

The  
WAY  
of the  
CROSS

ROAD TO RESURRECTION  
十架之路, 复活之路

Written by:  
HEO

# The Way of the Cross: The Road to Resurrection

Retracing the steps of Jesus Christ from Gethsemane to Golgotha.

A Good Friday Devotional to Prepare the Heart for Resurrection Day

“十字架之路：复活之路”

追溯耶稣基督从客西马尼到各各他的脚踪，

受难日灵修文集：预备迎接耶稣的复活。

HEO

## Introduction

### 序言

For centuries, Christian pilgrims from around the world have traveled to Jerusalem to walk the “Via Dolorosa” or the Way of the Cross. It reenacts the journey Jesus took from Gethsemane through the streets of Old Jerusalem to the place where it is believed that Jesus was crucified. For the faithful who are not able to make the physical trip to Jerusalem, some churches around the world have recreated the Way of the Cross in their sanctuaries with a guided meditation of scripture and traditionally accompanied by art depicting the scenes from the Bible.

许多世纪以来，来自世界各地的基督徒朝圣者会旅行去到耶路撒冷，走“苦路”或“十字架之路”。在这条路上，耶稣从客西马尼穿过古老的耶路撒冷的街道，来到人们相信祂被钉十字架的地方。为了那些无法亲自旅行到耶路撒冷的信徒，世界各地的教堂在自己的圣所里重现“十架之路”。且传统上会辅以引导性的经文默想和描绘《圣经》场景的艺术作品。

Let us join Christians from around the world as we walk together through stations of the Way of the Cross. French painter James Tissot’s art will help us to visualize the passion of Jesus Christ as He walked the road to calvary to bear the sins of the world.

让我们与来自世界各地的基督徒一起走过十字架之路的各站。法国画家詹姆斯·天梭的艺术将帮助我们想象耶稣基督的受难，他走在去骷髅地的路上，承担了世人的罪。

## Station 1: Jesus on the Mount of Olives

### 第一站: 耶稣在橄榄山上



*My Soul is Sorrowful Unto Death*  
James Tissot  
《我的灵魂因为死亡而哀伤》  
詹姆斯·天梭

*He came out and went, as was his custom, to the Mount of Olives; and the disciples followed him. When he reached the place, he said to them, "Pray that you may not come into the time of trial." Then he withdrew from them about a stone's throw, knelt down, and prayed, "Father, if you are willing, remove this cup from me; yet, not my will but yours be done." [Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.] When he got up from prayer, he came to the disciples and found them sleeping because of grief, and he said to them, "Why are you sleeping? Get up and pray that you may not come into the time of trial."*

*Luke 22:39-46 NIV*

耶稣出来，照常往橄榄山去，门徒也跟随他。到了那地方，就对他们说：“你们要祷告，免得入了迷惑。”于是离开他们约有扔一块石头那么远，跪下祷告，说：“父啊！你若愿意，就把这杯撤去；然而，不要成就我的意思，只要成就你的意思。”有一位天使从天上显现，加添他的力量。耶稣极其伤痛，祷告更加恳切。汗珠如大血点滴在地上。祷告完了，就起来，到门徒那里，见他们因为忧愁都睡着了。就对他们说：“你们为甚么睡觉呢？起来祷告，免得入了迷惑！”

路加福音 22：39-46

The cross was Jesus' destiny. It was also His greatest trial. In prayer He honestly poured out His heart to the Father revealing the anguish of His soul. As He wrestled in prayer, He laid down His own will

to accept the Father's will. Through this time set apart for deep prayer, Jesus gained the victory of obedient surrender and had the resolve follow the Father's will unto death.

十字架是耶稣的命运，也是他最大的考验。在祷告中，他诚实地向天父倾诉他灵魂的痛苦。在祷告中挣扎时，他放下自己的意志，接受天父的旨意。通过这段时间的深切祷告，耶稣获得了顺从降服的胜利，并下定决心跟随天父的旨意至死。

*Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

*Hebrews 12:2-3 NIV*

*仰望为我们信心创始成终的耶稣（或译：仰望那将真道创始成终的耶稣）。祂因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。*

*希伯来书 12: 2-3*

Am I able to follow Jesus' example and say, "Not my will but Yours be done?" Do I believe that God's will is the best will for my life? Jesus understands the inner struggle of surrender; may He strengthen us so that we can follow His example of living out God's perfect plan.

我能不能效法耶稣的榜样，说：“愿你的旨意成就，而不是我的旨意成就。”我是否相信上帝的旨意是我生命中最美好的旨意？耶稣明白降服的内在挣扎；愿他能坚固我们，使我们效法他，照着神完美的计划行事。

**Dear Lord Jesus, thank you for your obedience to the Father's will. I ask for the desire and strength to let go of my own will and accept the Father's will for my life. I now put my life into your hand.**

亲爱的主耶稣，感谢你顺服父的旨意。我请求你给予我渴望和力量，让我放弃自己的意愿，接受天父的旨意。我现在把我的生命交到你手里。

## Station 2: Jesus, Betrayed by Judas, is Arrested 第二站: 耶稣被犹大背叛后受逮捕



*The Kiss of Judas*  
James Tissot  
《犹大亲吻耶稣》  
詹姆斯·天梭

*While he was still speaking, suddenly a crowd came, and the one called Judas, one of the twelve, was leading them. He approached Jesus to kiss him; but Jesus said to him, "Judas, is it with a kiss that you are betraying the Son of Man?"*  
Luke 22:47-48 NIV

说话之间，来了许多人。那十二个门徒里名叫犹大的，走在前头，就近耶稣，要与祂亲嘴。耶稣对他说：“犹大！你用亲嘴的暗号卖人子吗？”  
路加福音 22：47-48

It is easy to look at Judas and shake our heads and wonder how he could do it. With a kiss, the darkness in Judas' heart - his love for money and false dedication to Jesus - was exposed. What darkness is lingering in my heart? I sing worship songs, pray prayers and appear to be a whole-hearted follower of Jesus. But in taking a closer look at my heart, I see that my thoughts, words and actions do not always honor my Lord.

