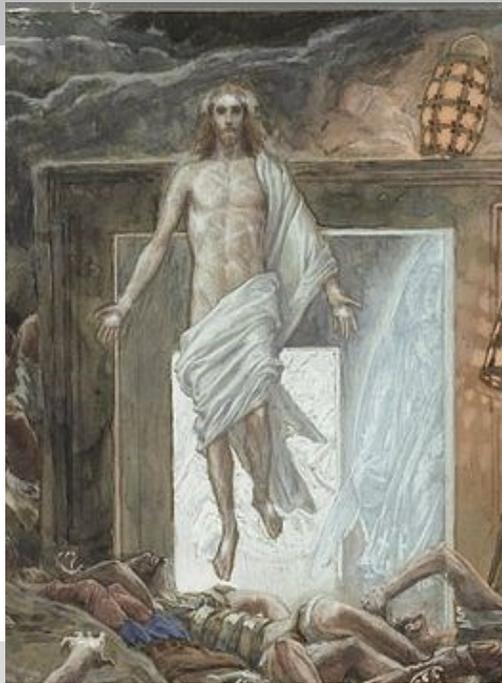


# Stations of the Resurrection

## *Via Lucis*



## Introduction

**Scripture:** 'For we have grown into union with Christ through a death like His, we shall also be united with Him in the resurrection....If, then, we have died with Christ, we believe that we shall live with Him....Consequently, you too must think of yourselves as being dead to sin and living for God in Christ Jesus: (Romans 6: 5, 7, 11).

**Reflection:** Let us walk this pilgrimage of faith, the Via Lucis, as daughters and sons of the light and as witnesses of the Risen Lord. Let us meditate upon the resurrection of Christ and discover the pathway of light that Christ blazes through our lives.

## FIRST STATION—Jesus Rises from the Dead

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

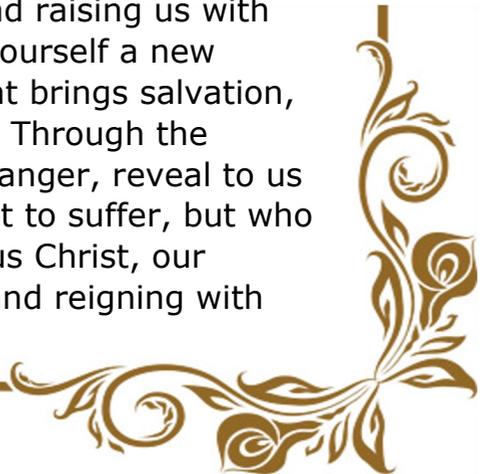
**Scripture:** "The angel of the Lord said to the women: 'Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for He has been raised just as He said.'" (Matthew 28: 5b-6a).

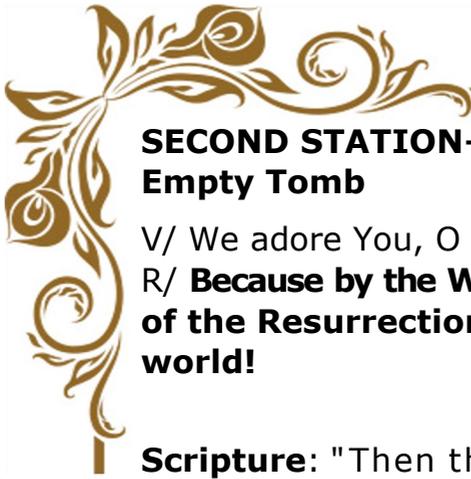
### **Reflection:**

On the first day of the week, at the dawning of the new creation, Jesus arose from the dead. No one saw the event, yet like the apostles, we are called to be witnesses of this central faith event. The light and power of Christ's death and resurrection has become the pattern for our living. May we recognize Christ's dying and rising in our midst.

