



Introduction to the

Stations of the Resurrection

The stations of the Resurrection are not an official devotion of the Catholic church. They are meditations based on the Gospel accounts of Jesus' appearances to his followers after his Resurrection and the stories of the Ascension and Pentecost from the Acts of the Apostles.

The Resurrection stories are diverse, and you might find yourself wondering why they are so different from one another. Bible scholars wrestle with this question, and offer no perfect answer. For our purposes it is not a matter of what is most historically accurate, but of how God's word speaks to us of truth. The truth is in every Gospel account of Jesus' Resurrection. The truth is that Jesus is risen!

As Christians we believe this truth that Jesus really did rise from the dead and that he has paved the road to eternal life for all who follow his way of living and loving. This belief is one of the cornerstones of our faith. Jesus accomplished what he set out to do—to reveal the depth of God's love for us. And now he is counting on us to spread this love in our daily interactions with others.

In the Lord's Prayer, we pray "thy kingdom come." Jesus revealed that the Kingdom—God's love and power—is already here, but we need to help others see it. Our actions announce the Kingdom of God to people across the street and across the ocean as we work and pray for peace and justice. We help others to believe in God's presence when we practice kindness, compassion, and forgiveness.

The following stations of the Resurrection may help you discover more fully the presence of the risen Lord in your life two thousand years after he appeared to his first followers. When we who call ourselves Christian truly believe that the spirit of Jesus is with us, we are able to respond creatively and generously to the needs of others. As we become more aware of God's love growing in us, we will find it flowing through us into the lives of many others. We will find ourselves believing more deeply in our risen Lord and in our ability to make a difference in our world.



The Women Find the Tomb Empty

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

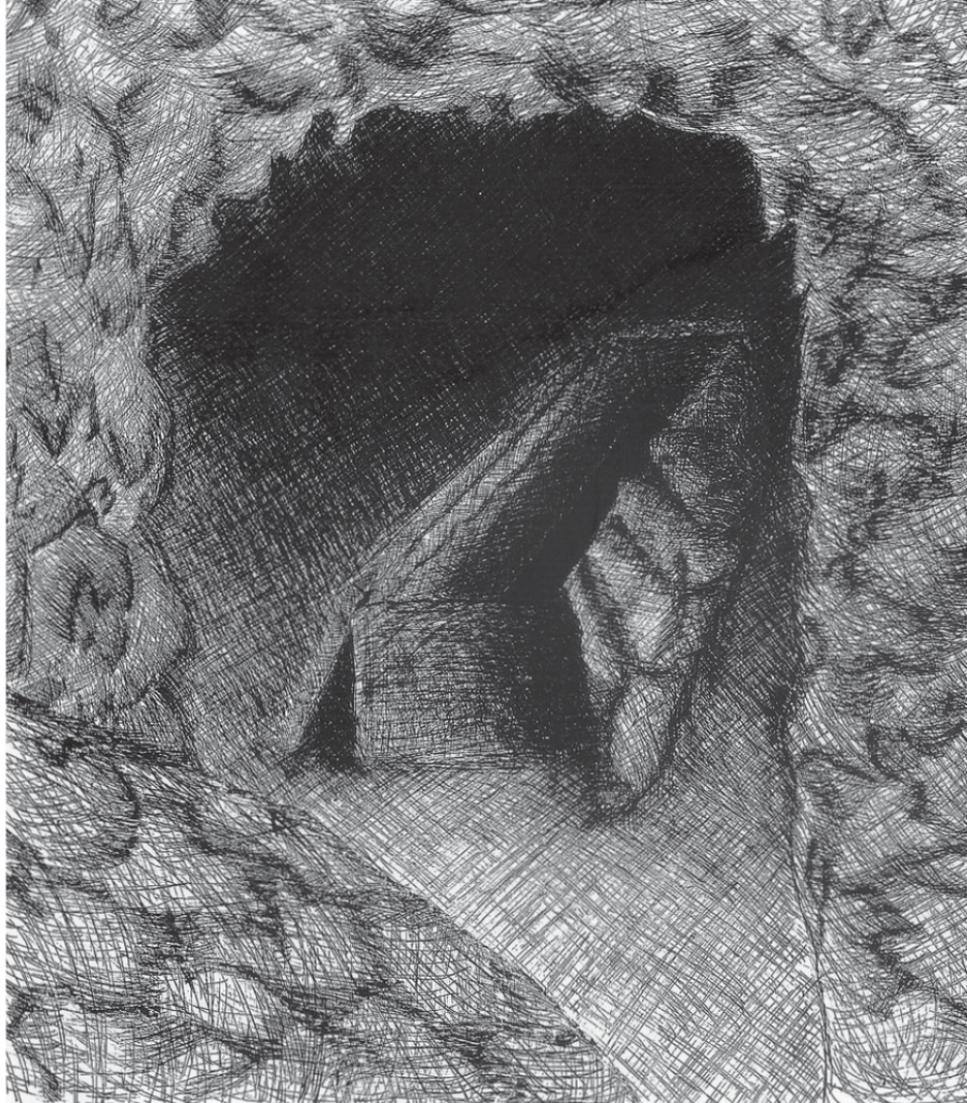
All. Fill us with Easter joy and greater love for one another.

