



# *Stations of the Resurrection*

Catholic Archdiocese of Adelaide



# The Stations of the Resurrection

The Stations of the Resurrection, also known by the Latin name *Via Lucis* (Way of Light) invite participants to meditate on the resurrection of Jesus and some of the post-resurrection events recorded in the New Testament. Beginning with the resurrection, we journey with Jesus and the disciples as Jesus shows his glory to them, strengthens their faith, and brings to completion his teaching on the Kingdom of God. These awe-inspiring events culminate in the coming of the Holy Spirit at Pentecost.

Complementing the Stations of the Cross (*Via Dolorosa* – Way of Sorrow) which trace the journey of Jesus from his condemnation by Pilate to his crucifixion and burial in the tomb, the Stations of the Resurrection focus on the events from the resurrection until Pentecost. Both the Stations of the Cross and the Stations of the Resurrection celebrate fourteen events.

Parishes might like to reproduce the pictures for each Station via the data projector so that parishioners can participate easily. Each Station includes a reading from Scripture, a short meditation and a prayer. Each Station concludes with a short Antiphon which can be sung (to the tune *O FILII ET FILIAE*).

The Stations of the Resurrection are particularly suitable for Easter Sunday, for the weekdays of the Easter Octave" and throughout the fifty days of Easter Time. The spirit of Easter Joy permeates these fourteen Stations and are a fitting devotion to use as we journey from Easter to Pentecost.

## ORIGIN OF THE STATIONS OF THE RESURRECTION

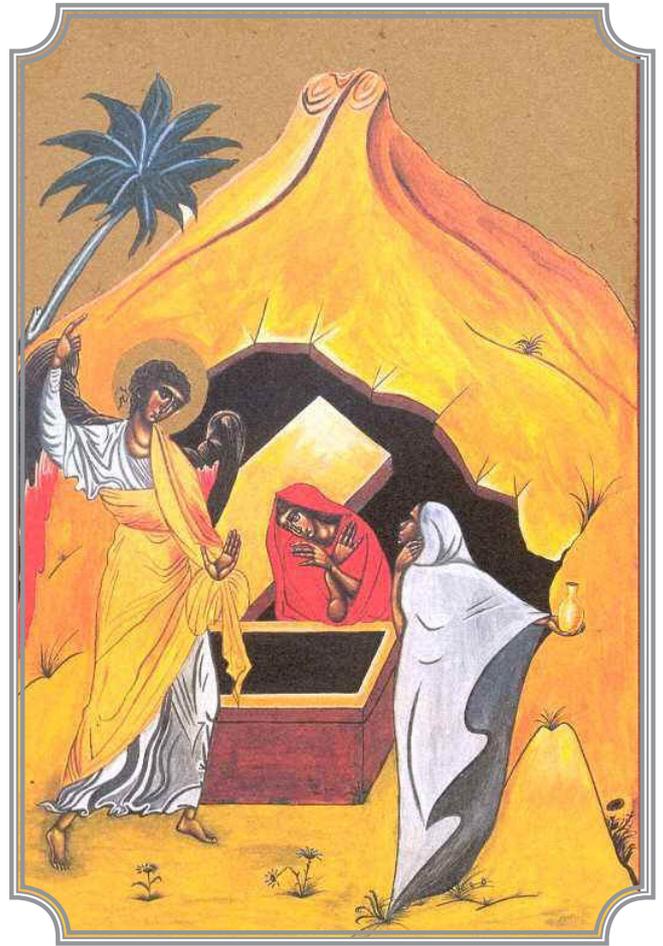
It was in 1988 that Salesian priest and theologian Fr Sabino Palumbieri proposed the creation of a new set of stations centred upon the resurrection and the events that followed it, so as to emphasise the positive, hopeful aspect of the Christian story. The first major public celebration of this devotion took place in 1990, and was endorsed by the Holy See in its Directory on Popular Piety and the Liturgy in 1991, which reminds us that it is 'through the cross that we come to the light'.

Since then, these devotions have gained popularity and are now celebrated throughout the world.

# Jesus Rises from the Dead

Leader: We adore you,  
O Christ, and we bless you.

All: Because by the Wood  
of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



Reading: "The angel spoke; and he said to the women: 'There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. He is not here, for He has risen, as He said he would.'" (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 recognise Christ's dying and rising in our midst. (cf. Matthew 26:36-41)

