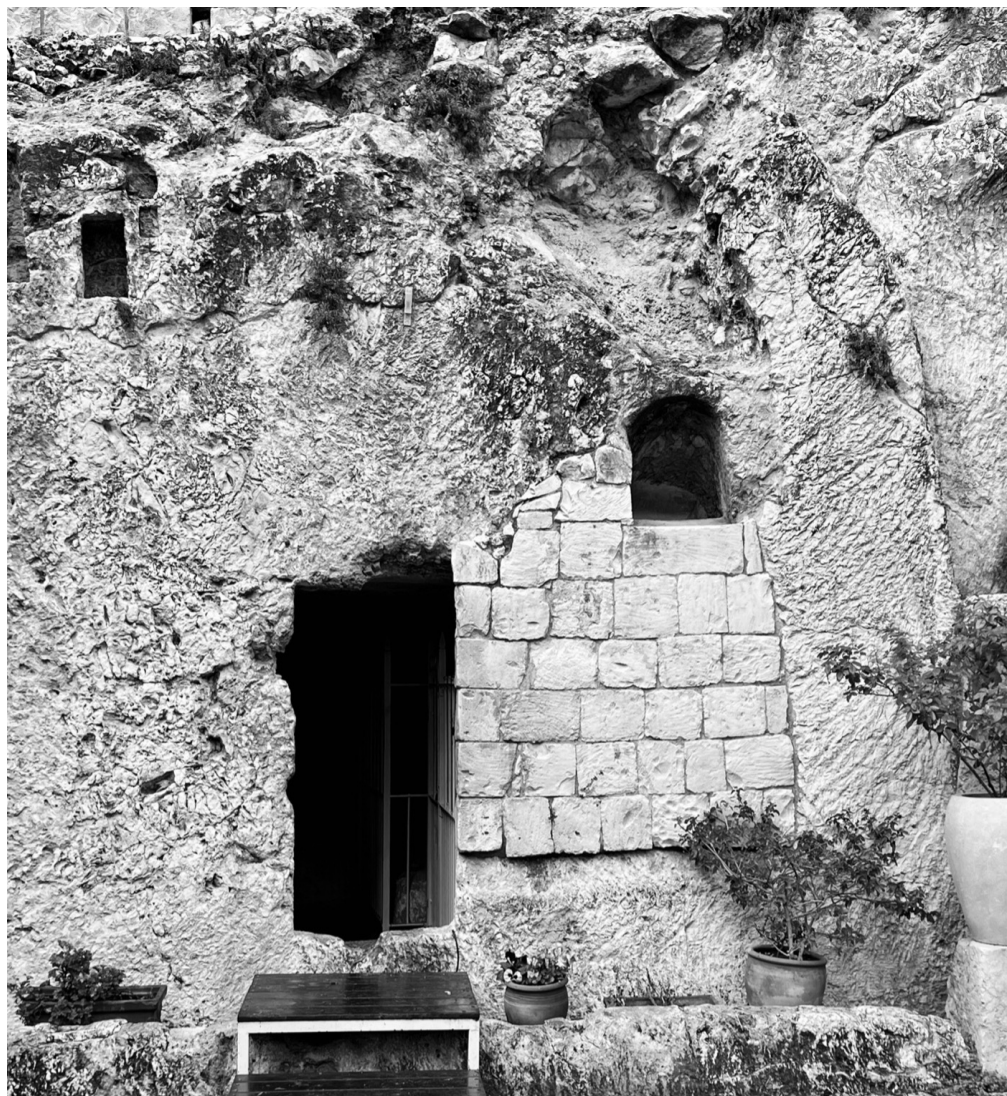


STATIONS OF THE RESURRECTION



A meditative prayer resource created in
thanksgiving to mark the
150th Anniversary of the
Anglican Diocese of Niagara

ANGLICAN
DIOCESE OF NIAGARA



Introduction

The Stations of the Resurrection, or *Via Lucis* (Way of Light), invite us to walk with the risen Christ and reflect on His appearances and actions after the resurrection. Just as the Stations of the Cross, *Via Crucis*, help us meditate on the passion and suffering of Jesus during Lent, the *Via Lucis* leads us to rejoice in the fulfillment of God's purposes through the resurrection of Jesus during the Easter season.



