

# The Stations of the Resurrection

Adapted from *Common Worship: Times and Seasons*

Through Lent and Passiontide there has been a long tradition in the Church of meditating on the events of the suffering and death of the Lord Jesus, called the Stations of the Cross. In the latter part of the twentieth century a complementary devotion emerged, possibly from the Iberian peninsula, called the Stations of the Resurrection or the Stations of Joy. They provide much-needed resources for the celebration of the Great Fifty Days. As with the Stations of the Cross, we move from station to station, reading an appropriate Bible passage and meditating on it. By using the resurrection appearances as a focus for reflection and meditation we have an opportunity to appreciate and celebrate the Easter mysteries of the resurrection of our Lord. The resurrection appearances are more than just stories or history, they are a record of personal encounters with our risen Lord, so silence and space should be given to enable that encounter to happen today.

Sing for joy, O heavens, and exult, O earth;  
break forth, O mountains, into singing!  
For the Lord has comforted his people,  
and will have compassion on his suffering ones.

*Isaiah 49.13*

Lord of all life and power,  
who through the mighty resurrection of your Son  
overcame the old order of sin and death  
to make all things new in him:  
grant that we, being dead to sin  
and alive to you in Jesus Christ,  
may reign with him in glory;  
to whom with you and the Holy Spirit  
be praise and honour, glory and might,  
now and in all eternity. *Amen*

# The Stations of the Resurrection

**I** The earthquake

Matthew 28.2-4

**II** Mary Magdalene finds the empty tomb

John 20.1,2

**III** The disciples run to the empty tomb

John 20.3-8

**IV** The angel appears to the women

Matthew 28.5-8

*or* Mark 16.3-8

*or* Luke 24.2-9

**V** Jesus meets the women

Matthew 28.9,10

**VI** The road to Emmaus

Luke 24.28-35

**VII** Jesus appears to the disciples

Luke 24.36-43

*or* John 20.19,20

**VIII** Jesus promises the Spirit

Luke 24.44-49

**IX** Jesus commissions the disciples

John 20.21-23

**X** Jesus breathes the Spirit in the upper room

John 20.22,23

**XI** Jesus reveals himself to Thomas

John 20.24-29

**XII** Jesus appears at the lakeside

John 21.9-13

- XIII** Jesus confronts Peter  
John 21.15-19
- XIV** Jesus and the beloved disciple  
John 21.20-23
- XV** Jesus appears to over five hundred at once  
1 Corinthians 15.3-6
- XVI** Jesus commissions the disciples on the mountain  
Matthew 28.16-20
- XVII** The ascension  
Acts 1.3-11
- XVIII** Pentecost  
Acts 2.1-11
- XIX** Jesus appears to Saul (Paul)  
Acts 9.1-18  
or 1 Corinthians 15.8