SILENCE

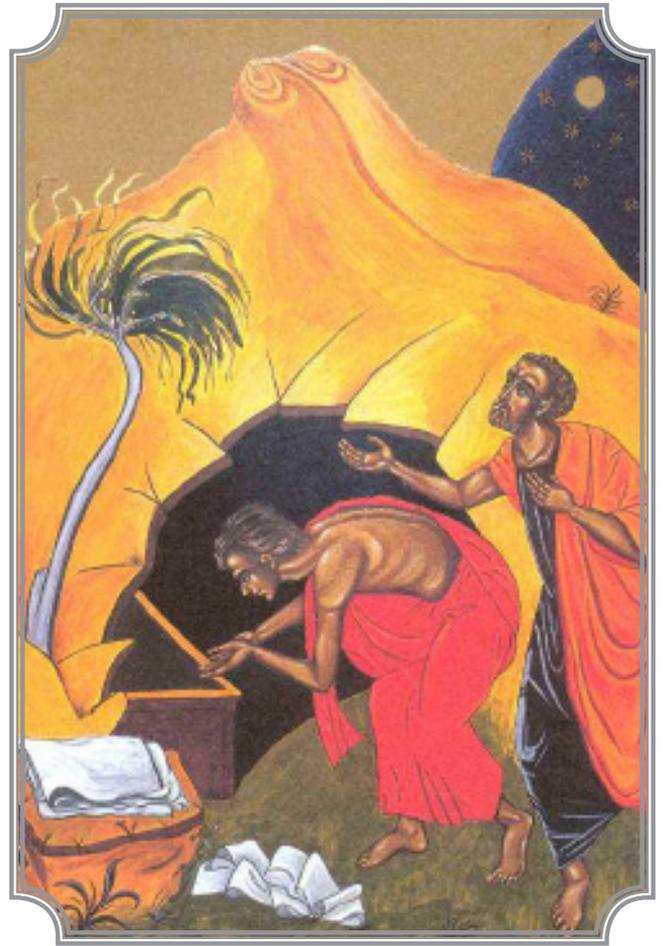
Prayer: This is the day, Lord God, that You have made! Raising Christ from the dead, and raising us with Christ, You have fashioned for Yourself a new people. As we hear the word that brings salvation, make our hearts burn within us. Through the presence of every friend and stranger, reveal to us the 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.

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!

## The Disciples discover the empty tomb

Leader: We adore you,  
O Christ,  
and we bless you.

All: Because by the Wood  
of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



Reading: "Then the other disciple who had reached the tomb first also went in, 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.

SILENCE

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.

All: Alleluia, alleluia, alleluia.  
The dear belov'd apostle John  
Could faster than St Peter run,  
Arriving first before the tomb. Alleluia!

# The Risen Lord appears to Mary Magdalen, Apostle to the Apostles

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!

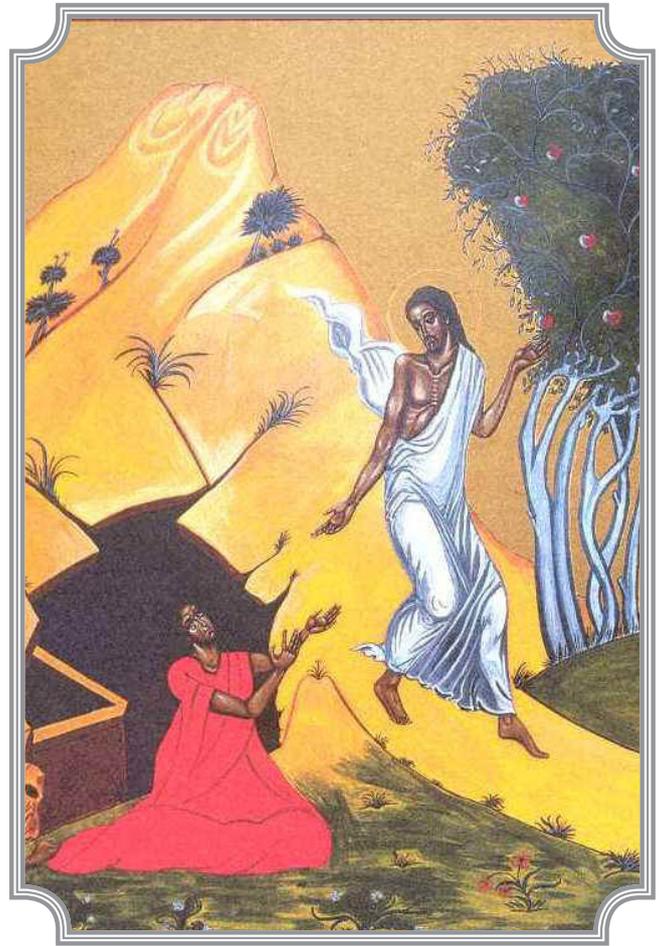
Reading: As she said this she turned round and saw Jesus standing there, though she did not recognise him. Jesus said 'Woman, why are you weeping? Who are you looking for?' Supposing him to be the gardener, she said, 'Sir, if you have taken him away, tell me where you have put him, and I will go and remove him.' Jesus said 'Mary!' She knew him then and said to him in Hebrew, 'Rabbuni!' - which means Master. Jesus said to her, 'Do not cling to me, because I have not yet ascended to the Father. But go and find the brothers, and tell them: I am ascending to my Father and your Father, to my God and your God.' So Mary of Magdala went and told the disciples that she had seen the Lord and that he said these things to her. (John 20: 14b-18).

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.

SILENCE

Prayer: God our Father, You will that all people to be saved and come to the knowledge of Your truth. Send workers into Your great harvest that the Gospel may be preached to every creature. May Your people, gathered together by the word of life and strengthened by the power of the sacraments, advance in the way of salvation. We ask this through Christ our Lord. Amen.