我们很容易看着犹大摇头，想知道他是怎么做到的。随着一个吻，犹大心中的黑暗——他对金钱的贪恋和对耶稣虚假的奉献——被暴露出来。是什么黑暗在我心里徘徊？唱着敬拜的歌，祷告，似乎是一个全心跟从耶稣的人。但细察我心，发现我的思想、言语和行为并不总是尊荣我主。

*Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me...Create in me a pure heart, O God, and renew a steadfast spirit within me.*  
Psalms 51:1-3, 10 NIV

神啊，求祢按祢的慈爱怜恤我！按祢丰盛的慈悲涂抹我的过犯！求祢将我的罪孽洗除净尽，并洁除我的罪！因为，我知道我的过犯；我的罪常在我面前。神啊，求祢为我造清洁的心，使我里面重新有正直（或译：坚定）的灵。  
诗篇 51：1-3，10

**Lord God, please forgive me for the times I have told you I loved you and on the outside, I looked like Your follower but, on the inside, I was not wholly Yours. May Your light expose the darkness in my heart and may I be fully devoted to You.**

主啊，请原谅我多次告诉你我爱你，表面上我看是你的信徒，但在内心我并不完全是你的。愿你的光芒照亮我心中的黑暗，愿我全心奉献与你。

### Station 3: Jesus is Condemned by the Sanhedrin 第三站: 耶稣被公会宣布有罪



The Tribunal of Annas  
James Tissot  
《亚那的法庭》  
詹姆斯·天梭

When day came, the assembly of the elders of the people, both chief priests and scribes, gathered together, and they brought him to their council. They said, "If you are the Messiah, tell us." He replied, "If I tell you, you will not believe; and if I question you, you will not answer. But from now on the Son of Man will be seated at the right hand of the power of God." All of them asked, "Are you, then, the Son of God?" He said to them, "You say that I am." Then they said, "What further testimony do we need? We have heard it ourselves from his own lips!"

Luke 22:66-71 NIV

天一亮，民间的众长老连祭司长带文士都聚会，把耶稣带到他们的公会里，说：“祢若是基督，就告诉我们。”耶稣说：“我若告诉你们，你们也不信；我若问你们，你们也不回答。从今以后，人子要坐在神权能的右边。”他们都说：“这样，祢是神的儿子吗？”耶稣说：“你们所说的是。”他们说：“何必再用见证呢？祢亲口所说的，我们都亲自听见了。”

路加福音 22：66-71

Stubborn unbelief blocked the minds and hearts of the religious leaders. Standing before them was Jesus Christ, the Messiah, Savior of the world, yet they had eyes that could not see, ears that could not hear. Though they were literally in His very presence, they completely missed the revelation of Jesus Christ.

顽固的不信阻塞了宗教领袖的思想和心灵。站在他们面前的是救世主耶稣基督，他们的眼睛看不见，耳朵听不见。虽然他们确实在耶稣面前，但他们完全错过了耶稣基督的启示。

*If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. As Scripture says, "Anyone who believes in him will never be put to shame."*

Romans 10:9-11 NIV

你若口里认耶稣为主，心里信神叫祂从死里复活，就必得救。因为，人心里相信就可以称义，口里承认就可以得救。经上说：“凡信祂的人必不至于羞愧。”

罗马书 10：9-11

**Lord God, give me eyes to see and ears to hear. Forgive me for unbelief that blocks me from seeing Your presence in my life. Increase my faith so I can see You clearly.**

主啊，给我有眼可见，有耳可听。原谅我的不信，使我无法在我的生命中看到你的存在。求你增加我的信心，使我能清楚地看见你。



## Station 4: Peter Denies Jesus

### 第四站: 彼得不认主耶稣



*The Third Denial of Peter*  
James Tissot  
《彼得第三次不认主》  
詹姆斯·天梭

Then they seized him and led him away, bringing him into the high priest's house. But Peter was following at a distance. When they had kindled a fire in the middle of the courtyard and sat down together, Peter sat among them. Then a servant-girl, seeing him in the firelight, stared at him and said, "This man also was with him." But he denied it, saying, "Woman, I do not know him." A little later someone else, on seeing him, said, "You also are one of them." But Peter said, "Man, I am not!" Then about an hour later still another kept insisting, "Surely this man also was with him; for he is a Galilean." But Peter said, "Man, I do not know what you are talking about!" At that moment, while he was still speaking, the cock crowed. The Lord turned and looked at Peter. Then Peter remembered the word of the Lord, how he had said to him, "Before the cock crows today, you will deny me three times." And he went out and wept bitterly.