Leader. On their way to anoint Jesus' body, Mary Magdalene, Mary the mother of James, and Salome find the stone rolled away and a young man sitting near the tomb. He says to them, "Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised. . . . Go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him" (Mark 16:6–7). But the women, amazed and terrified, run away and say nothing to anyone.

All. Lord Jesus, the three women had the best intentions as they walked toward your tomb. Knowing that a large stone blocked the entrance did not stop them from going to anoint your body. But when they got there, the young man's words amazed and frightened them. Even though Jesus had spoken of his death and Resurrection, his followers could not yet comprehend it. Like the faith of the twelve Apostles, who were hiding, the faith of these three faithful women was initially overpowered by fear. Sometimes fear seems so much stronger than my faith too. Help me remember that love casts out fear, and with your love, I can face my fears with faith.

Silent reflection. Identify one or more of your biggest fears. Be aware of God's love for you as you close your eyes. Then breathe in "peace" and exhale "fear" over and over.

All. Risen Lord, give us courage, like that of those brave women, to face our fears and challenges—even when we don't know how things will turn out. Fear may paralyze us



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at first, but you will help us rise and walk again in faith. No doubt you helped the women overcome their fears and spread the Good News, because today the world has two billion Christians. Give us courage so that our fears don't prevent us from continuing to spread the good news of your love as we work for justice. Give us the strength to speak out against what is wrong and for what is right. Grant us Resurrection faith. Amen.

- Mark 16:1-8

The **Second** Station of the Resurrection



The Other Disciple Believes

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. Mary Magdalene thinks Jesus' body has been stolen, and races to tell Peter and another disciple the disturbing news. Peter goes into the tomb and sees the burial cloths but seems to neither understand nor believe. But the unknown "other disciple" goes in, sees the same cloths that Peter saw, and believes. In the midst of grief and confusion, he simply—and amazingly—believes!

All. Lord Jesus, sometimes I can relate more easily with Mary Magdalene and Peter than with the disciple who believed. It is difficult to believe what can't be seen, and confusing to try to understand what is beyond total understanding. I am a mixture of all three of these first followers of yours. Like Mary Magdalene, I want to be with you. Like Peter, I fail to recognize the signs pointing to your presence in the world. And like the other disciple, who believed, I am sometimes surprised to discover that I really do believe in you.

Silent reflection. When does your faith seem to be strongest? When your faith seems weak and fragile, what actions can you take to strengthen it?

All. Risen Lord, help us to use both our minds and our hearts as we strive to live as people of faith. Free us from demanding a perfectly clear understanding of you and the mysteries of our faith in order to follow you. When our minds cannot comprehend how your Resurrection is possible, may our hearts step in and lead us along the



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path of faith. Help us to remember that life is more than what the eye can see. Grant us Resurrection faith. Amen.

- John 20:1-10



Jesus Appears to the Women

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. Mary Magdalene and the other Mary go to the tomb. Suddenly the earth shakes and an angel rolls back the stone and says to them: “Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised. . . . Go quickly and tell his disciples” (Matthew 28:5–7). As the women hurry off, Jesus appears to them. He also tells them to not be afraid and to share the good news of his Resurrection with the other disciples.

