



Church of  
St Francis Xavier

THE WAY OF  
*Light*  
Pray the Stations  
of the Resurrection

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### Primary Sources

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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.

# I. JESUS RISES FROM THE DEAD

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the  
Resurrection, you have redeemed the world.

**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

**Leader:** 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!

## II. THE DISCIPLES DISCOVER THE EMPTY TOMB

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the  
Resurrection, you have redeemed the world.

**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

**Leader:** 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.  
Amen.

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

### III. THE LORD APPEARS TO MARY MAGDALENE

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the  
Resurrection, you have redeemed the world.

**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 is 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

**Leader:** God our Father, you want 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. Amen.

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

## IV. THE LORD APPEARS ON THE ROAD TO EMMAUS

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the  
Resurrection, you have redeemed the world.

**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 24:15-17, 25-27).

**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 suffering, and rekindle our energy and our resolve to devote ourselves to what is most important in life.

### Silent prayer

**Leader:** Lord, stay with us. 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. 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!

## V. CHRIST REVEALS HIMSELF IN THE BREAKING OF BREAD

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the  
Resurrection, you have redeemed the world.

**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

**Leader:** Risen Jesus, we long to walk with you and to feel alive as our hearts burn to hear your words. We long to commune with you and have our eyes opened to your presence. Show us yourself in the communion meal and in the friends and strangers we invite to stay. Give us hearts burning to share the good news of your Resurrection. Amen.

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



## VI. THE RISEN CHRIST SHOWS HIMSELF ALIVE TO THE DISCIPLES

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the Resurrection, you have redeemed the world.

**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

**Leader:** God of unchanging power and light, look with favor and mercy on the entire community of your Church. Save all people, lift up the fallen, make the old new, and bring all things to perfection, through 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!

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

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the Resurrection, you have redeemed the world.

**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

**Leader:** 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. Amen.

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

## VIII. THE RISEN LORD STRENGTHENS THE FAITH OF THOMAS

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the  
Resurrection, you have redeemed the world.

**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. Our faith too may be tested by doubt and fear, so we are patient and understanding with those who are struggling and seeking.

### Silent prayer

**Leader:** 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. Amen.

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

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

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the Resurrection, you have redeemed the world.

**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. Out on the familiar Sea of Galilee, these expert fishermen 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.

### Silent prayer

**Leader:** 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!

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

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the Resurrection, you have redeemed the world.

**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

**Leader:** Father, fill our hearts with the fire of your love. 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. Amen.

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

## XI. THE RISEN LORD SENDS THE DISCIPLES INTO THE WORLD

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the Resurrection, you have redeemed the world.

**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

**Leader:** God of all creation, whose mighty power raised Jesus from the dead, 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. 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!

## XII. THE RISEN LORD ASCENDS INTO HEAVEN

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the  
Resurrection, you have redeemed the world.

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

### Silent prayer

**Leader:** 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!

## XIII. MARY AND THE DISCIPLES WAIT FOR THE SPIRIT

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the  
Resurrection, you have redeemed the world.

**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

**Leader:** 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!



## XIV. THE RISEN LORD SENDS THE HOLY SPIRIT

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**All:** We adore you, O Christ and we praise you.  
By the wood of the Cross and the light of the  
Resurrection, you have redeemed the world.

**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

**Leader:** 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!

## **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

**Leader:** Lord, may everything we do begin with your inspiration, continue with your help, and reach perfection under your guidance. We ask this through Christ, our risen Lord. Amen.

### **Sign of Peace**

*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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