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



# The Risen Lord appears on the Road to Emmaus

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

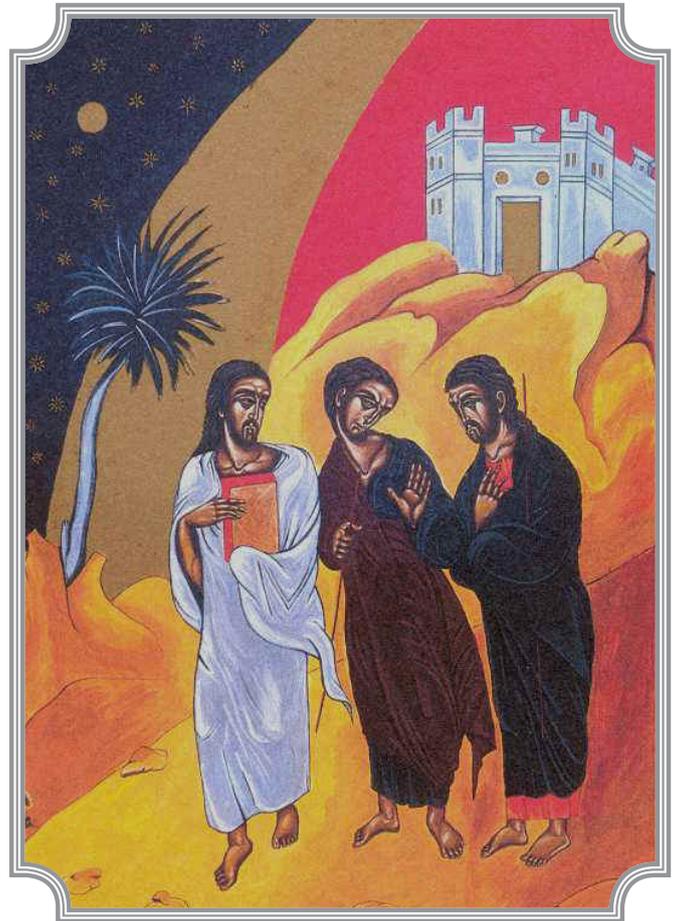
Reading: Now as they talked this over,  
Jesus himself came up and walked by  
their side; but something prevented  
them from recognising him. Then he  
said to them, 'You foolish men! So slow to believe the full message of the prophets!  
Was it not ordained that the Christ should suffer and so enter into his glory?' Then,  
starting with Moses and going through all the prophets, he explained to them the  
passages throughout the scriptures that were about himself. (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 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.

SILENCE

Prayer: Lord God, as disciples on our pilgrimage, we implore Jesus Christ: stay  
with us, Lord. Open our hearts to true conversion and, as we have known  
the Lord in the breaking of the bread, so 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. Amen.

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.



# The Risen Lord is recognised in the Breaking of the Bread

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

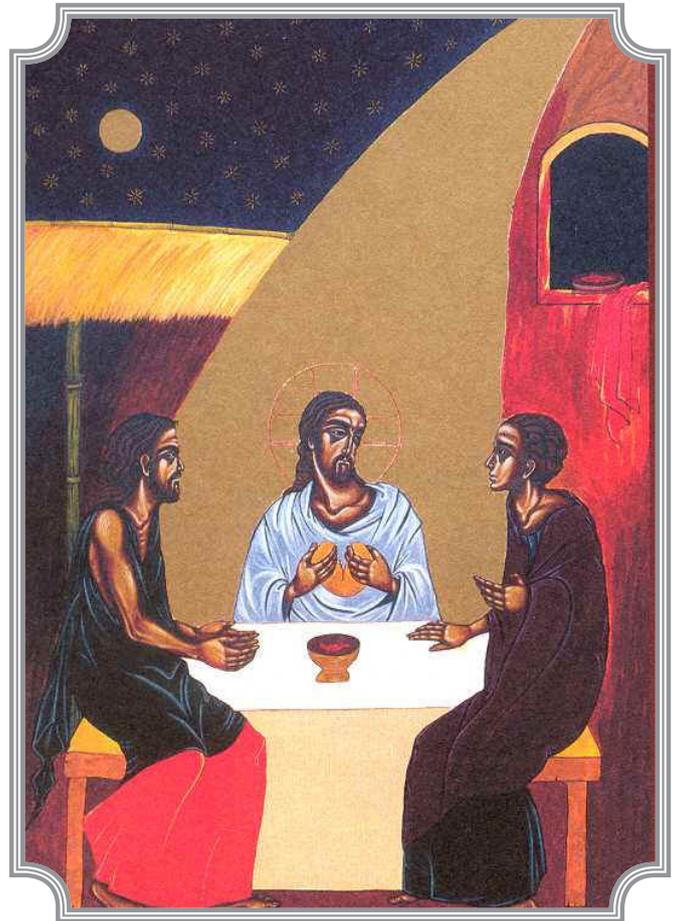
Reading: "...but they pressed him to stay with  
them. 'It is nearly evening' they said  
'and the day is almost over.'  
So He went in to stay with them. Now  
while He was with them at table, He took the bread and said the blessing, then he  
broke it and handed it to them. And their eyes were opened and they recognised  
Him, but He had vanished from their sight. Then they said to each other, 'Did not our  
hearts burn within us as He talked to us on the road and explained 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.