Luke 22:54-62 NIV

他们拿住耶稣，把祂带到大祭司的宅里。彼得远远的跟着。他们在院子里生了火，一同坐着；彼得也坐在他们中间。有一个使女看见彼得坐在火光里，就定睛看他，说：“这个人素来也是同那人一伙的。”彼得却不承认，说：“女子，我不认得祂。”过了不多的时候，又有一个人看见他，说：“你也是他们一党的。”彼得说：“你这个人！我不是。”约过了一小时，又有一个人极力地说：“他实在是同那人一伙的，因为他也是加利利人。”彼得说：“你这个人！我不晓得你说的是什么！”正说话之间，鸡就叫了。主转过身来看彼得，彼得便想起主对他所说的话：“今日鸡叫以先，你要三次不认我。”他就出去痛哭。

路加福音 22：54-62

Though he bravely followed Jesus through the darkness of the night, when standing in the light of the fire, and pointedly questioned, Peter's courage disappeared. Possibly driven by fear, his instinct for self-preservation kicked in and he emphatically distanced himself from Jesus. It wasn't just a one-time slip-up on Peter's part. It was again and again. Until that cock crowed. And the face of His teacher, master, and friend that he had so forcefully denied, turned towards him to look him in the eye. In an instant, Peter's heart was pierced and in tears he had to leave the presence of his Lord.

虽然彼得勇敢地跟随耶稣穿过黑暗的夜晚，当他站在火光中，被尖锐地质问时，他的勇气消失了。可能是受到恐惧的驱使，他自我保护的本能起了作用，他极力与耶稣保持距离。这不是彼得一时的疏忽。一次又一次，直到公鸡啼叫。他的夫子、主人和朋友的脸，被他极力否认的脸，转向他，直视着他的眼睛。刹那间，彼得的心被刺痛了，他泪流满面离开了他的主。

In the light of a fiery pressure-filled moment, have you ever abandoned your spiritual zeal and exchanged it for self-protection, compliance with the world, or just comfort and ease of living? Has fear overcome your love and devotion for Jesus? Exercise your faith, trust in God's love and fear will be driven away.

在充满压力的时刻，你是否曾经放弃过你的属灵热情，以换取自我保护，顺从世界，或仅仅是舒适和安逸的生活？恐惧是否战胜了你对耶稣的爱和虔诚？操练你的信心，相信神的爱，恐惧就会消散。

*Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love.  
1 Corinthians 16:13-14 NIV*

*你们务要警醒，在真道上站立得稳，要作大丈夫，要刚强。  
凡你们所做的都要凭爱心而做。  
哥林多前书 16:13-14*

**Lord Jesus, give me courage to follow you not just when it is easy or convenient, but also in the tough moments when the things of the world are pressing in around me. Please remove all fear in me and replace it with faith and trust in Your love and leading in my life.**

主耶稣，求你赐给我勇气跟随你，不只是在容易或方便的时候，也在世上的事物挤压围困我的艰难时刻。请除去我心中一切的恐惧，让我充满信心，信靠你的爱和我生命的引领。

**I surrender to You, the King of my life and trust in Your perfect plan.  
I confess my sin and ask for the light of Christ to dispel the darkness within me.  
I believe that Jesus is the Savior of the world.  
I ask for courage to follow You, my Master, wherever You lead me.**

我向我生命的王降服，并相信你完美的计划。  
我承认我的罪，求基督的光驱散我内心的黑暗。  
我相信耶稣是世界的救主。  
我寻求跟随我主的勇气，无论你带领我到哪里。

## Station 5: Jesus is Judged by Pilate

### 第五站：彼拉多审判耶稣



Behold the Man (Ecce Homo)

James Tissot

《看那个人》

詹姆斯·天梭

Pilate then called together the chief priests, the leaders, and the people, and said to them, "You brought me this man as one who was perverting the people; and here I have examined him in your presence and have not found this man guilty of any of your charges against him. Neither has Herod, for he sent him back to us. Indeed, he has done nothing to deserve death. I will therefore have him flogged and release him." Then they all shouted out together, "Away with this fellow! Release Barabbas for us!" (This was a man who had been put in prison for an insurrection that had taken place in the city, and for murder.) Pilate, wanting to release Jesus, addressed them again; but they kept shouting, "Crucify, crucify him!" A third time he said to them, "Why, what evil has he done? I have found in him no ground for the sentence of death; I will therefore have him flogged and then release him." But they kept urgently demanding with loud shouts that he should be crucified; and their voices prevailed. So Pilate gave his verdict that their demand should be granted. He released the man they asked for, the one who had been put in prison for insurrection and murder, and he handed Jesus over as they wished.

Luke 23:13-25 NIV

彼拉多传齐了祭司长和官府并百姓，就对他们说：“你们解这人到我这里，说他是诱惑百姓的。看哪，我也曾将你们告他的事，在你们面前审问他，并没有查出他什么罪来；就是希律也是如此，所以把他送回来。可见他没有作什么该死的事。故此，我要责打他，把他释放了。”（有古卷在此有“每逢这节期，巡抚必须释放一个囚犯给他们。”）众人却一齐喊着说：“除掉这个人！释放巴拉巴给我们！”这巴拉巴是因在城里作乱杀人，下在监里的。彼拉多愿意释放耶稣，就又劝解他们。无奈他们喊着说：“钉他十字架！钉他十字架！”彼拉多第三次对他们说：“为什么呢？这人作了什么恶事呢？我并没有查出他什么该死的罪来。所以，我要责打他，把他释放了。”他们大声催逼彼拉多，求他把耶稣钉在十字架上。他们的声音就得了胜。彼拉多这才照他们所求的定案，把他们所求的那作乱杀人、下在监里的释放了，把耶稣交给他们，任凭他们的意思行。

路加福音 23：13-25

A hostile crowd demanded an injustice for their own benefit. A ruler who had the power to enact justice turned a blind eye to stay in good standing with the public. A convicted murderer was set free.

An innocent man was condemned to death. The selfish ambition of humankind aggressively fought for its own personal advancement and the scene was ugly, violent, shameful and wrought with injustice. The Savior of the world calmly stood at the center of this sinful mess knowing that it was for this very thing that He had come to die. He lived and died for the salvation of an angry mob, a self-promoting ruler and a ruthless murderer. This is love.

