



# THE STATIONS OF THE RESURRECTION

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Praying the  
Way of Light

GARDENS OF

*Gethsemani*

CATHOLIC CEMETERY

*Imprimatur:*

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## INTRODUCTION

Easter bells are ringing. Jesus is resurrected, bringing joy and the promise of new life. The *Via Lucis*—the Way of Light—is a devotion similar to the *Via Crucis*—the Way of the Cross. The Way of the Cross follows Jesus' last hours of anguish and death. The Way of Light, also known as the Stations of the Resurrection, celebrates the fifty days of Easter, the most joyful time in the Christian calendar. Using the metaphor of a journey, the Way of Light moves from the experience of darkness and suffering to one of light and hope.



## OPENING PRAYER

**All:** Alleluia, alleluia, alleluia.  
O sons and daughters, let us sing!  
The King of heav'n the glorious King,  
O'er death today rose triumphing,  
Alleluia!

Sign of the Cross

**Reading:** For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his... if we have died with Christ, we believe that we will also live with him (Romans 6:5-8).

**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.



***“He has been raised” (Matthew 28:5-6)***



## THE FIRST STATION

# JESUS RISES FROM THE DEAD

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### Reading:

But the angel said to the women, “Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said” (Matthew 28:5-6).

### Reflection:

On the first day of the week, at the dawning of the new creation, Jesus rose 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 have become the pattern for our living. May we recognize Christ’s dying and rising in our midst.

*Silent prayer*



*“He is not here” (Matthew 28:1-6)*





## THE SECOND STATION

# THE DISCIPLES DISCOVER THE EMPTY TOMB

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### **Reading:**

Then the other disciple, who reached the tomb first, also went in, 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.

*Silent prayer*



*“Rabbouni!” (John 20:16)*



## THE THIRD STATION THE LORD APPEARS TO MARY MAGDALENE

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### Reading:

Jesus said to her, “Mary!” She turned and said to him in Hebrew, “Rabbouni!” (which means teacher).

Jesus said to her, “...go to my brothers and say to them, ‘I am ascending to my Father and your Father, to my God and your God’” (John 20:16-17).

### Reflection:

Mary Magdalene was given the mission to carry the good news of the resurrection to the apostles and the disciples. 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.

*Silent prayer*



***“What are you discussing?” (Luke 24:13-27)***



## THE FOURTH STATION THE LORD APPEARS ON THE ROAD TO EMMAUS

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### **Reading:**

While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. “Was it not necessary that the Messiah should suffer these things and then enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures (Luke 24:15-16, 26-27).

### **Reflection:**

The disciples were walking away from Jerusalem and the apostolic community in defeat and dejection. They had lost hope. We too have moments of despair, yet the risen Lord accompanies us along the road, even when we are moving in the wrong direction. Only the Lord can help us understand the stories of our lives, especially of suffering, and rekindle our energy and our resolve to devote ourselves to what is most important in life.

*Silent prayer*



***“They recognized him” (Luke 24:28-32)***



## THE FIFTH STATION

# CHRIST REVEALS HIMSELF IN THE BREAKING OF BREAD

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### Reading:

They urged him, “Stay with us...” 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:

Jesus would have walked on, but the two disciples strongly urged him to stay with them. Their hearts were burning, awakened to new hope as Jesus explained the scriptures. They wanted more of this hope that Jesus gave, so they convinced him to stay. When Jesus broke the bread, their eyes were opened; hope turned to excitement and joy. Despite the lateness of the hour, they ran back to their friends in Jerusalem to spread the good news.

*Silent prayer*



***“Peace to you” (Luke 24:36-39)***





## THE SIXTH STATION

# THE RISEN CHRIST SHOWS HIMSELF ALIVE TO THE DISCIPLES

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### **Reading:**

“Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.” And when he had 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. The risen Lord now invites us to be “wounded healers,” ambassadors of reconciliation even while we ourselves are being forgiven and healed.

*Silent prayer*



*“If you forgive, they are forgiven” (John 20:22-23)*



## THE SEVENTH STATION

# THE RISEN LORD BREATHES PEACE AND GIVES THE POWER TO FORGIVE

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### Reading:

Jesus came and stood among them and said, “Peace be with you.” ...Then 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.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained” (John 20:19-23).