### **Prayer:**

This is the day, Lord God, that You have made! Raising Christ from the dead, and raising us with Christ, You have fashioned for Yourself a new people. As we hear the word that brings salvation, make our hearts burn within us. Through the presence of every friend and stranger, reveal to us the face of the One who had first to suffer, but who has entered now into glory, Jesus Christ, our Passover and our Peace, living and reigning with You, forever and ever. **Amen.**





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## **SECOND STATION—The Disciples Discover the Empty Tomb**

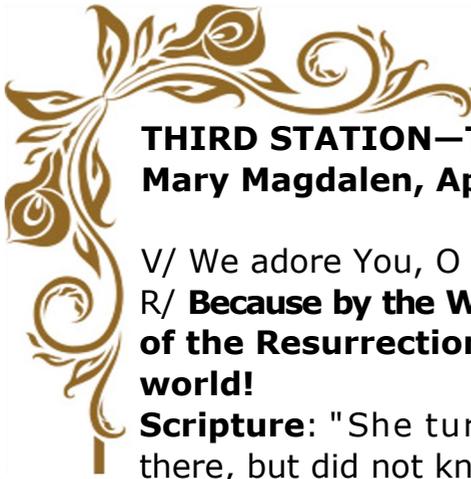
V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

**Scripture:** "Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed" (John 20:8).

**Reflection:** The empty tomb was not a proof of the resurrection, but rather a silent witness of the greatest event of our faith. Seeing the empty tomb, the disciples were motivated to seek the Risen Lord at work in their midst. They saw and believed in the continuing presence of the Lord of love. All the empty and lonely places of human life are precisely where the Lord wishes to work and be revealed.

**Prayer:** God our Father, creator of all, today is the day of overwhelming joy. The Lord appeared to those who had begun to lose hope and opened their eyes to what the Scriptures foretold: that first He must die and then rise. May the Risen Lord breathe on our minds and open our eyes that we may know Him in the breaking of bread, and follow Him in His risen life. Grant this through Christ our Lord. **Amen.**



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### **THIRD STATION—The Risen Lord Appears to Mary Magdalen, Apostle to the Apostles**

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

**Scripture:** "She turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, 'Woman, why are you weeping? Whom are you looking for?' She thought He was the gardener and said to Him, 'Sir, if you carried Him away, tell me where you laid Him, and I will take Him.' Jesus said to her, 'Mary!" She turned and said to Him in Hebrew, 'Rabbouni,' which means Teacher. Jesus said to her, 'Stop holding on to Me, for I have not yet ascended to the Father. But go to My brothers and tell them, 'I am going to My Father and your Father, to My God and your God.' (John 20:14b-17).

**Reflection:** In the fourth gospel, Mary Magdalen is given the mission to carry the good news of the resurrection to the apostles and the disciples. Mary is given the privilege to announce the hope of new life. She is known over the centuries as "the apostle to the Apostles." Jesus called her by name, gave her the eyes of faith, and called her to give a unique personal witness to her friends in the faith community.

**Prayer:** God our Father, You will that all people to be saved and come to the knowledge of Your truth. May Your people, gathered together by the word of life and strengthened by the power of the sacraments, advance in the way of salvation. Through Christ our Lord. **Amen.**

## **FOURTH STATION –The Risen Lord Appears on the Road to Emmaus**

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

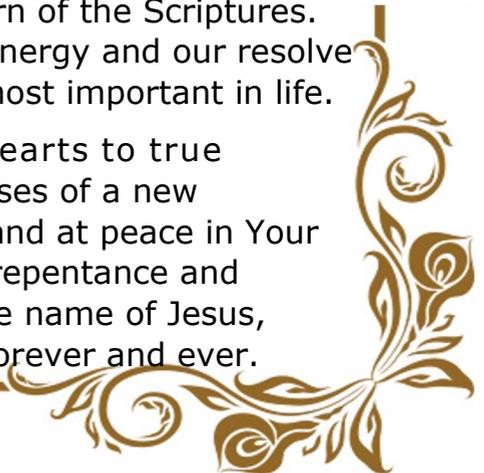
**Scripture:** "It happened that while they were conversing and debating, Jesus Himself drew near and walked with them, but their eyes were prevented from recognizing Him. And He said to them, 'Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into His glory?' Then beginning with Moses and all the prophets, He interpreted to them what referred to Him in all the scriptures" (Luke 24: 15, 25-27).