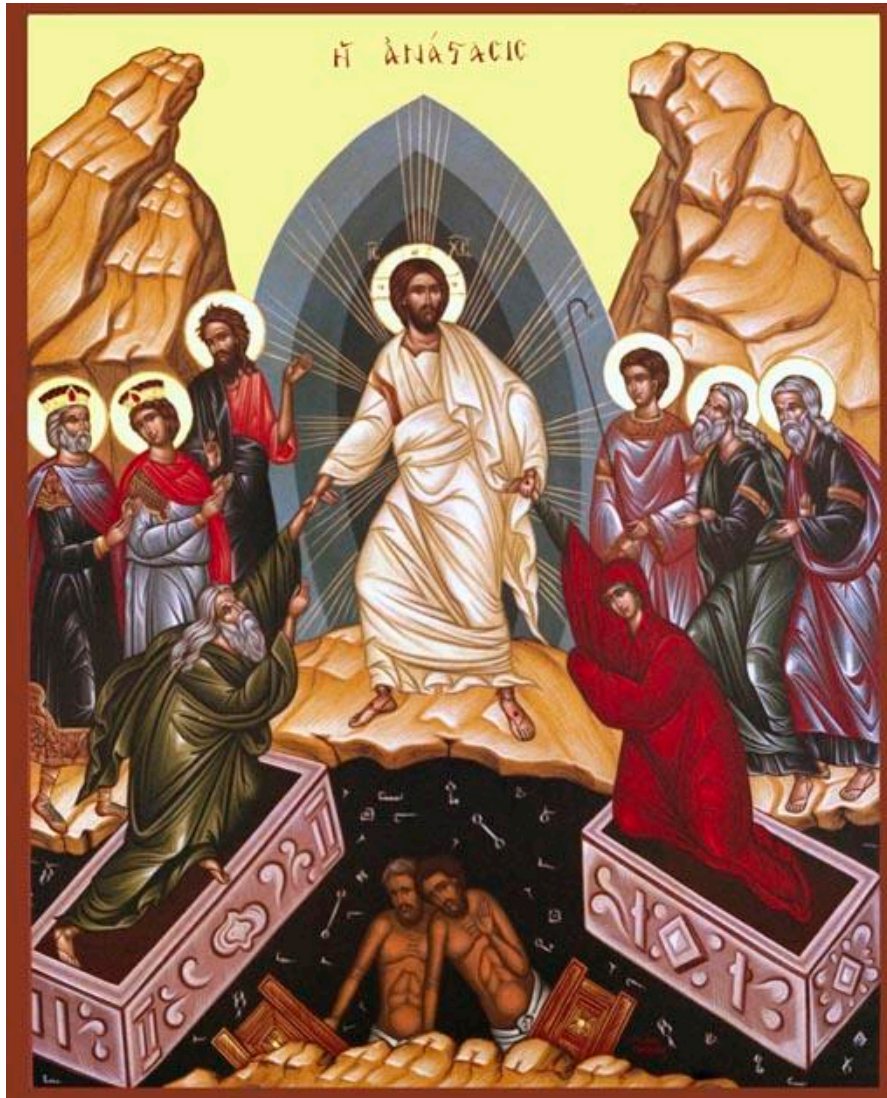
*Please use these texts and images in any way you find helpful*

## **First Station: The earthquake** ↑

### **Reading Matthew 28.2-4**

Suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him the guards shook and became like dead men.

*Reflection or meditation may follow.*



Orthodox Byzantine Icon *The Harrowing of Hell*

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory, for in your resurrection the power of love breaks open the earth and frees life from death.

As the angel rolled away the stone from the prison of the tomb, so release those imprisoned by life's misfortunes.

To you, Lord Jesus,  
whose life brings surprises beyond our wildest expectations,  
be honour and glory, now and for ever. *Amen*

## Second Station: Mary Magdalene finds the empty tomb †

### Reading John 20.1-2

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.'

*Reflection or meditation may follow.*



Giotto *The risen Lord appears to Mary Magdalene* c1320

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory, for the love which drew Mary Magdalene to your tomb to weep over your death.

As you broke into her grief with your death-shattering life, so reach into our broken hearts with your promise of hope.

To you, Lord Jesus,  
reaching into the deepest tombs of our despair,  
be honour and glory, now and for ever. *Amen*

## Third Station: The disciples run to the empty tomb<sup>†</sup>

### Reading John 20.3-8

Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed.

*Reflection or meditation may follow.*

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory, for in you our God reveals the awesome power of love that is stronger even than death.

As in your dying you destroyed death, so in your rising may we be raised above the trials and torments of this world's woe.

To you, Lord Jesus, the fullness of your life revealed in an empty tomb, be honour and glory, now and for ever. *Amen*

## Fourth Station: The angel appears to the women †

### Reading Matthew 28.5-8

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. Come, see the place where he lay. Then go quickly and tell his disciples, "He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him." This is my message for you.' So they left the tomb quickly with fear and great joy, and ran to tell his disciples.

*Reflection or meditation may follow.*



Fra Angelico *Resurrection of Christ and Women at the Tomb* 1440-42

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for your resurrection overturns our expectations of life  
and even your closest friends could not see truth before them.

As the angel helped them to grasp your triumph  
and overcome their fear,

so help us to see your hand at work

through the events that overtake us.

