

Stations of the Resurrection

During Lent we pray the Stations of the Cross, a traditional and powerful prayer experience to connect you to the Passion of Christ.

During Easter, we invite you to pray with the Stations of the Resurrection, based upon the Resurrection appearances of Jesus.

Opening Prayer

Leader: Christ is risen! Alleluia!

And all reply: He is risen indeed! Alleluia!

Leader: Jesus conquered death! He is risen and is alive today! Let us listen to the stories of the resurrection and remember that we too have a share in new life through the death and resurrection of Jesus.



1 The Angel Speaks to the Women at the Empty Tomb

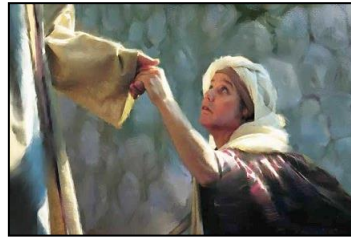
Matthew 28:3-10

Then the angel said to the women in reply, "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. Come and see the place where He lay. Then go quickly and tell his disciples, 'He has been raised from the dead, and He is going before you to Galilee; there you will see him.' Behold, I have told you." Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage. Then Jesus said to them, "Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me."

Reflection:

Lord, help us to joyfully proclaim this amazing truth. Jesus conquered death and gives us new life.

All: Alleluia! Alleluia! Alleluia!



2 Mary Magdalene meets the Risen Jesus

John 20:11-18

But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been. And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him." When she had said this, 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 it 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.'" Mary of Magdala went and announced to the disciples, "I have seen the Lord," and what he told her.

Reflection:

Jesus' love for us is personal. Just like with Mary, He knows each of us by name. Jesus wants to be close to us every moment of our lives. Do you recognize the voice of God calling your name?

All: Alleluia! Alleluia! Alleluia!



3 The Road to Emmaus

Luke 24:13-32

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And 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. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast.

One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he

replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see."

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.

As they approached the village to which they were going, he gave the impression that he was going on farther. But 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?"

Reflection

Jesus invites us to grow closer to Him in the scriptures and in the Eucharist. How often does your heart burn with Christ? Will you allow Him to transform you?

Lord, help us to recognize you in the Eucharist and in the bible. May your word, your body and your blood transform us.

All: Alleluia! Alleluia! Alleluia!



4 The Risen Jesus Appears to the Disciples

John 20:19-23

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. 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."

Reflection:

When we allow Christ to forgive our sins, we are set free. This is the beautiful gift of Confession in the sacrament of Reconciliation. Our priests can speak the words of Christ out loud to us: we are forgiven and this truth can settle in our hearts. Take a moment to quietly thank God for the gift of letting go of our sins and being set free.

All: Alleluia! Alleluia! Alleluia!



5 The Risen Jesus Appears to Thomas

John 20:24-29

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, "We have seen the Lord." But he said to them, "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." Now a week later his disciples were again inside and Thomas was with them.

Jesus came, although the doors were locked, 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." Thomas answered and said to him, "My Lord and my God!"

Reflection:

When do I find it hard to believe? When do I find it difficult to be Christ to someone in need? Hear in this scripture Jesus saying He is the answer, not just for Thomas, but for everyone here. He knows His love for us and is not afraid of our doubt.

Lord, help us to let go of our fears, rejections and hurts. Help us to believe!

All: Alleluia! Alleluia! Alleluia!



6 The Risen Jesus Appears on the Shore of the Sea of Galilee

John 21:1-13

After this, Jesus revealed himself again to his disciples at the Sea of Tiberias. He revealed himself in this way. Together were Simon Peter, Thomas called Didymus, Nathanael from Cana in Galilee, Zebedee's sons, and two others of his disciples. Simon Peter said to them, "I am going fishing." They said to him, "We also will come with you." So they went out and got into the boat, but that night they caught nothing. When it was already dawn, Jesus was standing on the shore; but the disciples did not realize that it was Jesus. Jesus said to them, "Children, have you

caught anything to eat?" They answered him, "No." So he said to them, "Cast the net over the right side of the boat and you will find something." So they cast it, and were not able to pull it in because of the number of fish. So the disciple whom Jesus loved said to Peter, "It is the Lord." When Simon Peter heard that it was the Lord, he tucked in his garment, for he was lightly clad, and jumped into the sea. The other disciples came in the boat, for they were not far from shore, only about a hundred yards, dragging the net with the fish. When they climbed out on shore, they saw a charcoal fire with fish on it and bread. 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 the disciples dared to ask him, "Who are you?" because they realized it was the Lord. Jesus came over and took the bread and gave it to them, and in like manner the fish.

Reflection

Jesus knows our needs and wants to care for us. Like the apostles we need to trust Jesus. It was shortly after this seashore experience that Peter and the twelve gave up catching fish and began their journey of sharing the gospel. They became fishers of men, just as Jesus had asked.

Help us to listen to you Lord, to accept your insight and guidance in our lives. Give us the love and courage to bring our friends and family to you.

All: Alleluia! Alleluia! Alleluia



7
The Risen Jesus
Questions Peter

John 21:15-19

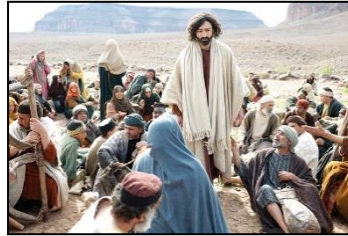
When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these? He said to him, "Yes, Lord, you know that I love you." He said to him, "Feed my lambs." He then said to him a second time, "Simon, son of John, do you love me?" He said to him, "Yes, Lord, you know that I love you." He said to him, "Tend my sheep." He said to him the third time, "Simon, son of John, do you love me?" Peter was distressed that he 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. Amen, amen, I say to you, when you were younger, you used to dress yourself and go where you wanted; but when you grow old, you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." He said this signifying by what kind of death he would glorify God. And when he had said this, he said to him, "Follow me."