**Reflection:** The Emmaus road is the story of the Christian life. These disciples were walking away from Jerusalem and the apostolic faith community in defeat and dejection. They had lost hope. We too, have moments of despair and desolation. The Risen Lord Jesus accompanies us along the road, even when we are moving in the wrong direction. Only the Lord can "break open" the Word in order to help us understand the stories of our lives, especially suffering, and read them in harmony with the pattern of the Scriptures. Only the Lord can rekindle our energy and our resolve to devote ourselves to what is most important in life.

**Prayer:** Lord God, open our hearts to true conversion and, make us witnesses of a new humanity, renewed, reconciled and at peace in Your love. Send us as heralds of the repentance and forgiveness You offer to all in the name of Jesus, who lives and reigns with You, forever and ever.

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**Amen.**



## **FIFTH STATION – The Risen Lord is Recognized in the Breaking of the Bread**

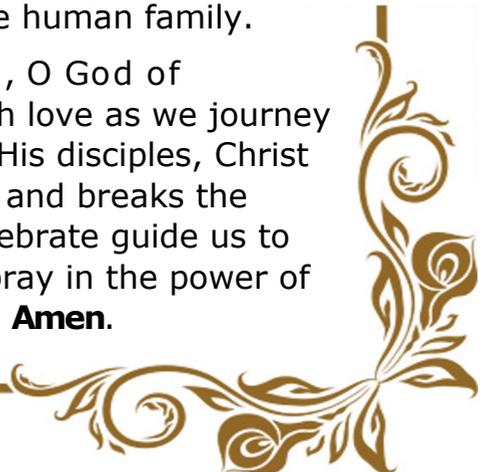
V/ We adore You, O Christ and we praise You!

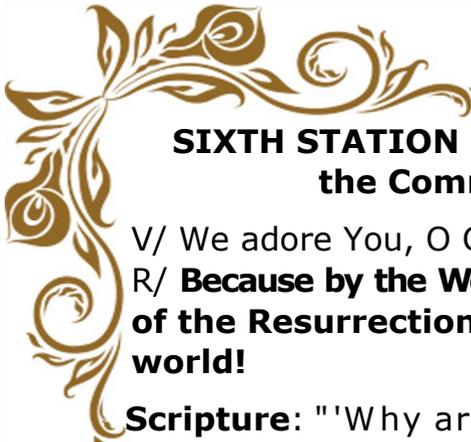
R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

**Scripture:** "They urged Him, 'Stay with us, for it is nearly evening and the day is almost over.' So He went in to stay with them. And it happened that while He was with them at table, He took bread, said the blessing, broke it, and gave it to them. With that, their eyes were opened and they recognized Him, but He vanished from their sight. Then they said to each other, 'Were not our hearts burning within us while He spoke to us on the way and opened the scriptures to us'" (Luke 24:29-32).

**Reflection:** The encounter on the road leads to the table, the breaking of the bread and the total gift of self. Recognition of the Risen Lord is always linked with the Eucharist. At the heart of our Christian life is this meal of Word and Eucharist which we celebrate every Sunday. The Risen Lord presides over all our journeys, wishing to set our hearts on fire in generous service to all people in need, near and far. The gift we have received is the gift we share. Humbly, we set out on the various roads of our lives to respond to all the hungers of the human family.

**Prayer:** You are truly blessed, O God of holiness: You accompany us with love as we journey through life. As once He did for His disciples, Christ now opens the Scriptures for us and breaks the bread. May the Eucharist we celebrate guide us to the fullness of Christ's life. We pray in the power of Christ's Spirit, forever and ever. **Amen.**





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## **SIXTH STATION – The Risen Lord Appears to the Community of Disciples**