To you, Lord Jesus,

whose ways astonish beyond our imagining,

be honour and glory, now and for ever. *Amen*



## Fifth Station: Jesus meets the women †

### Reading Matthew 28.9,10

Suddenly Jesus met them and said, 'Greetings!' And they came to him, took hold of his feet, and worshipped him. Then Jesus said to them, 'Do not be afraid; go and tell my brothers to go to Galilee; there they will see me.'

*Reflection or meditation may follow.*



Juan de Flandes *Christ appearing to his mother* 1500-04

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory, for your simple word of greeting made the hearts of the women leap with joy.

Speak your word of love to those whose hearts are broken, that they too may hear your loving, beckoning call.

To you, Lord Jesus, whose call summons us to life in all its fullness, be honour and glory, now and for ever. *Amen*

## Sixth Station: The road to Emmaus †

### Reading Luke 24.28-35

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?' That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, 'The Lord has risen indeed, and he has appeared to Simon!' Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

*Reflection or meditation may follow.*



Duccio *On the Road to Emmaus* 1308-1311

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for you are with us,  
even when our eyes are closed to your companionship.  
Walk this day alongside the disconsolate and the despairing,  
open their eyes to your gentle illumination,  
and let their hearts burn within them at your invisible presence.  
To you, Lord Jesus,  
walking by our side,  
be honour and glory, now and for ever. *Amen*

## Seventh Station: Jesus appears to the disciples †

### Reading Luke 24.36-43

While they were talking about this, Jesus himself stood among them and said to them, 'Peace be with you.' They were startled and terrified, and thought that they were seeing a ghost. He said 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; 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. While in their joy they were disbelieving and still wondering, he said to them, 'Have you anything here to eat?' They gave him a piece of broiled fish, and he took it and ate in their presence.

*Reflection or meditation may follow.*

### Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for in your birth you were proclaimed the Prince of Peace,  
and in your resurrection you breathe into your people  
peace beyond this world's understanding.

Be present, Lord, this day  
with those whose lives are disfigured by conflict  
and those whose hearts know no peace.

To you, Lord Jesus,  
true bringer of the peace of heaven,  
be honour and glory, now and for ever. *Amen*

## Eighth Station: Jesus promises the Spirit †

### Reading Luke 24.44-49

Then he said to them, 'These are my words that I spoke to you while I was still with you - that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.' Then he opened their minds to understand the scriptures, and he said to them, 'Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high.'

*Reflection or meditation may follow.*



Duccio *Jesus saying farewell to his eleven remaining disciples* 1308-11

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory, for you promised that the same power that was at work when you were raised from the dead would also be alive in us.

Show your power to those who are powerless; reveal your love to those who feel unlovely and through your Spirit enable all your people to be witnesses of your amazing grace.