SILENCE

Prayer: You are truly blessed, O God of holiness: You accompany us with love as  
we journey through life. Blessed too, is Your Son, Jesus Christ, who is  
present among us, and whose love gathers us together. 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.

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



# The Risen Lord appears to the Community of Disciples

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

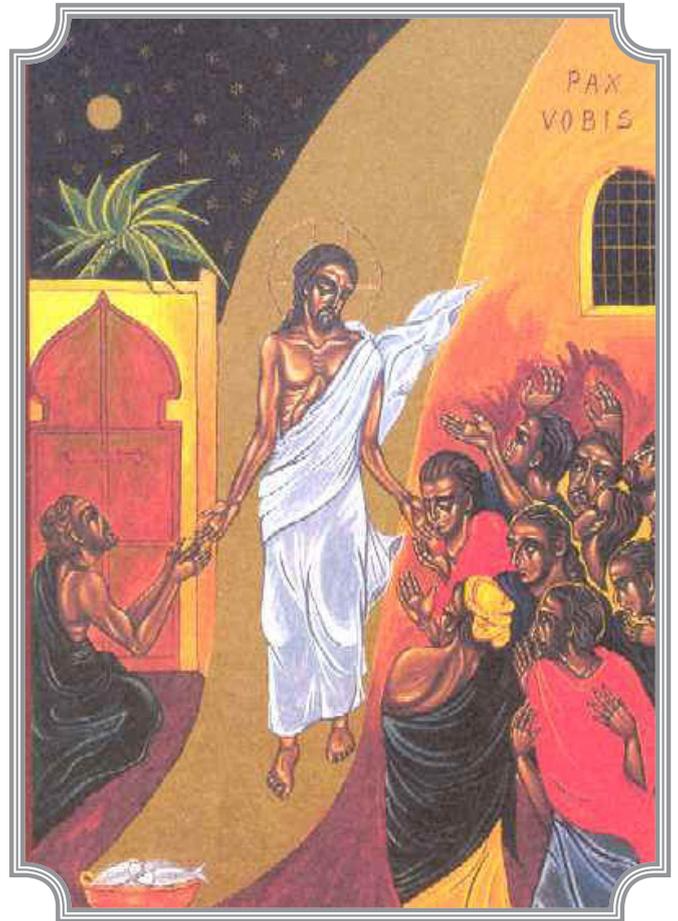
Reading: "Why are you so agitated, and  
why are these doubts rising in your  
hearts? Look at my hands and feet,  
yes, it is I indeed. Touch me and see for yourselves, a ghost has no flesh and bones as  
you can see I have; And as He said this he showed them his hands and feet"  
(Luke 24: 38-40).

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," recognising now that the Lord  
desires us to be ambassadors of reconciliation, while we ourselves are  
being forgiven and healed.

SILENCE

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.

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



# The Risen Lord breathes Peace and gives the power to forgive

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

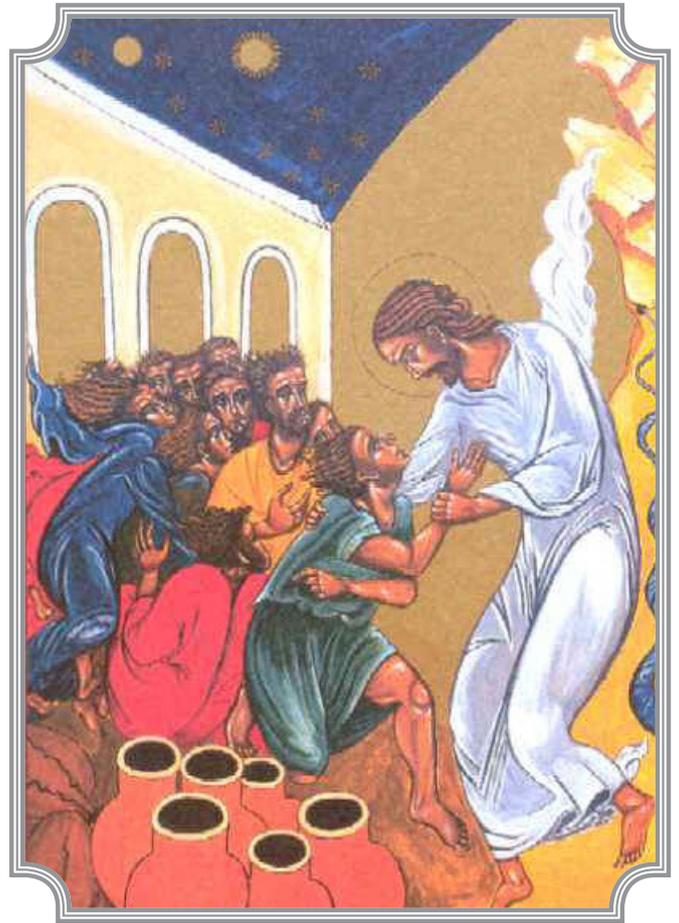
Reading: Jesus came and stood among them.  
He said to them, 'Peace be with you'..  
The disciples were filled with joy when  
they saw the Lord and he said to them again, 'Peace be with you. As the Father sent  
me, so am I sending you.' After saying this he breathed on them and said, 'Receive the  
Holy Spirit. For those whose sins you forgive, they are forgiven, and those whose sins  
you retain, they are retained.' (John 20: 19b, 20b-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.