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

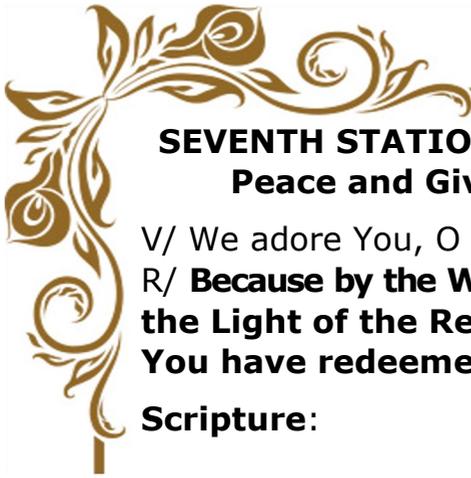
**Scripture:** "'Why are you troubled? And why do questions arise in your hearts? Look at My hands and My feet, that it is I Myself.

Touch Me and see, because a ghost does not have flesh and bones as you can see I have,' And as He said this, He showed them His hands and His feet" (Luke 24: 38-40).

**Reflection:** The disciples on the road to Emmaus quickly returned to the other disciples in Jerusalem with "burning hearts." Their despair had been reversed and they were eager to convince the others that Jesus was alive. Jesus the Christ is always eager to gather the community of disciples at the table of faith and to show them that He has risen with His wounds glorified. All our wounds will one day be glorified. We seek to understand how the Risen Lord invites us to be "wounded healers," recognizing now that the Lord desires us to be ambassadors of reconciliation, while we ourselves are being forgiven and healed.

**Prayer:** God of unchanging power and light, look with favour and mercy on the entire community of Your Church. Bring lasting salvation to the human family, so that the world may see the fallen lifted up, the old made new, and all things brought to perfection, through Him who is our origin, our Lord Jesus Christ who lives and reigns forever and ever.

**Amen.**



## **SEVENTH STATION – The Risen Lord Breathes Peace and Gives the Power to Forgive**

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

### **Scripture:**

Jesus came and stood in their midst and said to them, 'Peace be with you'... The disciples rejoiced when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent Me, so I send you.' And when He had said this, He breathed on them and said to them, 'Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained'" (John 20:19b, 20-23).

### **Reflection:**

Even though the doors of the Upper Room were bolted shut, the Risen Lord pierced through all fear and united the hearts of the disciples with the gift of peace. Deep inner peace is the root and source of the peace and joy that the world cannot give. The Risen Lord calls us to seek peace always through a non-violent commitment to conflict resolution and thus transform the world, relationship by relationship.

### **Prayer:**

God of perfect peace, violence and cruelty can have no part of You. May those who are at peace with one another hold fast to the good will that unites them; may those who are enemies forget their hatred and be healed. We ask this through Christ our Lord. **Amen.**

## **EIGHTH STATION – The Risen Lord Strengthens the Faith of Thomas**

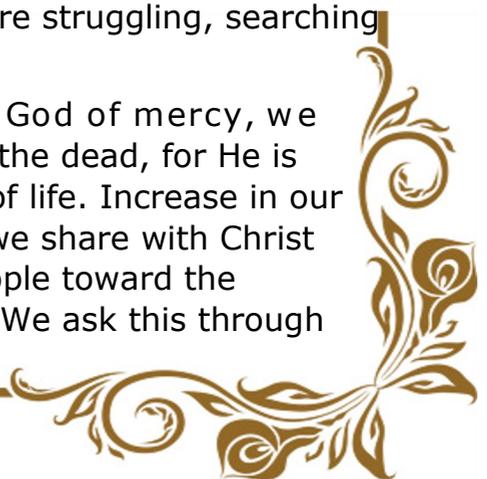
V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

**Scripture:** "Thomas was not with them when Jesus came. Thomas said, 'Unless I see the mark of the nails in His hands and put my finger into the nail marks and put my hand into His side, I will not believe'. Jesus came and stood in their midst and said, 'Peace be with you.' Then He said to Thomas, 'Put your finger here and see My hands, and bring your hand and put it into My side, and do not be unbelieving, but believe'. Blessed are those who do not see and yet believe." (John 20: 24-29).