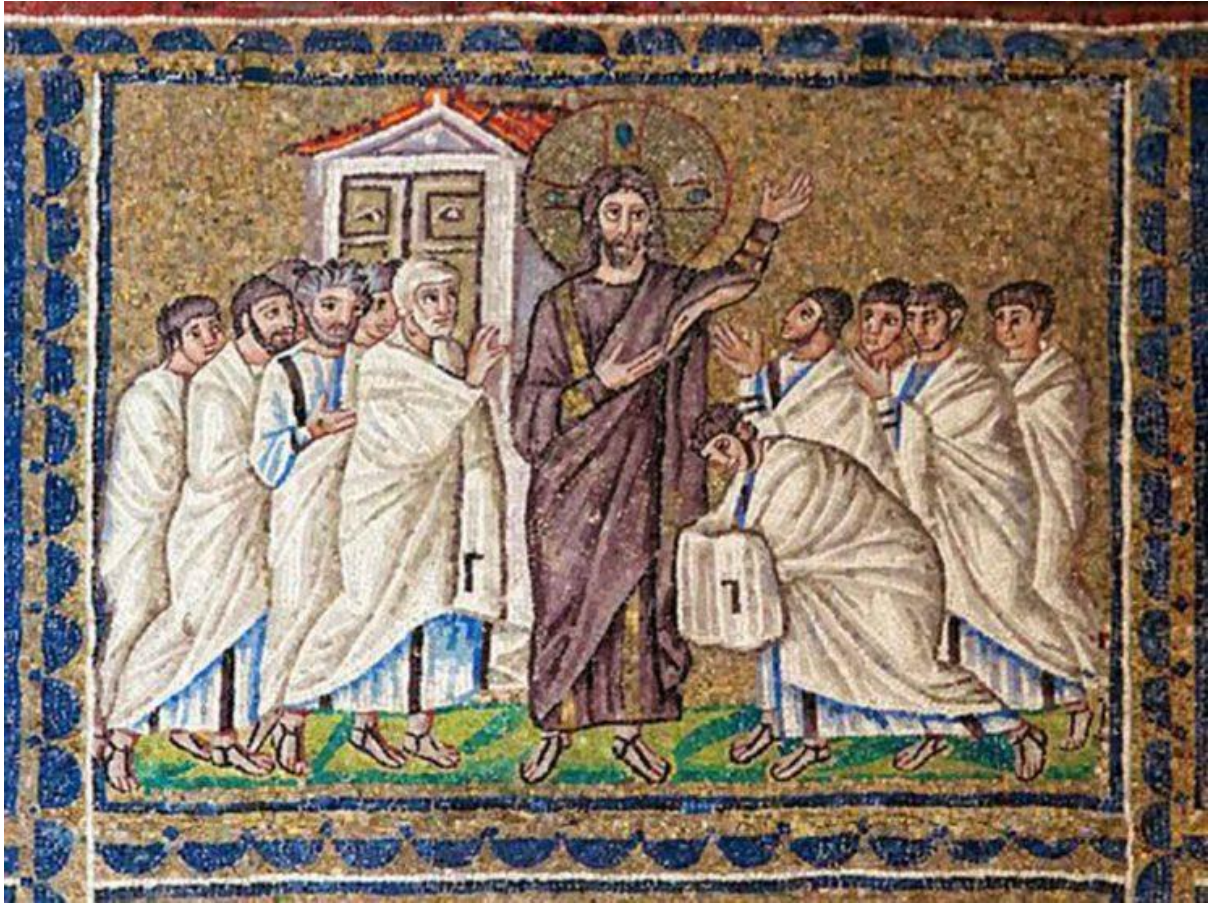
To you, Lord Jesus, daily renewing your people and your creation, be honour and glory, now and for ever. *Amen*

## Ninth Station: Jesus commissions the disciples †

### Reading John 20.21-23

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.'

*Reflection or meditation may follow.*



*The risen Lord appears to his disciples in Jerusalem Mosaic in the church of Sant'Apollinare Nuovo, Ravenna, Italy*

## **Prayer**

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for as you were sent by the Father, so you send us.  
Equip your Church with the gifts to fulfil our calling  
that we may love as you loved,  
serve as you served,  
and willingly follow wherever you lead.  
To you, Lord Jesus,  
gifting your people,  
be honour and glory, now and for ever. *Amen*

## Tenth Station: Jesus breathes the Spirit in the upper room †

### Reading John 20.22,23

When Jesus 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.'

*Reflection or meditation may follow.*

### Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory, for you breathed new life into your astonished disciples.

As you turned unutterable grief into unshakeable joy, so renew and refresh your turbulent world and establish now your reign of peace.

To you, Lord Jesus, transforming the pain of death into the fullness of life, be honour and glory, now and for ever. *Amen*

## Eleventh Station: Jesus reveals himself to Thomas †

### Reading John 20.24-29

Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told 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 in the mark of the nails and my



hand in his side, I will not believe.’ A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, ‘Peace be with you.’ Then he 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.’

*Reflection or meditation may follow.*



Caravaggio *The Incredulity of Saint Thomas* 1602

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for you come to us even in our doubting.

Through the sovereign work of your Spirit,  
and the loving hands of your people,

continue to reveal yourself where doubt is stronger than faith.

To you, Lord Jesus,

whose resurrection body bears the murderous marks of the cross,  
be honour and glory, now and for ever. *Amen*

## Twelfth Station: Jesus appears at the lakeside †

### Reading John 21.9-13

When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. 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 and 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. Jesus came and took the bread and gave it to them, and did the same with the fish.