All. Lord Jesus, the courage and obedience of these two brave women amazes me. They not only hear the angel’s message but obey it. And as they act, you come and offer your reassurance to them. Help me to realize that hearing your teachings is only half of what you ask. I must also act on what I hear. Help me to trust that when I listen and take action, your spirit is within me to reassure and encourage me. Help me to listen to you speaking to me—at Mass, in my conscience, through the Bible, and through other good people—as I try to put my faith into action each day.

Silent reflection. What do I hear Jesus saying to me today?
How can I put into practice what I hear?

All. Risen Lord, sometimes we don’t want to hear you or obey you. We would rather go our own way. But deep inside, we know that your way is the best way for all of us. Soften



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our hearts, open our ears, and enlighten our minds so that we can be people of good news. Help us to know that we can make a difference, each of us in our own way. Please comfort us when we fail, and encourage us to try again. Grant us Resurrection faith. Amen.

- Matthew 28:1–10



Jesus Appears to Mary Magdalene

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

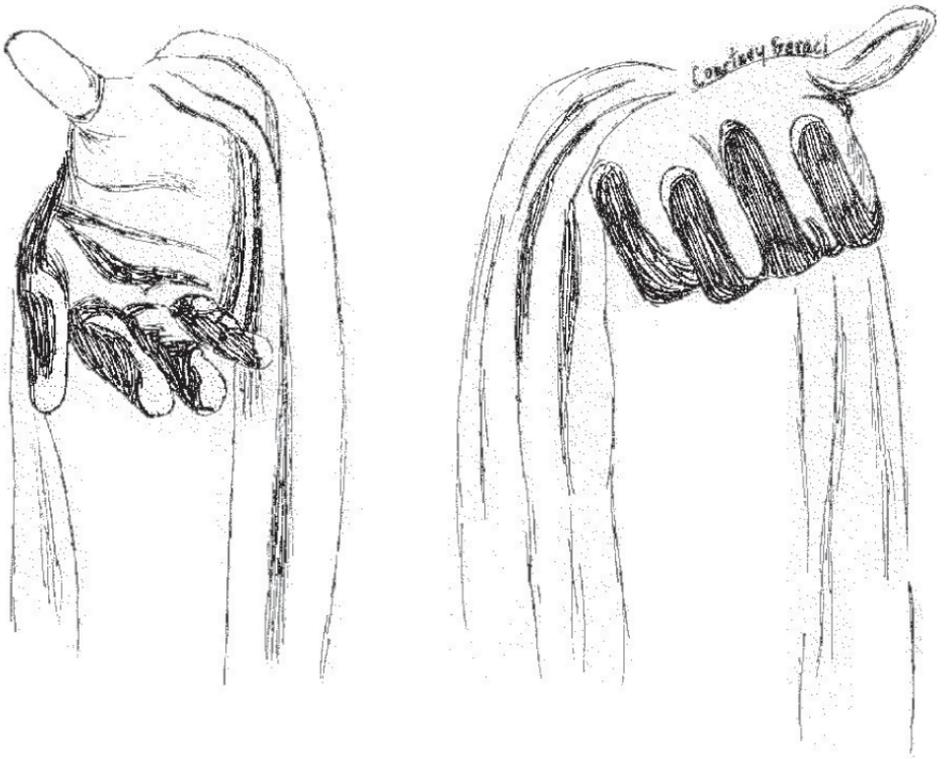
All. Fill us with Easter joy and greater love for one another.

Leader. As Mary Magdalene weeps, two angels, who are sitting in the tomb, ask her about her tears. She tells them that Jesus' body is missing and she doesn't know where it is. Just then, Jesus, whom she mistakes for a gardener, says to her: "Woman, why are you weeping? Whom are you looking for?" (John 20:15). She thinks that perhaps he knows where the body has been laid. Then he gently speaks her name, and she responds with the Hebrew word for teacher, "Rabbouni!" (John 20:16).