**Reflection:** The story of Thomas is important because it is through Thomas' example that we realize that doubt can be a part of faith. Too easily we call him "Doubting Thomas," and forgetting that after examining the nail marks, he fully embraced the Risen One as his Lord and Saviour. Thomas' doubt was transformed into a lively faith. We too, are called to believe, knowing full well that our faith may be tested by doubt and fear. As disciples who desire an ever-deeper faith, we are patient and understanding with those who are struggling, searching and seeking like Thomas.

**Prayer:** Heavenly Father and God of mercy, we no longer look for Jesus among the dead, for He is alive and has become the Lord of life. Increase in our minds and hearts the risen life we share with Christ and help us to grow as Your people toward the fullness of eternal life with You. We ask this through Christ our Lord. **Amen.**



## **NINTH STATION –The Risen Lord Eats with the Disciples on the Shore of Tiberias**

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

**Scripture:** "Jesus said to them, 'Bring some of the fish you just caught.' So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn. Jesus said to them, 'Come, have breakfast.' And none of His disciples dared to ask Him, 'Who are You?' because they realized it was the Lord" (John 21: 10-12).

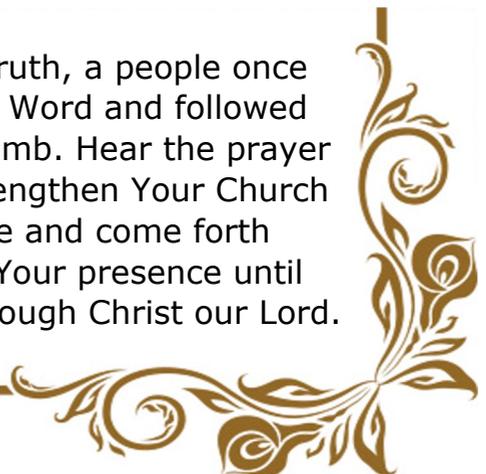
### **Reflection:**

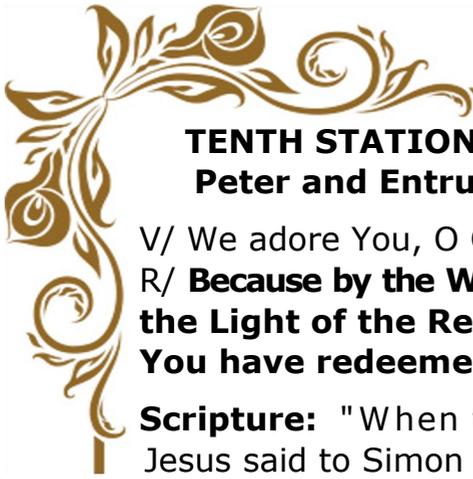
After the crucifixion, the apostles returned to their former way of life. Out on the familiar Sea of Galilee, these expert fishers find themselves ineffective and baffled because not even a single fish was caught. From the shore, the Risen Lord guides them and directs their nets until they are filled to overflowing. As He prepares breakfast for them, He nourishes their hearts and promises them that they can also be fed by making disciples in His name. He calls them to an entirely new way of fishing—fishing for people.

### **Prayer:**

Father in heaven, author of all truth, a people once in darkness has listened to Your Word and followed Your Son as He rose from the tomb. Hear the prayer of this new-born people and strengthen Your Church to answer Your call. May we rise and come forth into the light of day to stand in Your presence until eternity dawns. We ask this through Christ our Lord.

**Amen.**





## **TENTH STATION – The Risen Lord Forgives Peter and Entrusts Him to Feed His Sheep**

V/ We adore You, O Christ and we praise You!