*Reflection or meditation may follow.*



*Duccio Appearance on Lake Tiberias 1308-11*

## **Prayer**

We praise you and we bless you, our risen Lord Jesus, King of glory, for at the lakeside you showed concern for the daily needs of your disciples.

As you guided them to fill their nets with fish,  
so guide all who are hungry  
till their hunger is satisfied in you.

To you, Lord Jesus,  
sharing with us the food of faith,  
be honour and glory, now and for ever. *Amen*

## Thirteenth Station: Jesus confronts Peter †

### Reading 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.' Jesus said to him, 'Feed my lambs.' A second time he said to him, 'Simon, son of John, do you love me?' He said to him, 'Yes, Lord; you know that I love you.' Jesus said to him, 'Tend my sheep.' He said to him the third time, 'Simon, son of John, do you love me?' 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. Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go.' (He said this to indicate the kind of death by which he would glorify God.) After this he said to him, 'Follow me.'

*Reflection or meditation may follow.*



Raphael *Christ's Charge to Peter* 1515

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for even in the glorious victory of the resurrection  
you understood the failure of Peter who denied you.

As you restored him to relationship with you,  
remember all who feel downcast and worthless in this world's eyes  
and give them a sense of purpose and value.

To you, Lord Jesus,  
loving us despite our denial,  
be honour and glory, now and for ever. *Amen*

## Fourteenth Station: Jesus and the beloved disciple †

### Reading John 21.20-23

Peter turned and saw the disciple whom Jesus loved following them; he was the one who had reclined next to Jesus at the supper and had said, ‘Lord, who is it that is going to betray you?’ When Peter saw him, he said to Jesus, ‘Lord, what about him?’ Jesus said to him, ‘If it is my will that he remain until I come, what is that to you? Follow me!’ So the rumour spread in the community that this disciple would not die. Yet Jesus did not say to him that he would not die, but, ‘If it is my will that he remain until I come, what is that to you?’

*Reflection or meditation may follow.*

### Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory, for your single-minded commitment to your Father’s will.

May we be free from distractions of envy or self, that we might walk the way of the cross and know the power of your risen life.

To you, Lord Jesus, treading boldly on the path of suffering, be honour and glory, now and for ever. *Amen*

## **Fifteenth Station: Jesus appears to over five hundred at once †**

### **Reading First Letter to the Corinthians 15.3-6**

For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died.

*Reflection or meditation may follow.*

### **Prayer**

We praise you and we bless you, our risen Lord Jesus, King of glory, for your resurrection is a revelation to the whole world.

As you revealed yourself powerfully to so many, reveal yourself now as the hope for our world.

To you, Lord Jesus,  
going beyond the limits of our understanding,  
be honour and glory, now and for ever. *Amen*

## Sixteenth Station: Jesus commissions the disciples on the mountain †

### Reading Matthew 28.16-20

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority 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, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

*Reflection or meditation may follow.*



Icon of *The Ascension*



## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory, for you took the risk of passing your mission to frail disciples.

As you commissioned them to go into all the world, so may all the world come to you, the King of nations.

To you, Lord Jesus,  
with us to the end of the age,  
be honour and glory, now and for ever. *Amen*

## Seventeenth Station: The ascension †

### Reading Acts of the Apostles 1.3-11

After his suffering he presented himself alive to them by many convincing proofs, appearing to them over the course of forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. 'This', he said, 'is what you have heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now.' So when they had come together, they asked him, 'Lord, is this the time when you will restore the kingdom to Israel?' He replied, 'It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.' When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, 'Men of Galilee, why do you stand looking up towards heaven? This Jesus,

who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.'

*Reflection or meditation may follow.*



Giotto *The Ascension of Christ* 1304-06

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for in your ascension you are crowned King of kings and Lord of lords.  
As we worship you on your heavenly throne,

prepare our hearts for the coming of your Spirit.