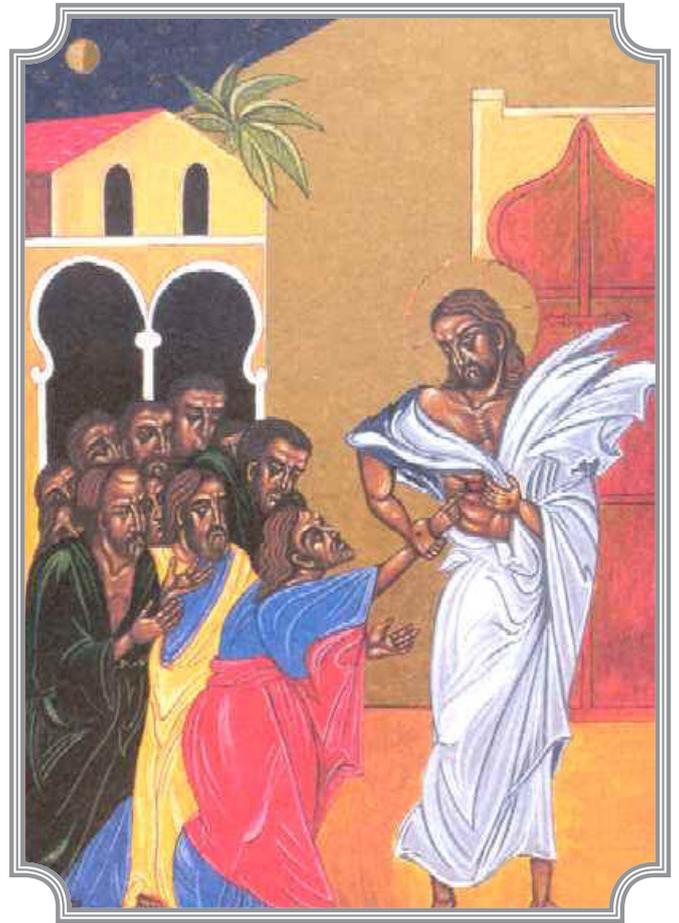
SILENCE

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.

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



# The Risen Lord strengthens the Faith of Thomas



Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

Reading: "Thomas...was not with them  
when Jesus came.... Thomas said,  
'Unless I see the holes that the nails  
made in His hands and can put my finger into the holes they made, and unless I can  
put my hand into his side, I refuse to believe'...Jesus came...and stood in among them.  
'Peace be with you.' Then he spoke to Thomas, 'Put your finger here; look. here are my  
hands. Give me your hand; put it into my side. Doubt no longer but believe.' Thomas  
replied, 'My Lord and my God!' Jesus said to him: 'You believe because you can see me.  
Happy are those who have not seen and yet believe.' (John 20: 24-29).

Reflection: The story of Thomas is important because it is through Thomas' example  
that we realise 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.

SILENCE

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. From the waters  
of death You raise us up with Him and renew Your gift of life within us.  
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.

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

# The Risen Lord eats with the Disciples on the shore of Tiberias

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

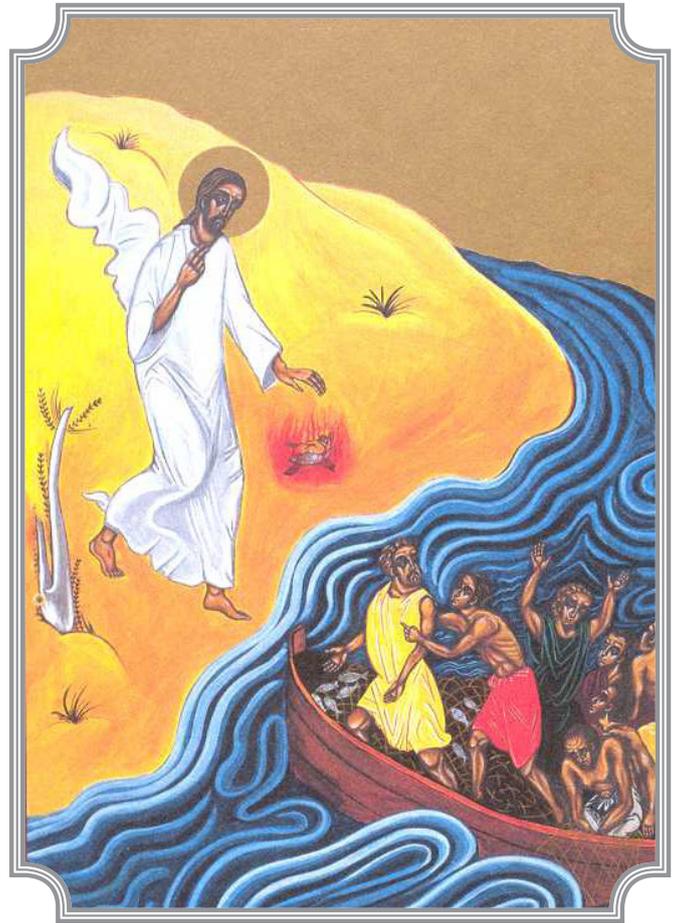
Reading: "Jesus said, 'Bring some  
of the fish you have just caught.'  
Simon Peter went abroad and  
dragged the net to the shore, full of big fish, one hundred and fifty-three of the; and  
in spite of there being so many the net was not broken. Jesus said to them, 'Come and  
have breakfast.' None of the disciples was bold enough to ask,  
'Who are You?'; they knew quite well 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.