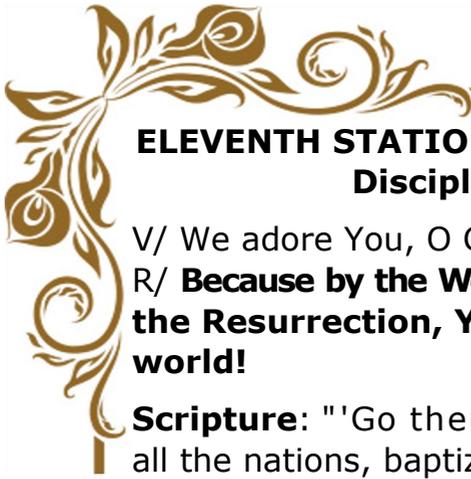
R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

**Scripture:** "When they had finished breakfast, Jesus said to Simon Peter, 'Simon, son of John, do you love Me more than these?'. Peter was distressed that Jesus had said to him a third time, 'Do you love Me?' and he said to Him, 'Lord, You know everything, You know that I love You.' Jesus said to him, 'Feed my sheep. Follow Me'" (John 21: 15, 17b, 19b).

**Reflection:** The Risen Lord directs His attention to Peter whose embarrassing three-fold denial was still ringing in his heart. The questions posed by Jesus help Peter to find reconciliation and to embrace his new mission to tend and feed the sheep. Their encounter reminds us that forgiveness is always available, even for the most serious of mistakes we can make. This warm embrace of forgiveness strengthens our resolve to be reconcilers and healers in the Spirit of Jesus. Only love can overcome guilt and deception. Only love and forgiveness can make us whole.

### **Prayer:**

Father, fill our hearts with the fire of Your love and the desire to ensure justice for our brothers and sisters. By sharing the good things You give us, may we secure justice and equality for every human being, an end to all division, and a human society built on love and peace. Grant this through Christ our Lord. **Amen.**



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## **ELEVENTH STATION – The Risen Lord Sends the Disciples into the World**

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

**Scripture:** "Go therefore, and make disciples of all the nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age" (Matthew 28: 19-20).

**Reflection:** From the mountaintop, the Risen Lord gives the "Great Commission" to the disciples to reach out to the ends of the earth. We realize that we are the recipients of this faith-filled mission: our ancestors embraced the faith of the apostles, who were the original witnesses of the resurrection. The greatest response we can give to such a legacy is our dedication to a new evangelization of our contemporary culture. We must allow the Risen Lord to reinvigorate our whole way of living, helping us to re-evaluate every aspect of our lives with the values of the Kingdom of God.

**Prayer:** God of all creation, be present to this community of disciples whom You have called to the hope of a glorious inheritance among the saints. Strengthen us in the power of the Spirit to go and make disciples of all nations, and to know that Jesus is with us always until the end of the age, interceding on our behalf, living and reigning with You in the power of the Holy Spirit, now and forevermore. **Amen.**

## **TWELFTH STATION – The Risen Lord Ascends into Heaven**

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

### **Scripture:**

"So then the Lord Jesus, after He spoke to them, was taken up into heaven and took His seat at the right hand of God. But they went forth and preached everywhere, while the Lord worked with them and confirmed the word through accompanying signs" (Mark 16: 19-20).

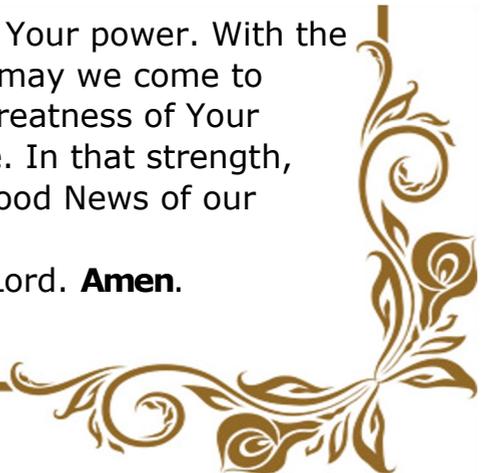
### **Reflection:**

The Scriptures do not portray the Ascension as a day of sadness. While still looking up at the skies, the disciples were consoled by the continuing presence of the Lord. They return to the familiar surroundings of the Upper Room, with Mary, the mother of the Lord, to pray in anticipation of their mission. In this "original novena," we continue to implore the Risen Lord to be the center of our lives and to keep us focused as a jubilant pilgrim people.

### **Prayer:**

Eternal God, clothe us now with Your power. With the eyes of our hearts enlightened, may we come to understand the immeasurable greatness of Your power at work in us who believe. In that strength, may we boldly pronounce the Good News of our salvation to everyone.