To you, Lord Jesus,

who will come back in the same way you went up into heaven,

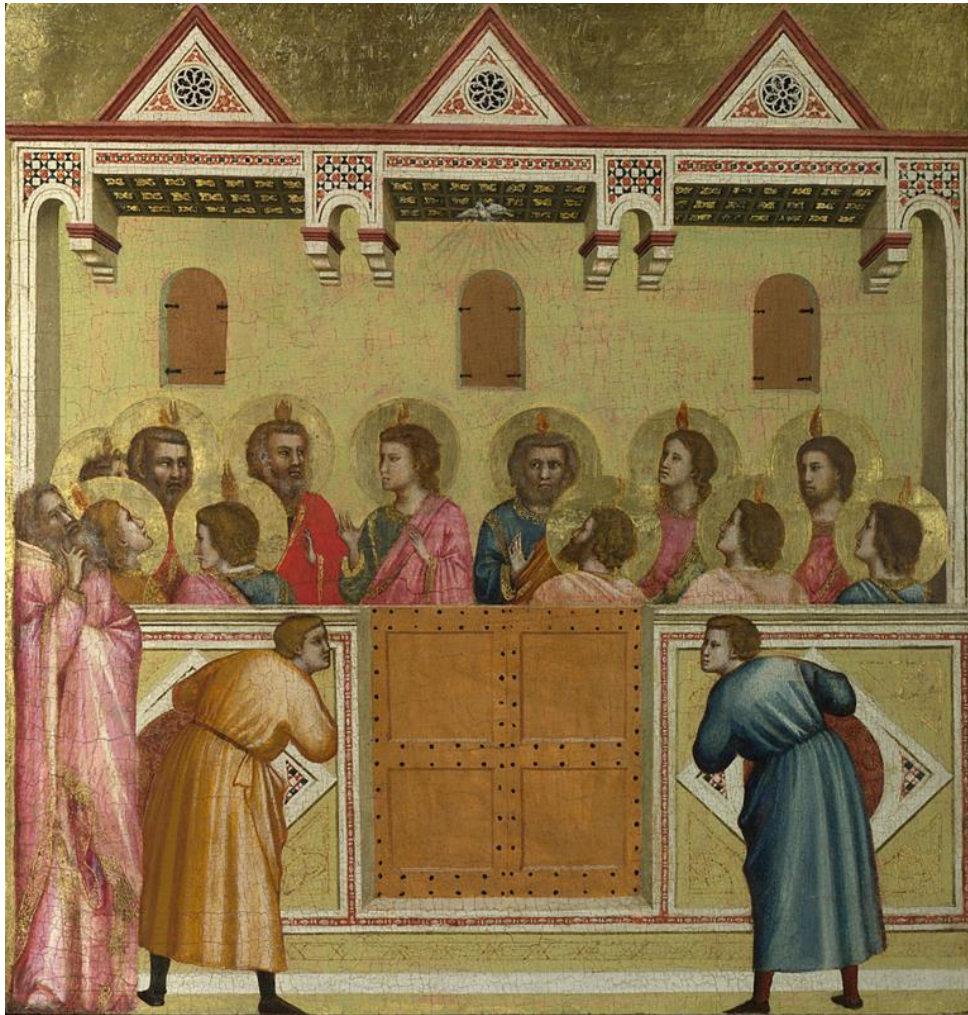
be honour and glory, now and for ever. *Amen*

## **Eighteenth Station: Pentecost** †

### **Reading Acts of the Apostles 2.1-11**

When the day of Pentecost had come, they were all together in one place. 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. Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, 'Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabs - in our own languages we hear them speaking about God's deeds of power.'

*Reflection or meditation may follow.*



Giotto

## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for you promised that your disciples would be baptized with the Holy  
Spirit

and now we see the fulfilment of your promise.

Fill us afresh with your Spirit today,

revive your Church,

and renew the face of the earth.

