betrayal binds us, forgiveness sets us free, not just for the other person but for our own healing.

Activity: Create a "forgiveness jar." Write down situations that have hurt you on slips of paper and place them in the jar as a sign of releasing them to God. Pray for the grace to forgive.

Social Media: Share a photo of your forgiveness jar or a symbol of forgiveness. Use #ForgivenessUnchained and tag us on Facebook, Instagram, BlueSky, or TikTok.



TUESDAY (APRIL 15): BREAKING THE CHAINS OF INJUSTICE

Scripture: *Matthew 26:57-68 (CEB)*

Reflection: Jesus stood firm in the face of injustice, showing that God is present even when the world is unjust. When we encounter injustice, our response can either bind us in anger or free us to act with love and truth.

Activity: Write a prayer for those who suffer from injustice. Take a tangible step by researching and supporting a local justice-oriented organization.

Social Media: Share your prayer or how you are taking a stand for justice. Use #JusticeUnchained and tag us on Facebook, Instagram, BlueSky, or TikTok.



WEDNESDAY (APRIL 16): BREAKING THE CHAINS OF SHAME

Scripture: *Matthew 26:69-75 (CEB)*

Reflection: Peter's denial of Jesus could have left him bound in shame, but Jesus offered redemption. Shame isolates us, but grace restores us to community and purpose.

Activity: Write down something that brings you shame. Pray over it and then destroy it—shred, burn, or bury it—as a sign of letting go.

Social Media: Share a symbol of release or an image of new growth. Use #NoMoreShame and tag us on Facebook, Instagram, BlueSky, or TikTok.



MAUNDY THURSDAY (APRIL 17): BREAKING THE CHAINS OF JUDGEMENT

Scripture: *Matthew 27:11-26 (CEB)*

Reflection: This passage highlights the weight of judgment and how quickly people can judge, even without truth. It invites us to reflect on how judgment, both received and given, creates chains that hold us back from living freely and loving fully.

Activity: Take a few moments to sit quietly and reflect on how judgment—whether from others or toward others—has impacted your life. As a symbolic act, place a rock in a bowl of water, letting go of the weight of judgment as it sinks. Pray for a heart of compassion and understanding.

Social Media: Take a photo of your sunken rock. Use #FreedomFromJudgement and tag us on Facebook, Instagram, BlueSky, or TikTok.



GOOD FRIDAY (APRIL 18): BREAKING THE CHAINS OF SUFFERING

Scripture: *John 19:16-30 (CEB)*

Reflection: Jesus' suffering on the cross reveals God's deep love for us. Our own suffering can feel like chains, but through Jesus, suffering is not the end of the story. There is hope and healing.

Activity: Create a cross using materials you find at home. As you build it, reflect on the burdens and suffering you want to release to God.

Social Media: Share your homemade cross. Use #HopeThroughSuffering and tag us on Facebook, Instagram, BlueSky, or TikTok.



HOLY SATURDAY (APRIL 19): BREAKING THE CHAINS OF HOPELESSNESS

Scripture: *Luke 23:50-56 (CEB)*

Reflection: Holy Saturday is a day of waiting. When hope feels lost, and life feels still, we remember that God is still working, even in the silence.

Activity: Light a candle as a symbol of hope in the darkness. Sit in silence for a few minutes, allowing God to meet you in the quiet.

Social Media: Share a photo of your candle or a symbol of hope. Use #HopeInTheWaiting and tag us on Facebook, Instagram, BlueSky, or TikTok.



EASTER SUNDAY (APRIL 20): BREAKING THE CHAINS OF DEATH

Scripture: *Luke 24 (CEB)*

Reflection: Jesus' resurrection breaks the ultimate chain—death itself. Because he lives, we are free to experience abundant life, eternal hope, and the breaking of all chains that bind us.

Activity: Create a “Resurrection Stone.” Find a smooth rock and paint or draw a symbol of new life on it (e.g., a butterfly, flower, or cross). Place it somewhere in your home as a reminder of the hope and life found in Jesus.

Social Media: Share your resurrection stone or a symbol of new life. Use #ChainsBrokenAtTheCross and tag us on Facebook, Instagram, BlueSky, or TikTok.



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A Movement of Living Love

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