As we celebrate 150 years as a diocese, we invite you to use this resource—individually or in groups—as a way to give thanks for God's abundant blessings upon our parishes and the diocese as a whole. Through prayer and reflection on the risen Christ, may this devotion deepen our gratitude and inspire us to continue living the resurrected life.

Instructions

Each station consists of an image, scripture reading, reflective question, individual prayer, intercessory prayer, and a shared prayer. You are encouraged to consider the 12 stations as a spiritual journey or pilgrimage, either on your own or with others. As you enter into this time of spiritual encounter of God, pause and reflect and consider your own faith at each station.

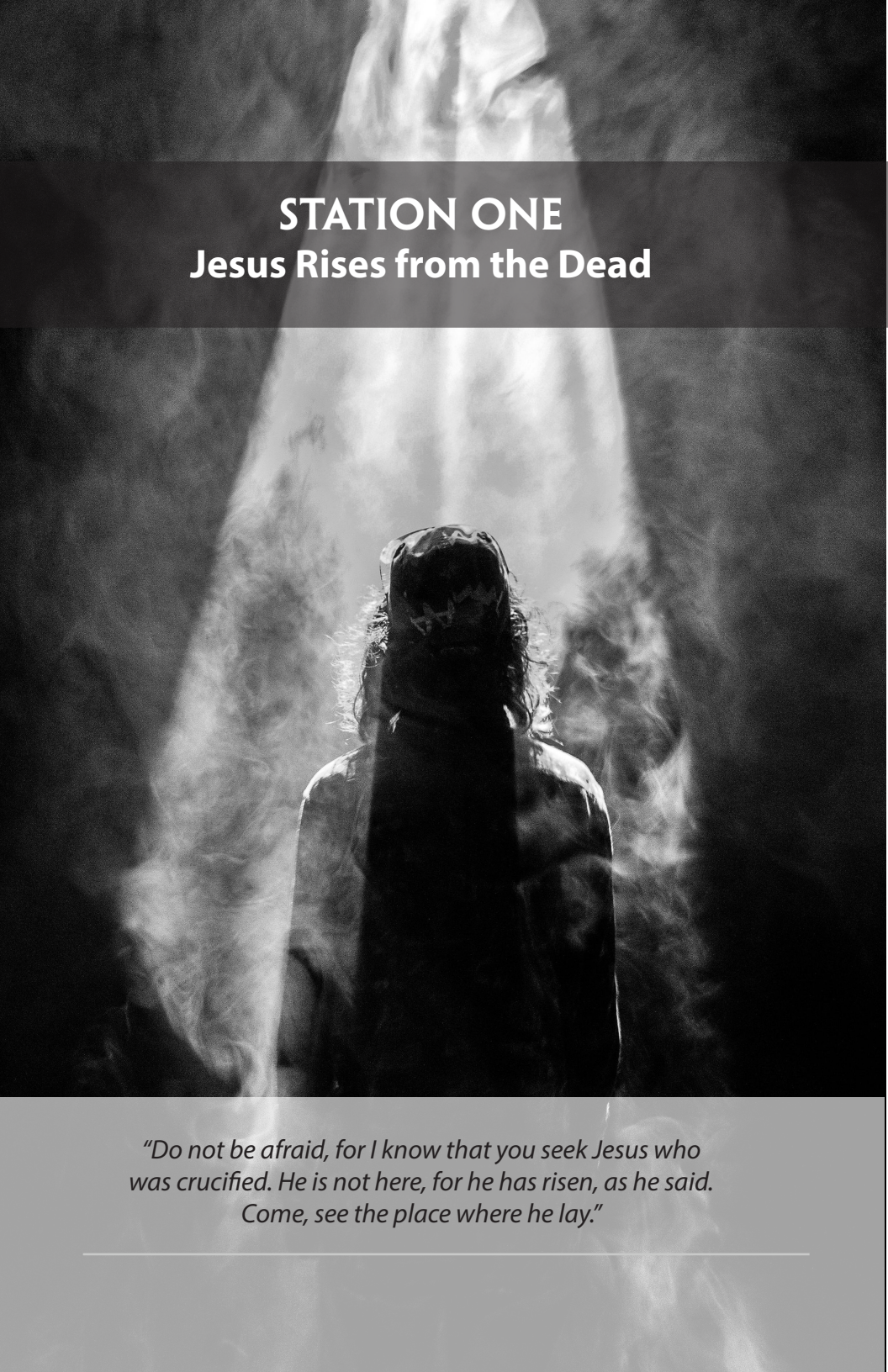
If you plan to use this resource in a group, you can print off the images (larger versions available in a separate file) and post them around the room. Invite people to go from station to station together or on their own time. Allow for individual reading and silent meditation. Take your time. Do not rush in this act of devotion.