为了自己的利益，这群充满敌意的人强求一件不公义的事。有权柄行使正义的统治者为了讨好群众而对此视而不见。被判有罪的杀人犯被释放，无辜的人却被判处死刑。人类自私的野心极力追求个人的晋升，那场景丑陋、充满暴力、可耻而且不公义。世界的救主平静地站立在这罪恶混乱中，明白祂来就是为了死。祂为了这群愤怒的暴徒、为了追逐加官进爵的统治者、为了残忍的谋杀犯而生而死。这就是爱。

*You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

Romans 5:6-8 NIV

因我们还软弱的时候，基督就按所定的日期为罪人死。为义人死，是少有的；为仁人死，或者有敢做的。惟有基督在我们还作罪人的时候为我们死，神的爱就在此向我们显明了。

罗马书 5：6-8

**Dear Jesus, You see all that is in my heart. My personal agendas, selfish ambition and guilty sin. Thank you for standing in the middle of this mess and loving and forgiving me. I do not deserve your grace, but I gratefully accept it and say thank you for accepting the conviction to death that should have been mine. Just as the guilty Barabbas was acquitted and released from his death sentence, I have been forgiven and given freedom. You took Barabbas' place on that cross, and you took my place as well. For this I will forever give thanks and praise you.**

亲爱的耶稣，你看到我内心的一切。我自己的目标、自私的野心和罪疚。谢谢你站在这混乱之中爱我、饶恕我。我不配得你的恩典，但我感恩地接受这恩典，并为了你接受本该属于我的死罪而说谢谢你。就像巴拉巴从死刑被无罪释放一样，我也被饶恕且被赋予自由。你代替巴拉巴上十字架，你也同样代替我上十字架。为此，我将永远感谢和赞美你。

## Station 6: Jesus is Scourged and Crowned with Thorns

### 第六站：耶稣被鞭打，头戴荆棘冠冕



*The Crowning with Thorns*  
James Tissot  
《戴荆棘冠冕》  
詹姆斯·天梭

*Now the men who were holding Jesus began to mock him and beat him; they also blindfolded him and kept asking him, "Prophesy! Who is it that struck you?" They kept heaping many other insults on him.*

*Luke 22:63-65 NIV*

看守耶稣的人戏弄他，打他，又蒙着他的眼，问他说：“你是先知，告诉我们打你的是谁？”他们还用许多别的话辱骂他。

路加福音 22： 63-65

*And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe. They kept coming up to him, saying, "Hail, King of the Jews!" and striking him on the face.*

*John 19:2-3 NIV*

兵丁用荆棘编做冠冕戴在他头上，给他穿上紫袍，又挨近他，说：“恭喜，犹太人的王啊！”他们就用手掌打他。

约翰福音 19： 2-3

Jesus Christ, the King of Kings and Lord of Lords silently accepted the mockery of foolish soldiers enduring shame and humiliation. Their fake play-worship was intended to break Him down physically and mentally. Yet He was resolved. Though He truly was the King, He did not fight back or defend Himself but bore this abuse for the sake of us all. Jesus Christ understands the pain of emotional abuse and humiliation. In your suffering, draw near to Him and ask Him to carry your burden.

万王之王、万主之主耶稣无声地承受着愚昧兵丁们的嘲笑，蒙受着羞辱。他们戏弄般的敬拜是为了要在身体和心理上击垮他。然而耶稣决心已定。尽管祂真的是王，却没有回击或为自己辩护，而是为了我们所有人忍受了辱骂。耶稣基督明白情感上被虐待和羞辱的痛苦。在苦难中，就近祂，祈求祂担负你的重担。

*When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly. "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." For "you were like sheep going astray," but now you have returned to the Shepherd and Overseer of your souls.*

1 Peter 2:23-25 NIV

*他被骂不还口；受害不说威吓的话，只将自己交托那按公义审判人的主。他被挂在木头上，亲身担当了我们的罪，使我们既然在罪上死，就得以在义上活。因他受的鞭伤，你们便得了医治。你们从前好像迷路的羊，如今却归到你们灵魂的牧人监督了。*

彼得前书 2：23-25

**King Jesus, may I always honor You as you deserve. In your humility, you were despised by men yet exalted by God. Your infinite value was diminished by men who mocked you, but your true identity was known and revealed in Heaven. When I face shame and humiliation, may I remember what you have endured for me. Help me to follow your example of not defining my identity by what others say about me, but may I humbly find identity in You alone.**

王耶稣，愿我永远尊荣你，如你当得的那样。身处谦卑，你被人藐视，却被神高举。嘲笑你的人贬低你无限的价值，但你真实的身份在天上被知晓，显现在天上。在我面对耻辱和羞辱时，愿我能记起你为我承受的一切。帮助我效仿你的榜样，不要让别人的言语定义我的身份，唯愿我单单谦卑在你里面找到自我。

## Station 7: Jesus Takes Up the Cross 第七站：耶稣背起十字架



*Jesus Bearing the Cross*  
James Tissot  
《耶稣背负十字架》  
詹姆斯·天梭

*After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.*

Mark 15:20 NIV

戏弄完了，就给他脱了紫袍，仍穿上他自己的衣服，带他出去，要钉十字架。  
马可福音 15：20

It was for this moment that He had come to the world as Immanuel, God with us. The very people that He came to be with were now leading Him to His death. But as He took those first steps towards His cross, He knew that He was born to die. To prepare for this moment, He had reminded His disciples (and maybe Himself as well?) over and over that He would suffer and die on the cross. He willfully followed sinful men to His death and took up His cross.