All. Lord Jesus, you appeared to Mary Magdalene, but pain prevented her from recognizing you. When you spoke her name, your love broke through her pain, and she recognized you as her beloved teacher. The pain I suffer in life sometimes keeps me from recognizing how near you are to me at every moment, for you are constantly speaking my name with love. Help me to hear and receive your love. Teach me to follow you now and every day of my life.

Silent reflection. Close your eyes and allow Jesus to speak your name lovingly, over and over, "[Your name], I love you." Then respond to his love by silently or softly saying, over and over, "Teacher, I love you."

All. Risen Lord, what an honor it is to have you, our God, as our teacher. Help us to be willing to learn from you. You want so much for us, and you are always willing to help us try again, no matter how many times we fail. Teach us how to love, forgive, and serve. Teach us how to expand



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our circle of love to include all of humanity. Teach us how to respond with compassion. Teach us how to be with those who are weeping. Grant us Resurrection faith. Amen.

- John 20:11–18



Two Disciples Meet Jesus on the Road to Emmaus

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. As two disciples walk dejectedly toward Emmaus, a man whom they do not immediately recognize—Jesus—joins them and wants to know what they are talking about. After they tell him the story of the past few days in Jerusalem, Jesus interprets the Scriptures for them. That evening he blesses and breaks the bread and gives it to them, and “their eyes were opened, and they recognized him” (Luke 24:31). Then they recalled the burning they felt in their hearts when Jesus had explained the Scriptures earlier that day.

All. Lord Jesus, it’s hard to believe that you are walking just as closely with me as you did with those two disciples. Too often I don’t recognize your presence either. I’ve heard your word being proclaimed at Mass and received the Eucharist many times. But instead of feeling a burning in my heart, I have often felt bored. Perhaps if I listen more closely, participate more fully, and open up to your presence in the word, the Eucharist, and the community, I too will experience a warmth in my heart.

Silent reflection. Honestly assess your attitude toward and participation in the Mass. Are you open to Jesus’ presence at Mass? What do you need to do to get more out of the Mass?

All. Risen Lord, come to us when we get discouraged along our faith journey. We sometimes wish it was easier to



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believe, but faith requires much more than just wishing. Help us to recognize you not only at Mass but in all of creation—in nature, in each person, and in ourselves. Like the two disciples, may we be wise enough to lean on one another when the challenges of faith seem difficult. Help us to be supportive and encouraging of those who struggle to believe in you. Grant us Resurrection faith. Amen.

- Luke 24:13–35



Jesus Appears to the Disciples

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. The disciples are talking with the two followers who recognized Jesus on the road to Emmaus when Jesus appears and offers them his peace. He says to them: “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” (Luke 24:38–39). Though filled with joy, the disciples still have doubts and wonder how this can be happening.

All. Lord Jesus, I’m glad your disciples had doubts, for that means it’s okay for me to have doubts too. To be honest, sometimes I wonder if someone made the whole story up. I can’t figure out how your disciples didn’t recognize you and then suddenly they did. Or how you could appear one minute and vanish the next. And I find myself wondering whether you are really with me today.

Silent reflection. Doubts can be the friends of faith because they encourage us to think deeply about what we believe. How do your doubts help you to have a deeper and more honest faith?

All. Risen Lord, help us to see our doubts as faithful friends, for they simply mean we are trying to believe. When our minds try too hard to figure out the mysteries of our faith, help us to remember that we don’t need perfect understanding in order to be your followers. Help us not to be afraid of our doubts or to feel guilty for having them. After spending time with our doubts, may we bid them good-

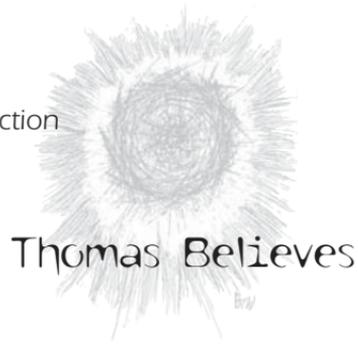


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bye like we do our friends, though we know that they may well come back another day. Grant us Resurrection faith. Amen.

- Luke 24:36–43

The **Seventh** Station of the Resurrection



Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. Thomas, who had not been with the other disciples when Jesus appeared to them earlier, refuses to believe what his friends tell him unless he can see and touch Jesus' wounds. About a week later, Jesus appears again. He lets Thomas touch his wounds and tells him to set aside his doubts and believe. Thomas cries out in amazement as he finally recognizes his risen Lord. But Jesus, ever the tough and tender teacher, replies: "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe" (John 20:29).