As we journey through these stations, we rejoice in the risen Christ who walks with us. May our hearts be filled with God's peace and our lives reflect the glory of Jesus. Amen.

Shared prayer as we begin the journey:

*Risen Lord,
walk with us on our journey of faith.
Strengthen our hearts,
fill us with Your peace, and guide us in Your truth.
May we live as witnesses of Your resurrection,
sharing Your love and joy with the world.*

Amen.



STATION ONE

Jesus Rises from the Dead

"Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay."

Matthew 28: 1-10

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And 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. 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. 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. 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 Question: How does the reality of Jesus' resurrection bring hope into my life?

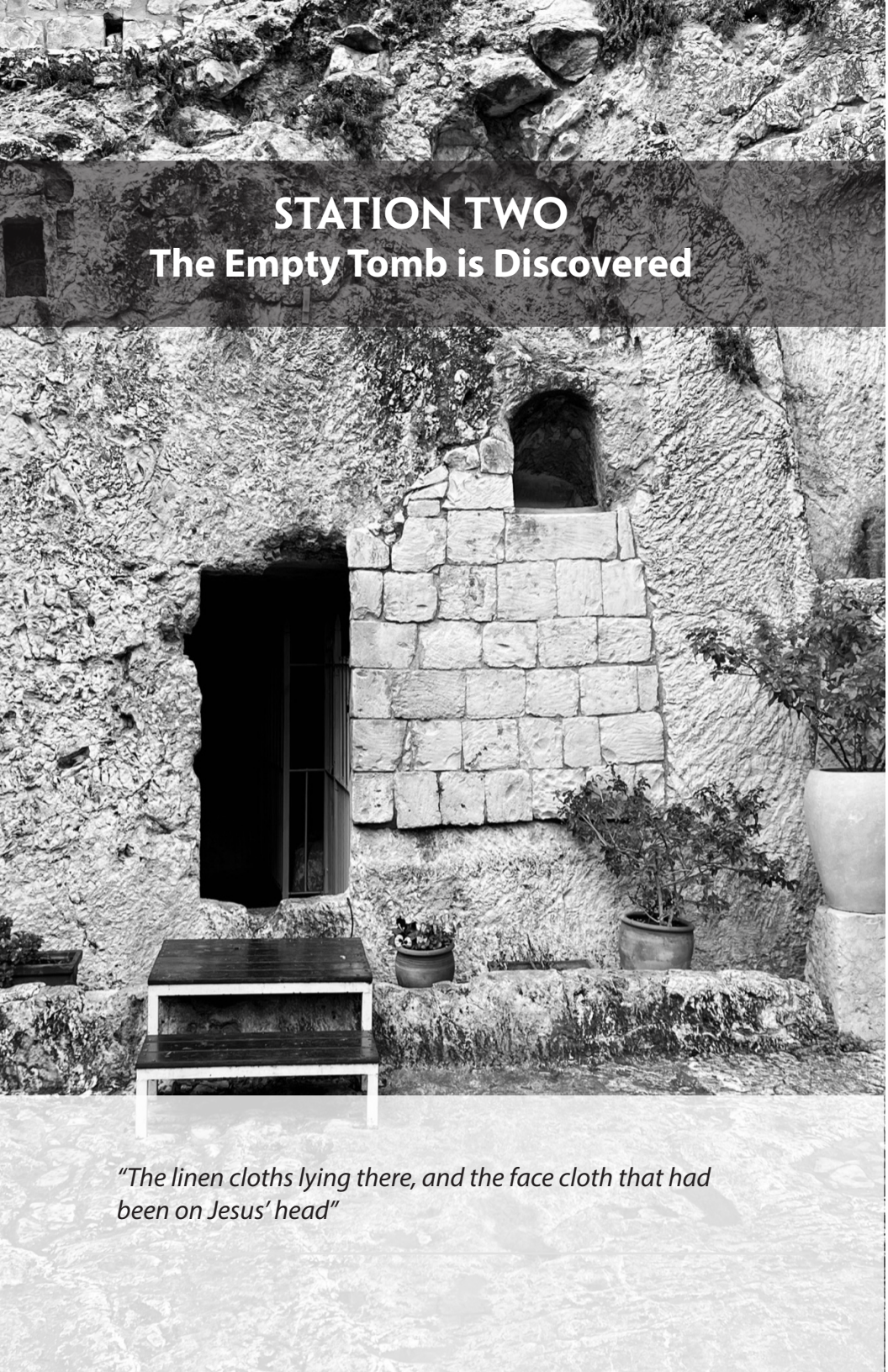
Prayer: Risen Lord, fill our hearts with faith and joy in Your victory over death. May we trust in Your promises and live in the light of Your resurrection. **Amen.**

