

## Pray the Stations of the Resurrection

*Make the Sign of the Cross +*

### **First Station** Jesus Rises from the Dead

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: Matthew 28:5-6

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.

All: Alleluia, alleluia, alleluia.

That Easter morn, at break of day,  
The faithful women went their way  
To seek the tomb where Jesus lay, Alleluia!

### **Second Station** The Disciples Discover the Empty Tomb

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: John 20:1-9

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.

All: Alleluia, alleluia, alleluia.

The dear beloved apostle John  
Could faster than St. Peter run,  
Arriving first before the tomb. Alleluia.

### **Third Station** The Risen Lord Appears to Mary Magdalen, Apostle to the Apostles

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: John 20:16

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 had been in the company of Jesus and His followers, and 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.

All: Alleluia, alleluia, alleluia.  
Not Magdalen, not Salome,  
Nor James' own mother then delay  
Embalming Jesus' corpse that day. Alleluia.

### **Fourth Station** The Risen Lord Appears on the Road to Emmaus

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: Luke 24:13-27

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.

All: Alleluia, alleluia, alleluia.  
That night the apostles met in fear;  
Amidst them came the Lord most dear,  
And said My peace be on all here. Alleluia.

### **Fifth Station** The Risen Lord is Recognized in the Breaking of the Bread

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: Luke 24:30-32

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.

All: Alleluia, alleluia, alleluia.  
When Thomas, first the tidings heard,  
How they had seen the Risen Lord,  
He doubted the disciples' word. Alleluia.

### Sixth Station The Risen Lord Appears to the Community of Disciples

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: Luke 24:36-39

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.

All: Alleluia, alleluia, alleluia.  
My wounded side, O Thomas see;  
Behold My hands, My feet, said He  
Not faithless, but believing be. Alleluia.

### Seventh Station The Risen Lord Breathes Peace and Gives the Power to Forgive

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: John 20:22-23

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.

All: Alleluia, alleluia, alleluia. No longer Thomas then denied,  
He saw the feet, the hands, the side;  
You are my Lord and God, he cried, Alleluia!

### Eighth Station The Risen Lord Strengthens the Faith of Thomas

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: 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 Savior. 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.

All: Alleluia, alleluia, alleluia.

How blest are they who have not seen,  
And yet whose faith has constant been  
For they eternal life shall win. Alleluia!

### **Ninth Station** The Risen Lord Eats with the Disciples on the Shore of Tiberias

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: John 21:1-13

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.

All: Alleluia, alleluia, alleluia.

On Sunday morn at break of day  
The sad disciples went their way  
To see the tomb where Jesus lay. Alleluia.

### **Tenth Station** The Risen Lord Forgives Peter, Gives him Primacy and Entrusts Him to Feed His Sheep

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: 21:15-17

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.

All: Alleluia, alleluia, alleluia.

An angel clad in white they see,  
Who sat and spoke unto the three,

Your Lord has gone to Galilee, Alleluia!

### **Eleventh Station** The Risen Lord Sends the Disciples into the World

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: Matthew 28:16-20

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.

All: Alleluia, alleluia, alleluia.  
And we with Holy Church unite,  
As evermore is just and right,  
in glory to the King of light. Alleluia.

### **Twelfth Station** The Risen Lord Ascends into Heaven

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: Acts 1:9-11

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.

All: Alleluia, alleluia, alleluia.  
Our humble thanks to God let's show  
And fitting praise on Him bestow  
For Paschal blessings here below. Alleluia.

### **Thirteenth Station** Waiting with Mary in the Upper Room

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world

Read: Acts 1:12-14

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.

All: Alleluia, alleluia, alleluia.  
On this most holy day of days,  
To God your hearts and voices raise,  
In laud and jubilee and praise. Alleluia!

### Fourteenth Station The Risen Lord Sends the Holy Spirit

All: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Read: 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.

All: Alleluia, alleluia, alleluia.  
O sons and daughters of the Lord,  
The King of glory, King adored,  
From death to life has been restored. Alleluia.

### Conclusion

Reflection: Through the Stations of the Resurrection, we have shared our pilgrim journey with the Risen Lord. As servants and witnesses of Christ, let us now pray in the way our Savior taught us:

All: "Our Father..."

Lord, may everything we do, begin with Your inspiration, continue with Your help, and reach perfection under Your guidance. We ask this through Christ, our Risen Lord. Amen.

*Share the Sign of Peace, then make the Sign of the Cross +*