以马内利、神与人同在的祂为了这个时刻来到世上。祂来在世上要与之同在的人，现在要把祂带向死亡。在祂迈出走向十字架的头几步时，祂知道自己的出生就是为了受死。为了预备这一刻，祂一次又一次提醒祂的门徒（或许也是提醒祂自己？）祂将要受苦，将要死在十字架上。祂甘愿背起十字架，跟随罪恶的人群走向死亡。

*"He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth."*

Isaiah 53:7 NIV

他被欺压，在受苦的时候却不开口（或作“他受欺压，却自卑不开口”）；他像羊羔被牵到宰杀之地，又像羊在剪毛的人手下无声，他也是这样不开口。

以赛亚书 53：7

**Dear Jesus, you turned towards your cross and willingly took it up for me. As the soldiers led you onward, You never turned away from your destiny but walked towards it with determination. May I carry in my heart your determination to take up my cross and follow You wherever you lead me.**

亲爱的耶稣，你转向十字架，甘心替我背负起它。兵丁带你前行时，你从不偏离自己的命定，而是坚定走向它。愿我心里带着你的坚定，背负起我的十字架，跟随你带领我去的任何地方。

## Station 8: Simon of Cyrene Helps Jesus to Carry His Cross

### 第八站：古利奈人西门帮耶稣背十字架



*Simon the Cyrenian Compelled to Carry the Cross with Jesus*

James Tissot

《古利奈人西门受迫同耶稣背负十字架》

詹姆斯·天梭

*As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus.*

Luke 23:26 NIV

带耶稣去的时候，有一个古利奈人西门，从乡下来；他们就抓住他，把十字架搁在他身上，叫他背着跟随耶稣。  
路加福音 23：26

Simon had obediently traveled a long distance from his North African home (modern day Libya) to celebrate the Passover feast. How he must have looked forward to worshiping in the holy city, commemorating the redemption of the Jewish people as they were liberated from slavery in Egypt.

西门出于顺服，从北非的家（现在的利比亚）长途跋涉来庆祝逾越节。他一定非常期待着在圣城朝拜，纪念犹太人从埃及地的奴役中被释放、救赎出来。

Unbeknownst to him, his joyful Passover pilgrimage would lead him to literally cross paths with the one who was about to redeem the world. He had come to Jerusalem to participate in the Passover. Now he was participating in the suffering of Christ. Feeling that rugged wooden cross on his back, did Simon fear that he too may suffer the fate of crucifixion?

他不知道的是，快乐的逾越节朝圣将带他跟将要拯救世界的那一位相遇。他来耶路撒冷是要参加逾越节。现在他参与到基督的受苦中来。感觉着背上粗糙的十字架，他曾否害怕自己也会遭到钉十字架的命运？

*I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.*

Galatians 2:19-20 NIV

我因律法，就向律法死了，叫我可以向神活着。我已经与基督同钉十字架，现在活着的不再是我，乃是基督在我里面活着；并且我如今在肉身活着，是因信神的儿子而活；他是爱我，为我舍己。

加拉太书 2:19-20

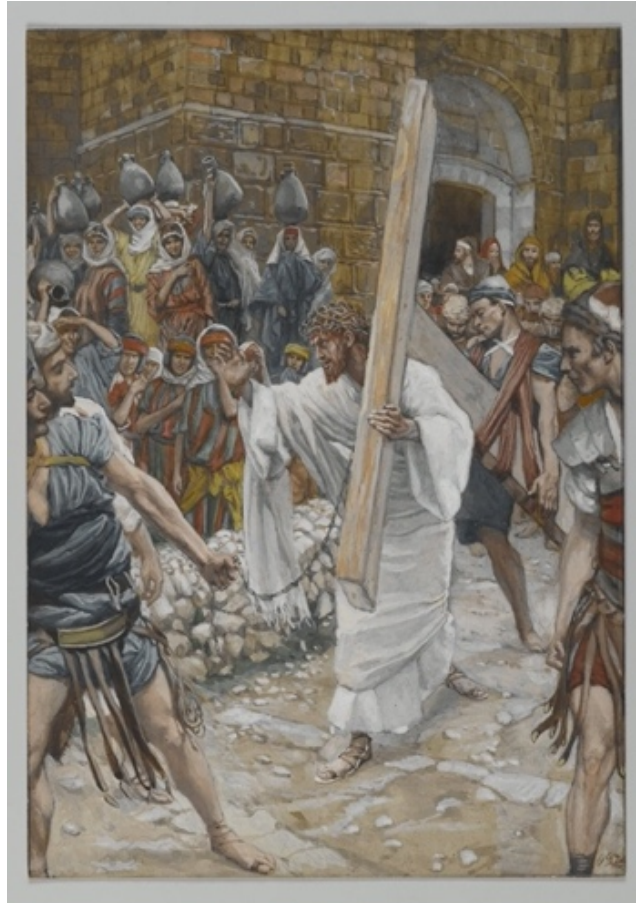
**Lord God, just like Simon, may we accept the mix of joy and the suffering that is ours as followers of Christ. Weeping may stay for the night, but rejoicing comes in the morning.**

主神，如同西门，作为基督的门徒，愿我们接受那属于我们的欢乐与痛苦。一宿虽有哭泣，早晨便必欢呼。



## Station 9: Jesus Meets the Women of Jerusalem

### 第九站：耶稣遇见耶路撒冷的女子



*The Daughters of Jerusalem*  
James Tissot  
《耶路撒冷的女子》  
詹姆斯·天校

*A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, 'Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.' Then they will begin to say to the mountains, 'Fall on us'; and to the hills, 'Cover us.' For if they do this when the wood is green, what will happen when it is dry?"*