### 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.

*Silent prayer*



***“Believe!” (John 20:24-29)***



## THE EIGHTH STATION

# THE RISEN LORD STRENGTHENS THE FAITH OF THOMAS

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### Reading:

But Thomas said to them, “Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.” Jesus came and... said to Thomas, “Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe” (John 20:25-29).

### Reflection:

Through Thomas’ example we realize that doubt can be a part of faith. Too easily we call him “Doubting Thomas,” forgetting that after examining the nail marks, he fully embraced Jesus as his Lord and Saviour. Thomas’ doubt was transformed into a lively faith.

*Silent prayer*



*“It is the Lord!” (John 21:4-8)*



THE NINTH STATION

# THE RISEN LORD EATS WITH THE DISCIPLES BY THE SEA OF TIBERIAS

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**Reading:**

Jesus said to them, “Bring some of the fish that you have just caught.” So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred fifty-three of them; and though there were so many, the net was not torn. Jesus said to them, “Come and have breakfast.” Now none of the disciples dared to ask him, “Who are you?” because they knew it was the Lord (John 21:10-12).

**Reflection:**

After the crucifixion, the apostles returned to their former way of life. On the Sea of Galilee, these expert fishermen find themselves baffled because not even a single fish was caught. From the shore, the risen Lord guides them and directs their nets until they are overflowing. As he prepares breakfast for them, he nourishes their hearts and calls them to an entirely new way of fishing—fishing for people.

*Silent prayer*



***“Feed my sheep!” (John 21:15-17)***





## THE TENTH STATION

# THE RISEN LORD FORGIVES PETER AND ENTRUSTS HIM TO FEED HIS SHEEP

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### Reading:

When they had finished breakfast, Jesus said to Simon Peter, “Simon son of John, do you love me more than these?” ...Peter felt hurt because he said to him the 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” (John 21:15-17).

### Reflection:

The risen Lord directs his attention to Peter whose embarrassing three-fold denial was still ringing in his heart. Their encounter reminds us that forgiveness is always available, even for the most serious of mistakes we can make. Only love can overcome guilt and deception. Only love and forgiveness can make us whole.

*Silent prayer*



***“Go to all nations!” (Matthew 28:16-20)***



## THE ELEVENTH STATION

# THE RISEN LORD SENDS THE DISCIPLES INTO THE WORLD

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### Reading:

“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, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to 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 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.

*Silent prayer*





*“He was lifted up” (Acts 1:9-11)*



## THE TWELFTH STATION THE RISEN LORD ASCENDS INTO HEAVEN

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### **Reading:**

So then the Lord Jesus, after he had spoken to them, was taken up into heaven and sat down at the right hand of God. And they went out and proclaimed the good news everywhere, while the Lord worked with them and confirmed the message 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.

*Silent prayer*



***“With one heart they prayed” (Acts 1:12-14)***



## THE THIRTEENTH STATION MARY AND THE DISCIPLES WAIT FOR THE SPIRIT

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### **Reading:**

When they had entered the city, they went to the room upstairs where they were staying... All [the apostles] were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers (Acts 1:13-14).

### **Reflection:**

Throughout the history of the Church, there have been apostolic movements dedicated to prayerful contemplation, and others resulting in transforming action. 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.

*Silent prayer*



*“Filled with the Holy Spirit” (Acts 2:2-4)*





## THE FOURTEENTH STATION

# THE RISEN LORD SENDS THE HOLY SPIRIT

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### **Reading:**

And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability (Acts 2:2-4).

### **Reflection:**

The power of the Holy Spirit drives the disciples from the upper room into the streets and marketplace. We have been clothed with the same Spirit. We are called to be evangelizers and witnesses. 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.

*Silent prayer*

## CLOSING PRAYER

**Reading:** Jesus himself, through them, sent forth from east to west the sacred and imperishable proclamation of eternal salvation (Mark 16:8).

**Reflection:** Through the Way of Light, we have shared our pilgrim journey with the risen Lord. As servants and witnesses of Christ, let us now pray in the way our Saviour taught us:

**All:** Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come; thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

Amen.

**Prayer:** Heavenly Father, 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.

Sign of Peace

## SOURCES AND ACKNOWLEDGEMENTS

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*Death and Life faced each other in a prodigious duel.  
The Lord of life was dead, but now, alive, he triumphs.  
Christ, my hope, has risen.  
Yes, we are certain: Christ is truly risen.  
Amen. Alleluia!*

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