SILENCE

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 newborn 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.

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



# The Risen Lord forgives Peter and entrusts Him to feed his sheep

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

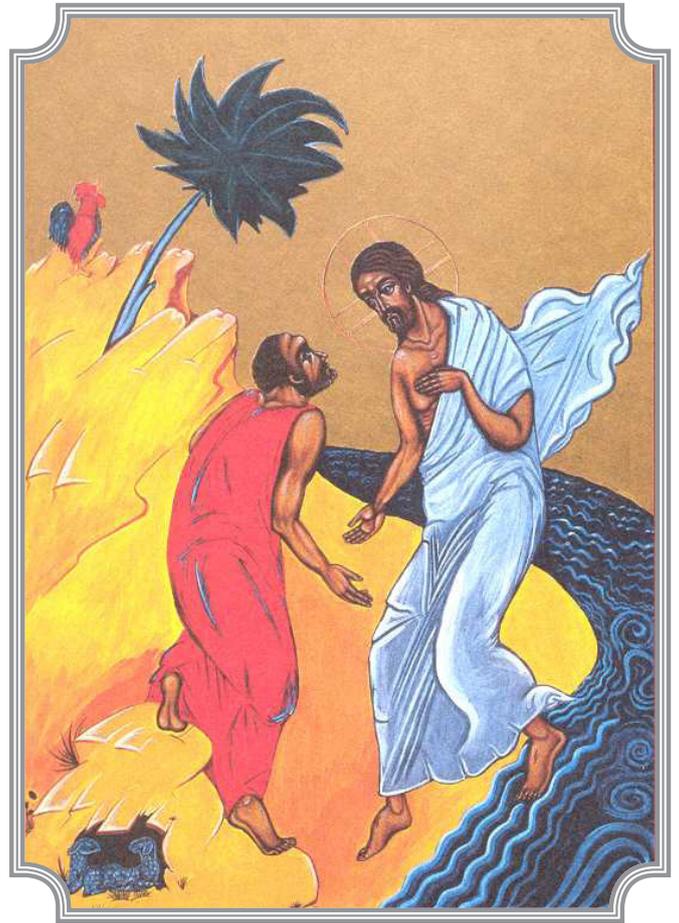
Reading: "After the meal, Jesus said to Simon Peter, 'Simon, son of John, do you love Me more than these others do?..' Peter was upset that he asked him the third time, 'Do you love Me?' and said, 'Lord, You know everything, You know I love You.' Jesus said to him, 'Feed my sheep. Follow me'" (John 21: 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.

SILENCE

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.

All: Alleluia, alleluia, alleluia.  
An angel clad in white they see,  
Who sat and spoke unto three,  
Your Lord has gone to Galilee, Alleluia!