Luke 23:27-31 NIV

有许多百姓跟随耶稣，内中有好些妇女；妇女们为他号啕痛哭。耶稣转身对她们说：“耶路撒冷的女子，不要为我哭，当为自己和自己的儿女哭。因为日子要到，人必说：‘不生育的，和未曾怀孕的，未曾乳养婴孩的，有福了！’那时，人要向大山说：倒在我们身上！向小山说：遮盖我们！”“这些事既行在有汁水的树上，那枯干的树将来怎么样呢？”

路加福音 23：27-31

Not all in Jerusalem were against Jesus. There were many who adored Him such as these women and with great sorrow and love followed Him to His death. They had a revelation of the tragedy unfolding in front of their eyes and could not hold back their tears. This great teacher, healer and completely innocent man was taking upon Himself the sins of the world. Oh, how we join those women and weep, for it is our sins that our Lord carried so that we might be forgiven and set free from the power of sin and death.

并非耶路撒冷全城的人都反对耶稣。有许多人跟这些妇女一样爱慕耶稣，他们怀着极大的悲伤和爱跟随祂，直到祂死去。看着悲剧在眼前发生，她们禁不住流下泪水。这位伟大的教师、医治者、完全无辜的人背负起全世界的罪。哦，我们要和这些妇女一同哭泣，因为我们的主背负了我们的罪，这样我们才能被饶恕，才能脱离罪和死亡的权势。

*For our sake [God] made [Christ] to be sin who knew no sin, so that in him we might become the righteousness of God.  
2 Corinthians 5:21 NIV*

神使那无罪的（“无罪”原文作“不知罪”），替我们成为罪，好叫我们在祂里面成为神的义。  
哥林多后书5：21

**Dear Lord Jesus, it was my sin that drove you to the cross. May my godly sorrow lead me to repentance and there I receive your mercy and grace.**

亲爱的主耶稣，是我的罪将你逼上十字架。愿我虔诚的伤悲使我悔改，我要领受你的怜悯与恩典。

**I lay aside my own selfish agenda  
I honor and worship You wholeheartedly,  
take up my cross and follow You and  
weep for my sin and receive Your grace.**

我放下利己目标  
全心尊荣敬拜你  
背起十架跟随你  
为罪哭泣，受你恩典。

## Station 10: Jesus is Crucified 第十站: 耶稣被钉十字架



*The Raising of the Cross*  
James Tissot  
《立起十字架》  
詹姆斯·天梭

*When they came to the place called the Skull, they crucified him there, along with the criminals – one on his right, the other on his left. Jesus said, “Father, forgive them, for they do not know what they are doing.” And they divided up his clothes by casting lots.*

Luke 23:33-34 NIV

到了一个地方，名叫“髑髅地”，就在那里把耶稣钉在十字架上。又钉了两个犯人：一个在左边，一个在右边。当下耶稣说：“父啊！赦免他们；因为他们所做的，他们不晓得。”兵丁就拈阄分他的衣服。  
路加福音 23:33-34

While the nails were driven through His hands and feet, forgiveness was on His mind. As His blood began to flow from His hands, did His mind turn to the last meal He had eaten where He held in His hand the cup of wine and declared,

当钉子被刺穿在祂的手和脚时，祂想到的是赦免；当血从祂的手掌流出时，祂想到最后的晚餐时祂用手举起杯中的酒说：

*This is my blood of the covenant, which is poured out for many for the forgiveness of sins.*  
Matthew 26:28 NIV

因为这是我立约的血，为多人流出来，使罪得赦。  
马太福音 26:28

**Dear Father, thank you for compassionately offering me forgiveness for the sin that I don't even recognize. This seems to be a double sin of sorts – the sin of sinning and the sin of not even realizing I am participating in sin. Oh Lord, what a wretched person I am! Who will save me? Thanks be to God who delivers me through Jesus Christ our Lord!**  
**(Romans 7:24-25)**

亲爱的天父，感谢你满有恩典地赦免我都未觉察的罪。似乎有两种罪：一种明知故犯的罪，一种我都没意识到我在犯的罪。主啊，我真是苦啊！谁能救我脱离这取死的身体呢？感谢神，靠着我们的主耶稣基督就能脱离了！

（罗马书 7:24-25）

## Station 11: Jesus Promises His Kingdom to the Good Thief

### 第十一站: 耶稣许诺悔改的强盗可以和他同在天国里



*The Pardon of the Good Thief*

James Tissot

《赦免悔改的强盗》

詹姆斯·天梭

*One of the criminals who hung there kept deriding him and saying, "Are you not the Messiah? Save yourself and us!" But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom." He replied, "Truly I tell you, today you will be with me in Paradise."*

Luke 23:39-43 NIV

那同钉的两个犯人，有一个讥诮他，说：“你不是基督吗？可以救自己和我们吧！”那一个就应声责备他，说：“你既是一样受刑的，还怕神吗？我们是应该的，因我们所受的与我们所做的相称，但这个人没有做过一件不好的事。”就说：“耶稣啊，你得国降临的时候，求你记念我！”耶稣对他说：“我实在告诉你，今日你要同我在乐园里了。”

路加福音 23:39-43

There was only one man on the scene of Jesus' crucifixion that had the spiritual eyes to see that Jesus' death would usher in His kingship of a spiritual kingdom. The convicted thief dying next to Jesus was experiencing the same torturous death yet as he took his final breaths, he had an audacious faith that looked beyond the finality of the moment and longed for eternity. The thief confessed his guilt, proclaimed his faith, and received the gift of eternal life.