Shared Prayer (if doing as a group):

Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for the Diocese of Niagara's 150th:

Risen Lord, just as you entrusted the two Marys with the joyous news of your resurrection, so too, you entrust us with the mission of sharing your life-giving presence. Pour out your Spirit upon the parishes and missions of the Diocese of Niagara, that they may be vibrant centers of worship, renewal, and connection with neighbours. Grant us wisdom, boldness, and imagination to meet the challenges of our time, that your Church may shine as a light of hope. In your name we pray, **Amen.**



STATION TWO

The Empty Tomb is Discovered

"The linen cloths lying there, and the face cloth that had been on Jesus' head"

John 20:3-10

Then 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 in there, and the cloth that 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; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

Reflection Question: Where do I perceive signs of God's presence in my life today?

Prayer: Lord, open our eyes to the signs of Your presence in our lives. Help us to believe even when we do not fully understand. **Amen.**

Shared Prayer (if doing in as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for the Diocese of Niagara's 150th:

God of revelation, you deepened the faith of the disciples as they stood before the empty tomb; deepen our faith as well. Strengthen our passion in the Diocese of Niagara for discipleship. May our efforts to grow in faith inspire hearts, expand understanding, and cultivate a lifelong commitment to you. Let our communities be places of discovery, transformation, and joyful witness. Through Christ our Lord, we pray. **Amen.**

STATION THREE

The Risen Jesus Appears to Mary Magdalene



*"Mary did not recognize Jesus. Jesus said to her, 'Mary.'
She turned and said to Him, 'Rabbouni!'"*

John 20:14-18

When she had said this, she turned round and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, 'Woman, why are you weeping? For whom are you looking?' Supposing him to be the gardener, she said to him, 'Sir, if you have carried him away, tell me where you have laid him, and I will take him away.' Jesus said to her, 'Mary!' She turned and said to him in Hebrew, 'Rabbouni!' (which means Teacher). Jesus said to her, 'Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, "I am ascending to my Father and your Father, to my God and your God."' Mary Magdalene went and announced to the disciples, 'I have seen the Lord'; and she told them that he had said these things to her.

Reflection Question: How do I respond when Jesus calls me by name?

Prayer: Jesus, You call us by name. Help us to recognize Your voice in our daily lives and respond with love and devotion. **Amen.**

Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for the Diocese of Niagara's 150th:

God of mercy and welcome, just as Jesus spoke Mary's name and showed himself to her, so too, you call each of us into communion with you. Strengthen the parishes and missions of our diocese as they reach out to those who feel distant from the Church or have yet to encounter your love. Give us compassionate hearts and creative minds to build welcoming spaces where all may experience belonging and renewal. We ask this in the name of Christ our Lord. **Amen.**

STATION FOUR

Jesus Appears on the Road to Emmaus



*"While they were talking and discussing, Jesus himself
came near and went with them."*

Luke 24:13-29

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, 'What are you discussing with each other while you walk along?' They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?' He asked them, 'What things?' They replied, 'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him. 'Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! 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.

