

# Carrying Jesus' Cross on the Road to Golgotha

In our exploration of the Stations of the Cross during this Lenten season, we've reached stations seven and eight. Here, we reflect on Jesus' movement toward Golgotha as he takes up the cross and steps onto the road where the soldiers draw a stranger from the crowd to help Jesus carry the weight of the cross. Together, let's consider the symbolism of the wooden cross placed on Jesus' shoulders and the significance of Simon of Cyrene taking up some of the burden of carrying it. We'll discuss what it means for us to bear the cross with Jesus in our lives, and how it helps us understand what to expect in a life of discipleship.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What is sacrifice? What might be involved in making a sacrifice or for something to be sacrificial?
- How do you think Jesus' journey to the cross connects to our discipleship?



**LISTEN TO THE EPISODE:** [Carrying Jesus' Cross on the Road to Golgotha](#)

**READ** [John 19:6-17](#), [Matthew 27:19-31](#), [Mark 15:21](#)

**REFLECTION** After listening, consider the following questions:

- Host Darrell Delaney noted that, like the crowd, which forfeited its allegiance to God by turning its back on Jesus, we also walk away from God by harming one another, misusing power, or turning our back on God's goodness. When have you seen this happen in your own life?
- What did you learn about discipleship by reflecting on Simon the Cyrene in segment 2?
- How have you witnessed one person's small acts of discipleship get caught up in the larger work of redemption Christ is doing in the world?
- Who has been a Simon in your life, helping you carry your burdens? Has the Holy Spirit called you to be a "Simon" to someone else by lovingly helping bear their burdens?
- Scott and Darrell identified three ways these Lenten reflections help us understand what it looks like for us to take up our cross daily:

1. The cross exposes how we treat the innocents.
2. The cross calls us into other people's suffering.
3. The cross is carried with Jesus and not instead of Jesus.

Which of the three discussions resonated most with you?

## RELATED PASSAGES for further study

[Luke 23:26](#), [Isaiah 53](#), [Psalm 37](#), [Luke 9:23-24](#), [Galatians 6:2](#), [Hebrews 12:1b-2](#), [Nehemiah 8:10](#), [Matthew 26:31-46](#)

## CONCLUSION

After discussing the gospel accounts of Jesus and Simon carrying the cross on the road to Golgotha, Darrell closed the episode by summarizing the value these stations offer us on our Lenten journey:

*“Stations seven and eight remind us that the way of the cross is not about chasing pain for its own sake; it is about trusting the one who endured the cross for the joy set before him [Hebrews 12:1b-2]. He invites us to walk behind him in love...that is the kind of discipleship the world can see.”*

Close your time of reflection by sharing the thoughts and feelings that stations seven and eight stirred in you with God in prayer.

---

<https://groundworkonline.com/episodes/carrying-jesus-cross-on-the-road-to-golgotha>

*Printed on June 18, 2026*