在耶稣受难的场景中，只有一个人有属灵的眼睛看到耶稣的死亡会带来属灵国度的王权。耶稣身旁这位被定罪的强盗也正经历着和耶稣一样的酷刑，但是在他最后的气息中，他带着大胆的信心越过眼前时刻的终结，期盼永恒。这位强盗承认他的罪，宣告他的信心，接受了永恒生命的礼物。

*But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – not by works, so that no one can boast.*  
Ephesians 2:4-9 NIV

然而，神既有丰富的怜悯，因他爱我们的大爱，当我们死在过犯中的时候，便叫我们与基督一同活过来。你们得救是本乎恩。他又叫我们与基督耶稣一同复活，一同坐在天上，要将他极丰富的恩典，就是他在基督耶稣里向我们所施的恩慈，显明给后来的世代看。你们得救是本乎恩，也因着信；这并不是出于自己，乃是神所赐的；也不是出于行为，免得有人自夸。

以弗所书 2:4-9

**Lord God, give me spiritual eyes to see with faith like the thief on the cross. Take my eyes off of the hardship and pain of this world and give me a trust in your kingship and a longing for heaven. Thank you for forgiving my sin, gifting me with faith and preparing a home for me in heaven. It is only because of your mercy that I can look forward to an eternity with you.**

神啊，请赐我属灵的眼睛，让我像十字架上的强盗一样有同样信心的看见。把我的眼目从世上的难处和痛苦中移开，赐我对你王权的信心和对永恒的渴望。感谢你赦免我的罪，给我信心的恩赐，在天国为我预备家。只是因着你的仁慈和怜悯，我才可以期盼在永恒中与你同在。

## Station 12: Jesus on the Cross, His Mother, and His Disciple

### 第十二站: 耶稣在十架、祂的母亲和祂的门徒



*Stabat Mater – Woman, Behold Thy Son*

James Tissot

《妇人，看，你的儿子》

詹姆斯·天梭

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

John 19:25-27 NIV

站在耶稣十字架旁边的，有他母亲与他母亲的姐妹，并革罗罢的妻子马利亚和抹大拉的马利亚。耶稣见母亲和他所爱的那门徒站在旁边，就对他母亲说：“母亲（原文作“妇人”），看，你的儿子！”又对那门徒说：“看，你的母亲！”从此，那门徒就接她到自己家里去了。

约翰福音 19:25-27

A mother and her son. This heartbreaking scene at the foot of the cross reminds us of the humanity of Jesus and His love for the world. In the anguish of separation from His family and friends, Jesus cared for His dear mother's needs. With great love, He passed His responsibility as eldest son in the family to His dear friend and disciple John who took this great honor of representing Jesus to Mary seriously and welcomed the mother of Jesus into his home.

一位母亲和她的儿子。十字架下这令人心碎的一幕提醒了我们耶稣的人性和祂对世界的爱。在与家人和朋友分别的痛苦中，耶稣仍在关心祂亲爱母亲的需要。带着极大的爱，祂把自己长子的责任交给了既是亲爱的朋友也是门徒的约翰，约翰荣幸地接受了，并把耶稣的母亲接回了自己家。

Jesus gives us the honor of caring for those He loves. We are representatives of Christ on earth. We are His hands, His feet, His loving arms reaching to care for those who are vulnerable and in need in this world.

耶稣给我们尊荣，让我们去照顾祂所爱的人。我们是基督在地上的代表，我们就是祂的手、祂的脚、祂的膀臂，去关心那些世上软弱和有需要的人。

*Then the righteous will answer him, "Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?" The King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."*

*Matthew 25:37-40 NIV*

义人就回答说：‘主啊，我们什么时候见你饿了，给你吃，渴了，给你喝？什么时候见你作客旅，留你住，或是赤身露体，给你穿？又什么时候见你病了，或是在监里，来看你呢？’王要回答说：‘我实在告诉你们，这些事你们既做在我这弟兄中一个最小的身上，就是做在我身上了。’

*马太福音 25:37-40*

**Lord Jesus, Your love could not be contained. Even in your dying moments, You selflessly thought of the needs of your mother and friends. Thank you for meeting my needs. I offer myself to You to be Your ambassador on earth. Please use me to serve and love those around me. Give me Your heart of compassion for the world.**

主耶稣，你的爱不能被抑制，即使在你临终将死的时刻，你都无私地想到了你母亲和朋友的需要。谢谢你满足我的需要。我把我自己献上，做你在地上的使者。请使用我来服侍和爱我身边的人。请赐给我对世人的慈悲之心。

## Station 13: Jesus Dies on the Cross

### 第十三站: 耶稣在十字架上死去



*Consummatum Est - It is Finished*

James Tissot

《成了》

詹姆斯·天梭

*It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, "Certainly this man was innocent."*

*Luke 23:44-47 NIV*

*那时约有午正，遍地都黑暗了，直到申初，日头变黑了；殿里的幔子从当中裂为两半。耶稣大声喊着说：“父啊！我将我的灵魂交在你手里。”说了这话，气就断了。百夫长看见所成的事，就归荣耀与神，说：“这真是个人！”*

*路加福音 23:44-47*

As a baby in Bethlehem, King Herod attempted His murder but Joseph and Mary slipped away to Egypt. In His hometown, they tried to push Him off of a cliff but He passed right through the crowd unscathed. In Jerusalem they picked up rocks to stone Him but He just walked away. From His birth, attempts were made on His life, yet no one could touch Him, not until the appointed time. They severely beat Him, but He did not die. They nailed Him to a cross, He did not die. It was only when all was accomplished that Jesus Christ gave up His spirit and commended Himself to the Father that He breathed His last.