## Eleventh Station

# The Risen Lord sends the Disciples into the World

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

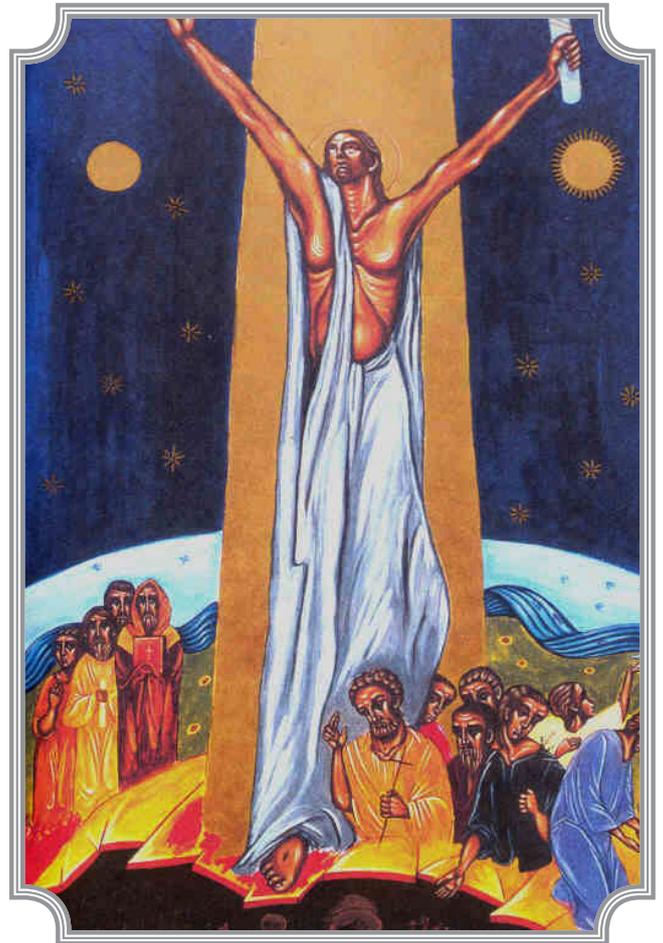
Reading: "Go, therefore, make  
disciples of all the nations, baptise  
them in the name of the Father and  
of the Son and of the Holy Spirit, and  
teach them to observe all the commands I gave you. And know that I am with you  
always; yes, to the end of time" (Matthew 28: 19-20).

Reflection: From the mountaintop, the Risen Lord gives the "Great Commission" to  
the disciples to reach out to the ends of the earth. We realise 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  
evangelisation 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.

SILENCE

Prayer: God of all creation, whose mighty power raised Jesus from the dead, 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, to obey everything that  
Jesus Christ has commanded us, and to know that He 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.

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



# The Risen Lord Ascends into Heaven

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

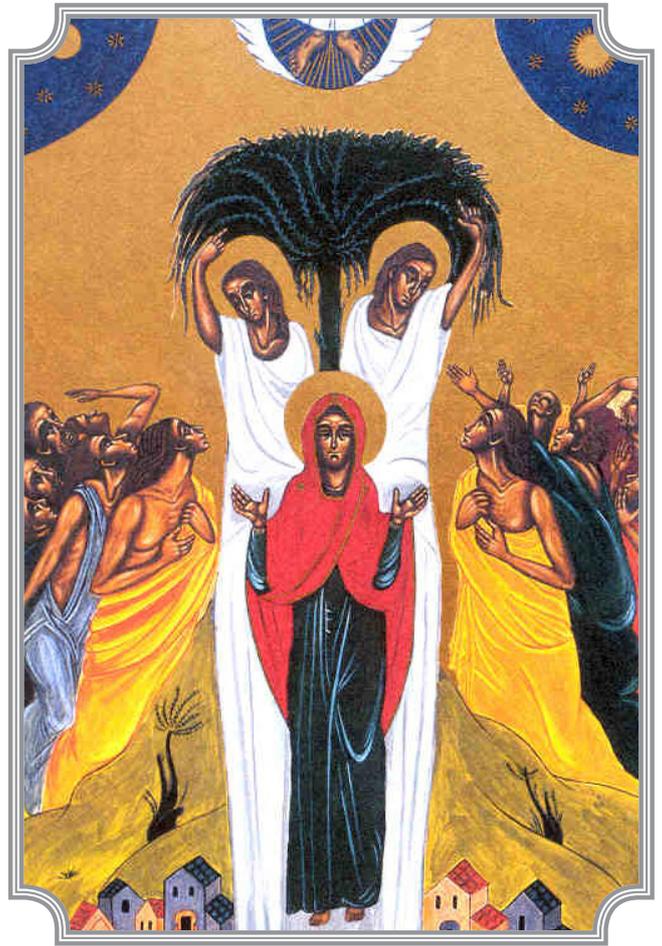
Reading: So the Lord Jesus, after  
he had spoken to them, was taken up  
into heaven: there at the right hand of  
God he took his place, while they, going out, preached everywhere, the Lord working  
with them and confirming the word by the signs that accompanied it.  
(Mark 16: 19-20).

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 centre of our lives and to keep us focused as a jubilant pilgrim  
people.

SILENCE

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.