To you, Lord Jesus,

giving to your people the greatest gift of all,

be honour and glory, now and for ever. *Amen*

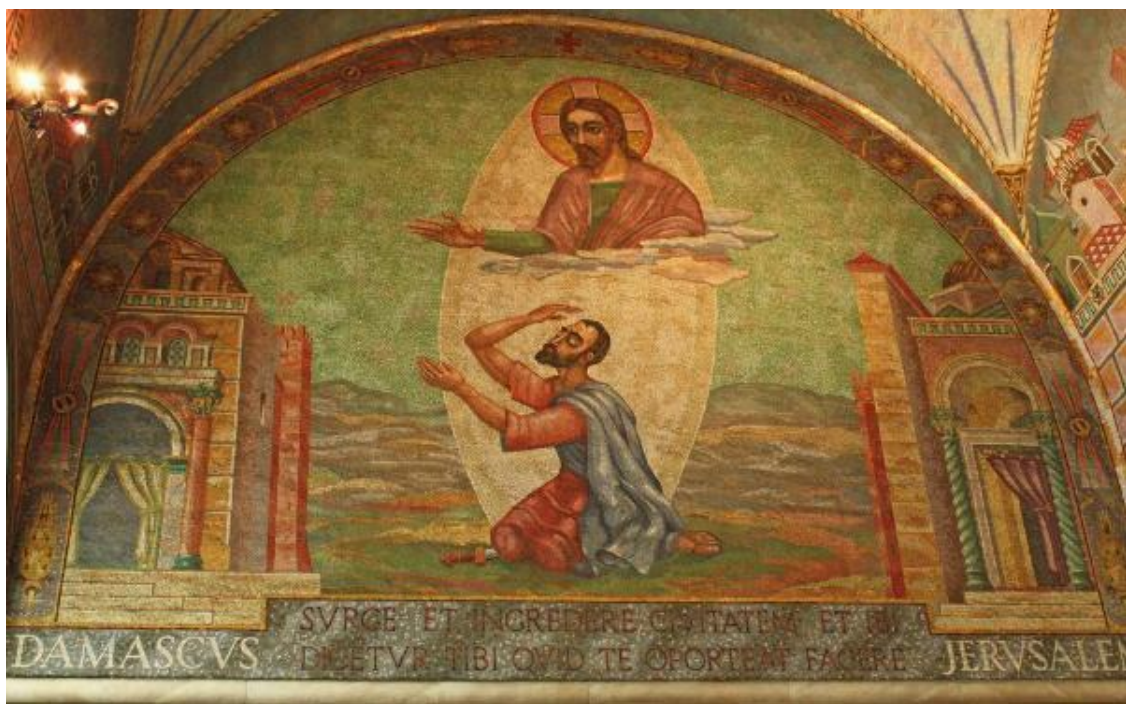
## Nineteenth Station: Jesus appears to Saul (Paul) †

### Reading Acts of the Apostles 9.1-18

Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice saying to him, 'Saul, Saul, why do you persecute me?' He asked, 'Who are you, Lord?' The reply came, 'I am Jesus, whom you are persecuting. But get up and enter the city, and you will be told what you are to do.' The men who were travelling with him stood speechless because they heard the voice but saw no one. Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. For three days he was without sight, and neither ate nor drank. Now there was a disciple in Damascus named Ananias. 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 at the house of Judas look for a man of Tarsus named Saul. At this moment he is praying, and he has seen in a vision a man named Ananias come in and lay his hands on him so that he might regain his sight.' But Ananias answered, 'Lord, I have heard from many about this man, how much evil he has done to your saints in Jerusalem; and here he has authority from the chief priests to bind all who invoke your name.' But the Lord said to him, 'Go, for he is an instrument whom I have chosen to bring my name before Gentiles and kings and before the people of Israel; I myself will show him how much he must suffer

for the sake of my name.’ So Ananias went and entered the house. He laid his hands on Saul and said, ‘Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit.’ And immediately something like scales fell from his eyes, and his sight was restored. Then he got up and was baptized.

*Reflection or meditation may follow.*



## Prayer

We praise you and we bless you, our risen Lord Jesus, King of glory, for you transformed the murderous Saul into the great apostle, Paul. As you revealed yourself to him on the road to Damascus, reveal yourself afresh to your people journeying through this life. To you, Lord Jesus, who can fill even the emptiest of lives, be honour and glory, now and for ever. *Amen*