We ask this through Christ our Lord. **Amen.**



## **THIRTEENTH STATION – Mary and the Disciples Keep Vigil in the Upper Room for the Spirit's Advent**

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

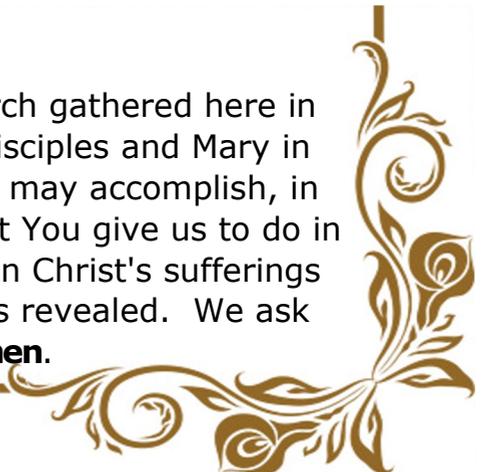
**Scripture:** "When they entered the city, they went to the upper room where they were staying. All [the apostles] devoted themselves with one accord to prayer, together with some women, and Mary, the mother of Jesus, and His brothers" (Acts 1: 13a, 14).

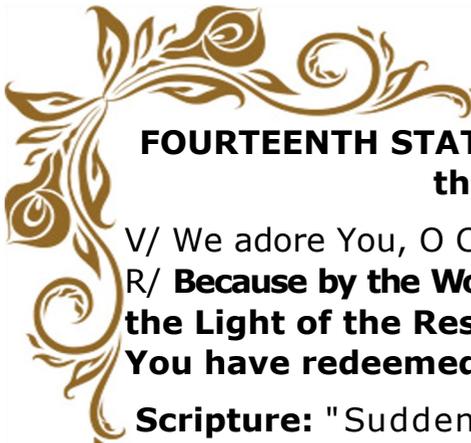
### **Reflection:**

Throughout the history of the Church, there have been apostolic movements dedicated to prayerful contemplation, and others resulting in transforming action. As we have crossed the threshold into a new millennium, we look to the "Upper Room" as a symbolic place where we return over and over again, so that we can become "contemplatives in action." As persons who are both prayerful and energetic in service to the Gospel, we must always keep vigil for the advent of the Risen Lord, with the flame of faith alive in our hearts. Only the Lord can refresh our spirits and renew us in the ministries that flow from our Baptism and Confirmation.

### **Prayer:**

Father most holy, see Your Church gathered here in prayerful worship like the first disciples and Mary in the Upper Room. Grant that we may accomplish, in the joy of the Holy Spirit, all that You give us to do in the world. May we gladly share in Christ's sufferings so as to rejoice when His glory is revealed. We ask this through Christ our Lord. **Amen.**





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## **FOURTEENTH STATION – The Risen Lord Sends the Holy Spirit**

V/ We adore You, O Christ and we praise You!

R/ **Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!**

**Scripture:** "Suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim" (Acts 2: 2-4).

**Reflection:** The power of the Holy Spirit drives the disciples from the Upper Room into the streets and marketplace. The Spirit compels them to take the message everywhere, in places familiar and unfamiliar, not stopping until they reach the ends of the world. We have been clothed with the same Spirit. We are called to be evangelizers and witnesses, near and far, wherever we go. The Spirit always goes before us, preparing the way and strengthening our hearts to be generous servants of the Risen Lord who ever guides us. Pentecost is an enduring and continuing event. We implore the Holy Spirit to renew the face of the earth by renewing us.

**Prayer:** Father in heaven, see Your people gathered in prayer, open to receive the Spirit's flame. May it come to rest in our hearts and disperse the divisions of word and tongue. With one voice and one song, may we praise Your name in joy and thanksgiving. Grant this through Christ our Lord now and forevermore. **Amen.**



Text for Scripture, Prayers and Reflections taken from: <https://www.catholicnewsagency.com/resources/liturgy/easter-season/via-lucis-way-of-the-light>