当耶稣在伯利恒还是个婴儿时，希律王试图杀害祂，但约瑟和马利亚逃到了埃及；在祂的家乡，人们试图把祂推下悬崖，但祂毫发无损地穿过了人群；在耶路撒冷，他们试图用石头打死祂，但是祂也都走开



了。自祂出生起，直到预定的日期之前，就不断有人想夺取祂的生命，却没有人能够伤到祂。他们重重鞭打祂，但祂没有死；他们把祂钉十字架，祂也没有死。直到所有事情都成了，耶稣基督交出祂的灵，把自己交托给天父之后，才呼出了最后一口气。

No one took His life from Him. He gave it up. He willingly laid His body on the cross and offered Himself as a sacrifice for you and for me.

没有人拿去祂的生命，是祂自己交出了生命。祂甘愿地在十字架上摆上祂的身体，为了你我献作活祭。

*You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

Romans 5:6-8 NIV

*因我们还软弱的时候，基督就按所定的日期为罪人死。为义人死，是少有的；为仁人死，或者有敢做的。惟有基督在我们还作罪人的时候为我们死，神的爱就在此向我们显明了。*

罗马书 5:6-8

**Lord Jesus, as I see what you have done on the cross, I join my praise with the centurion. You submitted Yourself to death on the cross. As the centurion pronounced – you were innocent. Yet at that moment, you bore my sins and died a death that should have been mine. I thank You and worship You for willingly dying in my place so I may live forever with You.**

主耶稣，看到你在十字架上为我所做的，我和百夫长一起赞美你。你降服自己，以至死在十字架上。正如百夫长所宣告的，你本是无罪，然而在那个时刻，你承担了我的过犯，替我受死。我感谢你并且敬拜你，因为你甘心为我受死，为了让我能够与你永远一起活着。

## Station 14: Jesus is Placed in the Tomb 第十四站: 耶稣被放进坟墓里



*Jesus Carried to the Tomb*  
James Tissot  
《安葬耶稣》  
詹姆斯·天梭

Now there was a good and righteous man named Joseph, who, though a member of the council, had not agreed to their plan and action. He came from the Jewish town of Arimathea, and he was waiting expectantly for the kingdom of God. This man went to Pilate and asked for the body of Jesus. Then he took it down, wrapped it in a linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid. It was the day of Preparation, and the Sabbath was beginning.

Luke 23:50-54 NIV

有一个人名叫约瑟，是个议士，为人善良公义。众人所谋所为，他并没有附从。他本是犹太、亚利马太城里素常盼望神国的人。这人去见彼拉多，求耶稣的身体，就取下来，用细麻布裹好，安放在石头凿成的坟墓里；那里头从来没有葬过人。那日是预备日，安息日也快到了。

路加福音 23:50-54

Jesus has died and now he is buried. The finality of death has set in as the rock was rolled across the entrance of the tomb. At this moment it seems that the enemies of Christ have at last achieved their victory. The religious leaders, the Roman government, and the devil who came to steal, kill and destroy appeared to finally destroy the giver of life. But what the enemy intended for evil, God intended for good. And the sting of death is about to lose its power.

耶稣死了，祂被埋葬。推滚在坟墓门口的石头标记着死亡的终结。此时似乎基督的敌人得到了他们的胜利。那些宗教领袖、罗马政府还有来偷窃、杀害、毁坏的魔鬼似乎真的杀害了生命的主。但是敌人的意图邪恶，神的目的是好的。死亡的绳索即将失去它的权能。

Sin was the door through which death had entered the world. Adam's sin unleashed the power of death and because each one of us have also sinned, death is our reality as well. But Jesus Christ, He never sinned, so how could death have power to touch Him? It was because Jesus willingly took upon Himself the sins of the world that He succumbed to death on a cross.

罪是死亡进入世界的门。亚当的罪带来了死亡的权能，因此世人都犯了罪，死亡也是我们的终点。但耶稣基督从未犯过罪，死亡怎么有权柄触碰祂呢？这是因为祂甘心乐意地背负全世界的罪，在十字架上把自己交给死亡。

*But we do see Jesus, who was made lower than the angels for a little while, now crowned with glory and honor because he suffered death, so that by the grace of God he might taste death for everyone.*  
Hebrews 2:9 NIV

惟独见那成为比天使小一点的耶稣（或作“惟独见耶稣暂时比天使小”）；因为受死的苦，就得了尊贵荣耀为冠冕，叫他因着神的恩，为人人尝了死味。  
希伯来书 2:9

***Dear Savior Jesus Christ, you accepted the guilt of my sin on my behalf and you suffered the punishment of death that should be mine. I bow my heart before you and with lowered eyes and outstretched hands, I say thank you. You have given all for me that I might live for you.***

**亲爱的救主耶稣基督，你替代我承受了我的罪，你替我承担了本该是我的死亡的惩罚。我在你面前俯伏敬拜，我说感谢你。你把一切都给了我，叫我可以为你而活。**

His death on the cross was not the end but just the beginning.

祂在十字架上的死亡不是终点却是起点。

From the cross He pronounced forgiveness over His enemies  
and eternal life for the sinner who believed.

In Him we see love and purpose and  
In His death, we experience life.

在十字架上 祂宣布赦免仇敌  
赐永生 给信祂的罪人  
在祂里面 我们看到爱与意义  
在祂的死亡里，我们经历生命

*Jesus replied, "The hour has come for the Son of Man to be glorified. Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life."*

John 12:23-25 NIV

耶稣说：“人子得荣耀的时候到了。我实实在在地告诉你们，一粒麦子不落在地里死了，仍旧是一粒；若是死了，就结出许多子粒来。爱惜自己生命的，就丧失生命；在这世上恨恶自己生命的，就要保守生命到永生。”

约翰福音 12:23-25