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



## Mary and the Disciples keep vigil in the upper room for the Spirit's Advent

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

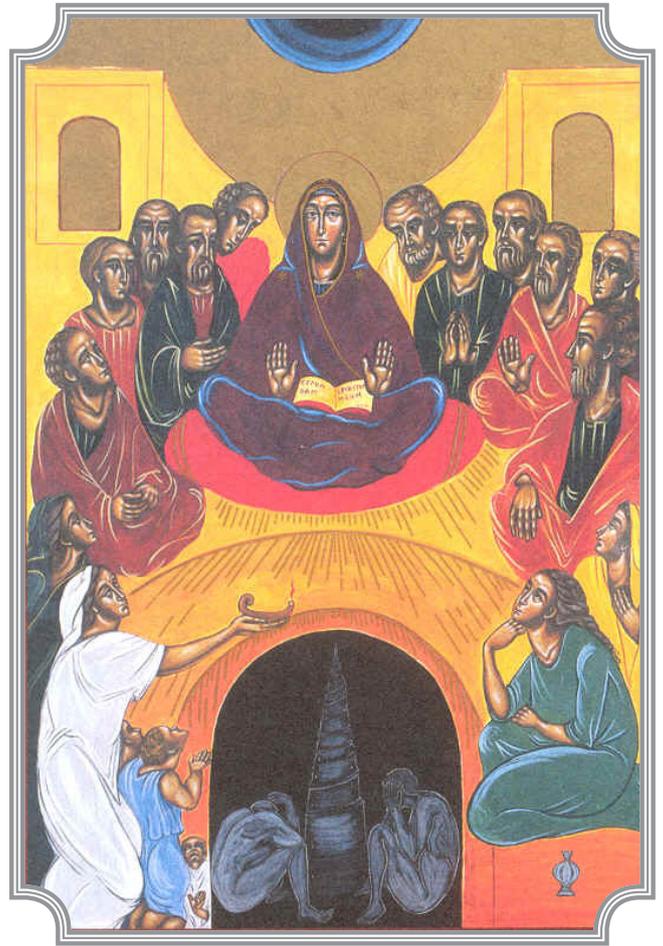
Reading: "When they reached the city, they went to the upper room where they were staying.... All [the apostles] joined in continuous prayer, together with several women, including Mary the mother of Jesus, and with his brothers" (Acts 1: 13a, 14).

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.

SILENCE

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.

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!



# The Risen Lord sends the Holy Spirit

Leader: We adore you,  
O Christ, and we  
bless you.

All: Because by the Wood  
of the Cross and the Light  
of the Resurrection,  
You have redeemed the world!

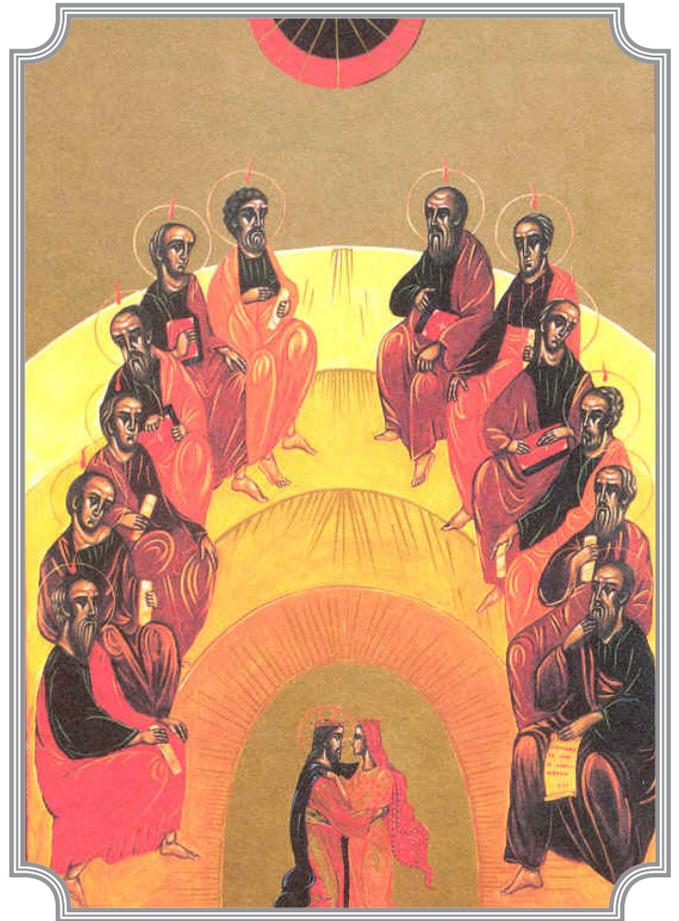
Reading: "... Suddenly they heard what sounded  
like a powerful wind from heaven,  
the noise of which filled the entire  
house in which they were sitting; and something appeared to them that seemed like  
tongues of fire; these separated and came to rest on the head of each of them. They  
were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit  
gave them the gift of speech. (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 evangelisers 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.

SILENCE

Prayer: Father in heaven, through this spiritual journey, You have reminded us of  
the fullness of the mystery of Your revealed love. 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, and in the power of the Spirit, both now and  
forevermore. Amen.

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!





SCRIPTURE VERSES taken from The Jerusalem Bible, 1966, 1967 and 1968 Darton, Longman & Todd Ltd.

LITURGICAL PRAYERS adapted from The Roman Missal: Sacramentary, 1970, United States Catholic Conference; and from Prayers for Sundays and Seasons, Years A, B and C, Archdiocese of Chicago: Liturgy Training Publications, 1996-1998. As per the version distributed by the Archdiocese of Detroit.

VIA LUCIS ILLUSTRATIONS are icons of the Resurrection, which adorn the walls of the sanctuary of the chapel at Piana Romana, outside of Padra Pio of Pietrelcina's hometown in Italy. Downloaded from [www.visitpietrelcina.com/tag/piana-romana/](http://www.visitpietrelcina.com/tag/piana-romana/) on 15th March 2022.