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.

Reflection Question: Where do I recognise Jesus in my daily journey?

Prayer: Lord, be present with us in the breaking of the bread. Open the eyes of our hearts to Your presence in our lives and in the Eucharist. **Amen.**

Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for the Diocese of Niagara's 150th:

God of new beginnings, as Jesus journeyed with the disciples on the road to Emmaus, journey with us now, that we may recognize your presence in our midst. Stir within us a desire to share the stories of faith and mission unfolding in our communities, inspiring hope and igniting fresh possibilities for ministry in the Diocese of Niagara. May the witness of others encourage us, embolden our service, and reveal new ways of answering your call. Through Christ our Lord, we pray. **Amen.**

STATION FIVE
Jesus Reveals Himself
in the Breaking of the Bread



*"Were not our hearts burning with us while He was
talking to us on the road?"*

Luke 24:30-40

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.

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.

Reflection Question: How does Scripture inspire and move my heart?

Prayer: Lord, set our hearts on fire with love for You. May we recognize You in Scripture and in the breaking of the bread. **Amen.**

Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for the Diocese of Niagara's 150th:

God of presence and grace, just as the disciples' eyes were opened to Jesus in the breaking of the bread, open our hearts to encounter you in the eucharist. May our breaking of bread unite us more deeply with you and with one another. May all parishes and missions be places of spiritual nourishment, where people are fed by your word and sent forth to embody your love. We pray this through Christ our Lord. **Amen.**

STATION SIX

Jesus Appears to the Disciples in the Upper Room



"Jesus came and stood among them and said, 'Peace be with you.' Then the disciples rejoiced when they saw the Lord."

John 20:19-21

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, 'Peace be with you.' After he said this, he showed them his hands and his side. 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.'

Reflection Question: How can I share Christ's peace with others?

Prayer: Risen Lord, grant us Your peace. Remove our fears and strengthen our faith in Your abiding presence. **Amen.**

Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for the Diocese of Niagara's 150th:

God of peace and purpose, just as Jesus commissioned His disciples to be bearers of peace, so too, you send us forth to work for unity and reconciliation. Strengthen the Diocese of Niagara as we seek meaningful collaboration with churches, ministries, and community partners. Deepen our commitment to working together for justice, healing, and hope. May our collective efforts reflect Your kingdom and bear witness to the power of love in action. In the name of Christ, our risen Lord, we pray. **Amen.**

STATION SEVEN
**Jesus Gives the Disciples
the Power to Forgive Sins**

"If you forgive the sins of any, they are forgiven."

John 20:22-23

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 Question: Is there someone I need to forgive or seek forgiveness from?

Prayer: Lord, teach us to forgive as You have forgiven us. Fill us with Your Holy Spirit to bring reconciliation and peace to the world. **Amen.**