Reflection:

Jesus loved us so much that he was nailed to the cross and died so that we might live with him forever. At Sunday Mass, Jesus continues to give his life to us in the sacrament of the Eucharistic, his body and blood. We also give our lives to Jesus, participating in his sacrifice when we receive Jesus' body and blood.

Holy Spirit, help us to give our lives to Jesus as he gives himself to us.

All: Alleluia! Alleluia! Alleluia!



8
The Risen Jesus'
Appearance to the 500

1 Corinthians 15:1-6

Now I am reminding you, brothers, of the gospel I preached to you, which you indeed received and in which you also stand. Through it you are also being saved, if you hold fast to the word I preached to you, unless you believed in vain. For I handed on to you as of first importance what I also received: that Christ died for our sins in accordance with the scriptures; that he was buried; that he was raised on the third day in accordance with the scriptures; that he appeared to Cephas, then to the Twelve. After that, he appeared to more than five hundred brothers at once, most of whom are still living, though some have fallen asleep.

Reflection:

The bible is the Word of God; it was written that we could know God. This passage reminds us of the power of scripture in the lives of the saints, those holy witnesses who came before us and are now praying for us in heaven. Do we spend enough time reading, studying, and praying the Word?

Holy Spirit help us to turn to the Word to know and adore our loving God.

All: Alleluia! Alleluia! Alleluia!



9
The Conversion Saint Paul

Acts 9:1-17

Now Saul, still breathing murderous threats against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues in Damascus, that, if he should find any men or women who belonged to the Way, he might bring them back to Jerusalem in chains. On his journey, as he was nearing Damascus, a light from the sky suddenly flashed around him. He fell to the ground and heard a voice saying to him, "Saul, Saul, why are you

persecuting me?” He said, “Who are you, sir?” The reply came, “I am Jesus, whom you are persecuting. Now get up and go into the city and you will be told what you must do.” The men who were traveling with him stood speechless, for they heard the voice but could see no one. Saul got up from the ground, but when he opened his eyes he could see nothing; so they led him by the hand and brought him to Damascus. For three days he was unable to see, and he neither ate nor drank.

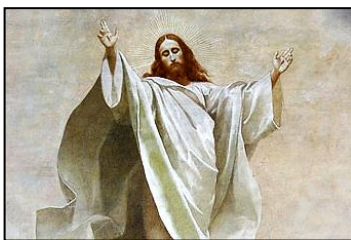
There was a disciple in Damascus named Ananias, and the Lord said to him in a vision, “Ananias.” He answered, “Here I am, Lord.” The Lord said to him, “Get up and go to the street called Straight and ask at the house of Judas for a man from Tarsus named Saul. He is there praying, and (in a vision) he has seen a man named Ananias come in and lay (his) hands on him, that he may regain his sight.” But Ananias replied, “Lord, I have heard from many sources about this man, what evil things he has done to your holy ones in Jerusalem. And here he has authority from the chief priests to imprison all who call upon your name.” But the Lord said to him, “Go, for this man is a chosen instrument of mine to carry my name before Gentiles, kings, and Israelites, and I will show him what he will have to suffer for my name.” So Ananias went and entered the house; laying his hands on him, he said, “Saul, my brother, the Lord has sent me, Jesus who appeared to you on the way by which you came, that you may regain your sight and be filled with the Holy Spirit.”

Reflection:

Jesus is right in front of us to help us not to be blind, but to see. It was the faith of Ananias and the love of the community that helped Saul become St. Paul. In the Gospel Jesus asks us to be His light in the world.

Lord, we ask that you help us to be like Ananias and treat each other as brothers and sisters, to live as a community centered on Christ. Help us to be open to God’s call, and to follow his will, like St. Paul.

All: Alleluia! Alleluia! Alleluia!



10
The Ascension of Jesus

Matthew 28:16-20

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, “All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all 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.”

Reflection:

Help us to reach out to friends and bring them closer to Jesus. As a reminder of our baptism bless us in the Name of the Father, the Son, and the Holy Spirit as we go and make disciples of all nations. Who will I share my experience with Jesus to this week?

All: Alleluia! Alleluia! Alleluia!



11
Pentecost

Acts 2:1-12

When the time for Pentecost was fulfilled, [the disciples] were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. 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.

Now there were devout Jews from every nation under heaven staying in Jerusalem. At this sound, they gathered in a large crowd, but they were confused because each one heard them speaking in his own language. They were astounded, and in amazement they asked, “Are not all these people who are speaking Galileans? Then how does each of us hear them in his own native language? We are Parthians, Medes, and Elamites, inhabitants of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the districts of Libya near Cyrene, as well as travelers from Rome, both Jews and converts to Judaism, Cretans and Arabs, yet we hear them speaking in our own tongues of the mighty acts of God.”

Reflection:

Come, Holy Spirit, fill the hearts of your faithful, enkindle in us the fire of your love. Send forth your Holy Spirit, and we shall be recreated, and you shall renew the face of the earth.

All: Alleluia! Alleluia! Alleluia!

Concluding Prayer:

Lord God, you constantly add new children to the family of your Church.

Grant that all your people may express in their lives the richness of the sacraments they have received in faith. May the resurrection of Jesus Christ, which we remember today, continue to bring us all to new life in him.

Through Christ our Lord.

All: Amen.