All. Lord Jesus, I confess that at times I am like Thomas. I want to see you face-to-face and hear you talk to me before I believe. But you challenge me to believe in you without seeing you. Free me from my desire for proof of your Resurrection. Help me to join the billions of believers who, during these past two thousand years, have had faith without seeing you. Give me the grace to see your presence in the sacraments, in the Gospels, in other people, and in all of creation.

Silent reflection. Who has helped you grow in faith during your life? Ask for God's grace to continue growing as a person of faith.

All. Risen Lord, it's easy to make excuses for not believing in you, especially at the beginning of the twenty-first century. Help us to accept that having faith and living it out are at times going to be hard work. Thank you for all the believers throughout the ages who also had to work at being

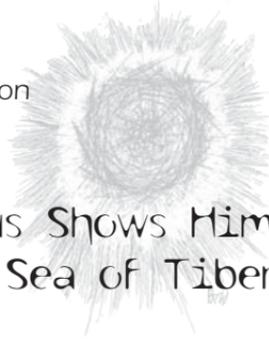


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people of faith. Now it is our turn. Help us remember that faith is not just something we believe; it is something we must live each day. Like Thomas, we claim you as our Lord and our God. We are counting on the grace of your spirit to help us along our faith journey. Grant us Resurrection faith. Amen.

- John 20:24–29

The **Eighth** Station of the Resurrection



Jesus Shows Himself at the Sea of Tiberius

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. After Peter and several of the disciples spend an unsuccessful night of fishing, Jesus appears on the beach, but they do not recognize him. Jesus tells them to cast their net on the right side of the boat, and it immediately overflows with fish. One of the disciples claims, "It is the Lord!" (John 21:7). Filled with excitement and eager to be with Jesus, Peter jumps into the lake, while the other disciples stay in the boat and drag the net filled with fish to the shore.

All. Lord Jesus, Peter was so eager to be with you that he plunged into the chilly water. His friends stayed with the boat and hauled in the fish. I am beginning to see that as a person of faith, I need to be eager to spend time with you, like Peter. I also need to be practical and thoughtful, like the disciples who stayed with the boat. You want me to have childlike eagerness and trust, and you want me to use my mind so that I am thoughtful in my approach to faith. Catch me as I plunge into the waters of faith to be with you.

Silent reflection. How eager are you to jump in and spend time with Jesus in prayerful friendship? How can your gift of intelligence strengthen your faith?

All. Risen Lord, when we are unable to catch what we want in life, help us to cast our nets in your direction. You want to give us what we need. You are eager to fill our hearts with



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faith, love, and hope. You want us to know peace and happiness. Help us to make room for you in the midst of our busy lives. Help us to spend a few minutes with you in prayer each day so that we might be better able to receive what you desire to give us. Grant us Resurrection faith. Amen.

- John 21:1–14

The **Ninth** Station of the Resurrection



Jesus Commissions Peter

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. Before Jesus' death, Peter denies three times that he knows him. On the beach after breakfast, Jesus asks Peter three times if he loves him. Although Peter is hurt, perhaps Jesus simply wants to confirm the depth of Peter's love. Jesus is counting on him to lead his people, and he is counting on us to show Christian leadership in our lives.

All. Lord Jesus, I wonder what I would say if you asked me if I loved you. It's hard to love someone I can't see. But I know I can show you my love by how I love and care for others. Help me to look for opportunities to care for the people you have placed in my life. Show me how I can be less selfish and more generous. Help me to do my part in making this world a better place.

Silent reflection. How have you recently shown love and compassion and care for others—and Jesus—by the little things you have done?

All. Risen Lord, help us not to just talk about love but to speak and act with love in our daily life. If someone deliberately hurts us, help us to love them by not retaliating, and to love ourselves by not letting them hurt us again. Help us remember that love is absent when we use or judge people, but it is present and alive when we seek the best for others. Be with us and strengthen us as we pay the price for loving. Grant us Resurrection faith. Amen.