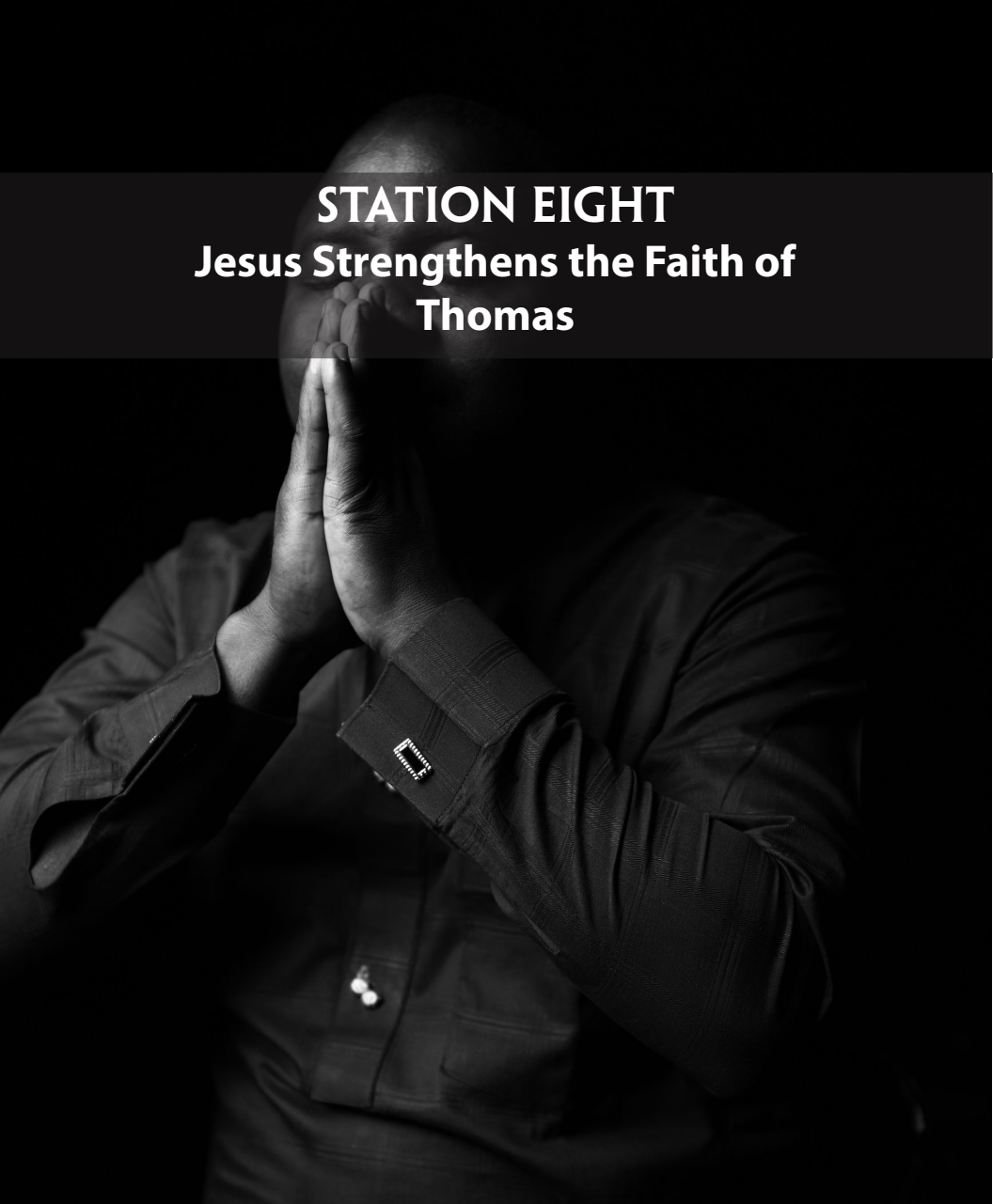
Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for the Diocese of Niagara's 150th:

Breath of God, who brings life and healing, just as Jesus breathed the Holy Spirit upon his disciples, breathe upon us now. Fill us with the courage to face the truth of our past and the humility to seek your forgiveness. We grieve the ways the Church has caused harm to people and communities through multiple forms of marginalization exclusion, oppression, and injustice.

Where we have failed to uphold the dignity of human beings made in your image, forgive us. Where we have failed to reflect Your love, forgive us. Where we have ignored suffering, forgive us.

May Your Spirit guide us in the work of healing and reconciliation, that we may become a Church where all are seen, valued, and embraced in the fullness of Your love. We ask this in the name of Jesus Christ, who redeems and restores. **Amen.**



STATION EIGHT

Jesus Strengthens the Faith of Thomas

"Do not doubt but believe"

John 20:24-29

But 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 Question: When have I struggled with doubt, and how has Jesus met me there?

Prayer: Jesus, strengthen our faith. Help us to believe in You even when we cannot see and proclaim You as our Lord and God. **Amen.**

Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for the Diocese of Niagara's 150th:

Risen Lord, you met Thomas in his doubt and revealed your wounds as a sign of love and truth. In a world of uncertainty, help us to keep our eyes firmly fixed on You. When we struggle to believe, draw us close. When we long for certainty, remind us that faith is found in trust, not just in sight. May our lives, churches, and the Diocese of Niagara be centered in you, guided by your love, and shaped by your mission. Let your presence be our foundation, leading us to bring hope, healing, and transformation to the world. We pray in the name of Jesus Christ, our Lord and our God. **Amen.**

STATION NINE

Jesus Appears by the Sea of Galilee



*"Jesus came and took the bread and gave it to them and
did the same with the fish."*

John 21:1-14

After these things Jesus showed himself again to the disciples by the Sea of Tiberias; and he showed himself in this way. Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples. Simon Peter said to them, 'I am going fishing.' They said to him, 'We will go with you.' They went out and got into the boat, but that night they caught nothing.