- John 21:15–19



Angela Williford, 17, Saint Agnes Academy, Memphis, Tennessee



Jesus Promises to Be with His Disciples Always

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. The eleven disciples meet Jesus on a mountain in Galilee where he gives them the awesome responsibility and mission to spread the Good News and make disciples throughout the world. He tells them to baptize and to teach everything he has taught them. Finally, he promises his disciples—and us—what God promised to Abraham and all the people of Israel, “And remember, I am with you always, to the end of the age” (Matthew 28:20).

All. Lord Jesus, thank you for your promise to be with me always. I’m going to need you to be with me if I’m going to share my faith with others. I don’t know how to go about helping others believe when I often wrestle with doubts myself. I don’t always feel comfortable preaching about you, but maybe that’s not what you’re asking me to do. Perhaps I can tell others about you by how I act and the choices I make. I can show others that I have faith in you by being kind, compassionate, and thoughtful in my everyday life.

Silent reflection. What are some of the difficult times and situations in your life in which you need to remember that Jesus is with you always? What actions can you take to help bring the love of Jesus to others?

All. Risen Lord, you want each of us to know that you are with us always. You are counting on us to help make your presence known, especially to those who most need to



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know of your love. Inspire us to reach out to those in need, for when we do so, we make your presence felt. We can bring you to others and others to you. We are counting on your promise to be with us as we try to do what you ask of us. Grant us Resurrection faith. Amen.

- Matthew 28:16–20

The **Eleventh** Station of the Resurrection



Jesus Ascends to Heaven

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. The disciples are gathered around Jesus when he says to them, “You will receive power when the Holy Spirit has come upon you; and you will be my witnesses . . . to the ends of the earth” (Acts of the Apostles 1:8). Then Jesus is taken up into heaven and returns to his Abba God. As the disciples stare at the sky, two angels appear and promise them that Jesus “will come in the same way as you saw him go into heaven” (verse 11).

All. Lord Jesus, I wonder what heaven is like. I wonder where it is and whether I will see people I love there. I wonder if I will still be me. Until I get to heaven, you invite me to live the life you have given me fully and joyfully. You have blessed me with unique gifts and talents to share with others. As I wait for you to come again, help me to live with the awareness that you truly came into my heart at baptism. And because your presence is within me, I can be a witness to your love.

Silent reflection. What do you think heaven might be like? How might you live more fully and joyfully the life God has given you?

All. Risen Lord, we wish we could get a glimpse of heaven. We hope and pray that our loved ones who have died are resting peacefully in your love. Help us remember that when we follow your way of living and loving, we experi-



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ence heaven right here on earth. Give us the grace to follow you, so that heaven will come to us here and now. Grant us Resurrection faith. Amen.

- Acts of the Apostles 1:6–11



The Holy Spirit Descends at Pentecost

Leader. Abba God, risen Jesus, Holy Spirit, you conquered sin and defeated death.

All. Fill us with Easter joy and greater love for one another.

Leader. Jesus, no longer with the disciples in his resurrected body, has returned to his Abba God. The disciples are gathered when “suddenly from heaven there came a sound like the rush of a violent wind. . . . Divided tongues, as of fire, . . . 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 of the Apostles 2:2–4).

All. Lord Jesus, it must have been a powerful experience for your followers when the Holy Spirit came upon them. Your Spirit gave them the ability to speak in other languages so that they could carry the Good News to everyone. Help me to remember that your Spirit is alive and active in Christians throughout the world. Help me to be aware of your Spirit in me so that I might see more clearly that our church is truly a universal church, and that it is for believers of every nation and language.

Silent reflection. Consider for a moment that Jesus’ spirit—the Holy Spirit—lives within you. Ask the Holy Spirit to help you set aside any prejudices you may have toward people of different races, languages, and beliefs.

All. Risen Lord, show us how we can be more accepting and welcoming of the many different kinds of people with whom we share this world. Teach us to care for those we can, and to care about those who are beyond our power



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to help. Strengthen your church throughout the world to respond to the needs of poor and downtrodden people. May your spirit within each of us lead us to make a difference in our world. Grant us Resurrection faith. Amen.

- Acts of the Apostles 2:1–4