Just after daybreak, Jesus stood on the beach; but the disciples did not know that it was Jesus. Jesus said to them, 'Children, you have no fish, have you?' They answered him, 'No.' He said to them, 'Cast the net to the right side of the boat, and you will find some.' So they cast it, and now they were not able to haul it in because there were so many fish. That disciple whom Jesus loved said to Peter, 'It is the Lord!' When Simon Peter heard that it was the Lord, he put on some clothes, for he was naked, and jumped into the lake. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, only about a hundred yards off.

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. This was now the third time that Jesus appeared to the disciples after he was raised from the dead.

Reflection Question: How do I experience Jesus nourishing me in my life?

Prayer: Lord, nourish us with Your word and Your presence. May we always seek You in our daily lives. **Amen.**

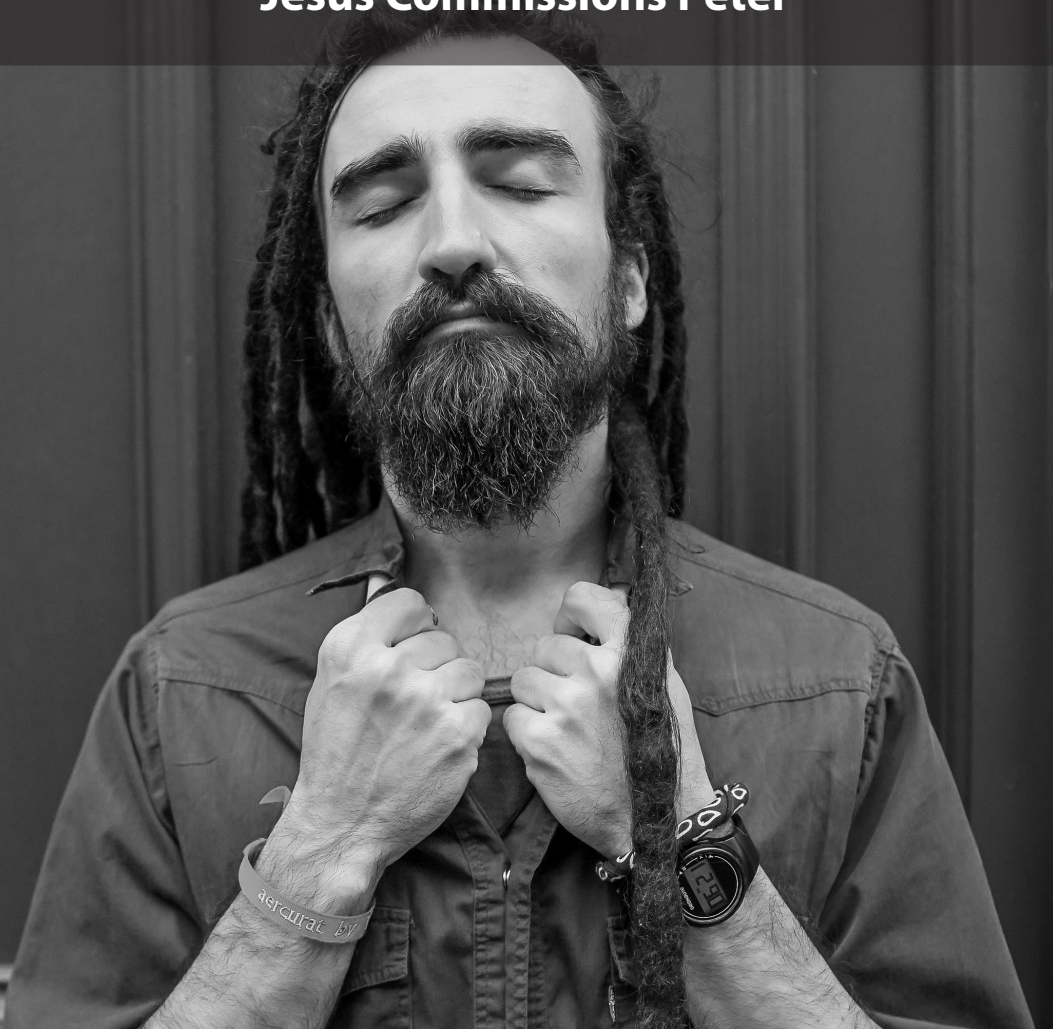
Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for the Diocese of Niagara's 150th:

God of Abundance, just as Jesus filled the disciples' nets with an overflowing catch, you pour out your grace upon us. You nourish us in body and spirit, providing more than we can ask or imagine. Help us to recognize and share the abundance of your love, generosity, and presence in our lives. May the people, parishes, and missions of the Diocese of Niagara be vessels of this abundance, offering hope, hospitality, and renewal to the world. Strengthen us to cast our nets with faith, knowing that in You, there is always more than enough. Through Christ our risen Lord, we pray. **Amen.**

STATION TEN

Jesus Commissions Peter



Jesus said, "Feed my sheep."

John 21:15-17

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.'

Reflection Question: How is Jesus calling me to serve others?

Prayer: Lord, help us to love You by serving others. Strengthen us to be faithful disciples and shepherds of Your people. **Amen.**

Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for Diocese of Niagara's 150th:

Loving God, just as Jesus called Peter to feed and tend his sheep, so too, you call leaders, ministers, and servants in every community to care for your people. We give thanks for Bishop Susan Bell and the clergy, lay workers, missionaries and all other leaders and volunteers who serve in the Diocese of Niagara. Strengthen them in their calling, renew them in spirit, and sustain them in their work. May they serve with wisdom, compassion, and joy, embodying Christ's love in all they do. Through Christ, our Shepherd and Lord, we pray. **Amen.**

STATION ELEVEN

Jesus Sends the Disciples into the World



"Go therefore and make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit."

John 21:15-17

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 Question: How can I share my faith with others?

Prayer: Lord, send us forth to proclaim Your Gospel with joy. Give us courage and wisdom to share Your Good News with the world. **Amen.**

Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for Diocese of Niagara's 150th:

Faithful God, for 150 years, you have guided the people of the Diocese of Niagara in living out the Great Commission—making disciples, baptizing, and teaching in your name. We give thanks for all who have gone before us, for their faith, vision, and dedication in sharing the good news of Christ. As we look to the future, strengthen us to continue this holy work for another 150 years and beyond. Fill our parishes and missions with courage, wisdom, and love, that we may proclaim your gospel with joy, serve with compassion. We ask this in the name of Jesus Christ. **Amen.**

STATION TWELVE

Jesus Ascends to Heaven



"He was lifted up, and a cloud took Him out of their sight."

Reading: Acts 1:6-11.

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 Question: How can I live in joyful expectation of Christ's return?

Prayer: Lord Jesus, as we await Your return, help us to live in hope and nurture the growth of Your kingdom on earth. Strengthen us to be faithful witnesses of Your resurrection. **Amen.**

Shared Prayer (if doing as a group): Risen Lord, walk with us on our journey of faith. Strengthen our hearts, fill us with Your peace, and guide us in Your truth. May we live as witnesses of Your resurrection, sharing Your love and joy with the world. **Amen.**

Prayer for Diocese of Niagara's 150th:

Gracious and Ever-Present God, just as Jesus sent His disciples out with the promise of the Holy Spirit, so too, you call us forward into the next stage of our journey as the Diocese of Niagara. As we stand at the threshold of what is to come, fill us with faith, vision, and a deep trust in your guiding presence. Strengthen us to be bold in mission, steadfast in love, and open to the movement of your Spirit. May we embrace new opportunities to serve, to witness, and to build your kingdom in our time. As we step forward, remind us that Christ goes before us, and that we are never alone. In his holy name, we pray. **Amen.**

NOTES

PRAYERS AND REFLECTIONS

The prayers and reflections in this resource were created by the staff of the Synod of the Diocese of Niagara in celebration of the 150th Anniversary.

BIBLE

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