



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

THURSDAY 4 APRIL



CONTEMPLATIVE ACTS - STATIONS OF THE RESURRECTION

This week's contemplative act is Stations of the Resurrection.

In the Fifth Week of Lent (21st March) you were invited to pray the Stations of the Cross which depict the events leading up to Jesus' crucifixion and death. Stations of the Resurrection (also known as the Way of Light - *Via Lucis*) encourage reflection on Jesus' resurrection and events depicted in the New Testament following Jesus' resurrection.

The stations reflect Jesus' resurrection appearances to the disciples, and stress the glory of Christ.

Some versions of the Stations of the Resurrection can be found at links below.

- Andrew Nunn: video at <https://www.youtube.com/watch?v=4N-RWDrWg5c>,
- St John's Aberdeen video <https://fb.watch/rdaq9Fw23F/>
- St Luke in the Fields (New York) video: <https://youtu.be/f5VnbwVdLFk?si=IQ24EkOEPTFNNm2n>

A useful book is *Stations of the Resurrection: Encounters with the Risen Christ* by Guli Francis-Dehqani and Malcolm Guite.

Collect for
Easter Sunday

Lord of life and power, through the mighty resurrection of your Son you have overcome the old order of sin and death and have made all things new in him. May we, being dead to sin and alive to you in Jesus Christ, reign with him in glory, who with you and the Holy Spirit is alive, one God, now and for ever.
Amen.

There is no agreed set of Stations of the Resurrection but below is a list of the events that are generally used, they are on the timeline of the resurrection of Jesus to the Holy Spirit descending at Pentecost.

1. Jesus is raised from the dead
2. The finding of the empty tomb
3. Mary Magdalene meets the risen Jesus
4. Jesus appears on the road to Emmaus
5. Jesus is known in the breaking of bread
6. Jesus appears to the disciples in Jerusalem
7. Jesus gives the disciples his peace and the power to forgive sins
8. Jesus strengthens the faith of Thomas
9. Jesus appears by the Sea of Tiberias
10. Jesus forgives Peter and commands him to feed his sheep
11. Jesus commissions the disciples upon the mountain
12. The Ascension of Jesus
13. Mary and the disciples wait in prayer
14. The Holy Spirit descends at Pentecost



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.

John 20.18

Usual Weekly Pattern

Sunday
RCL Eucharist
Readings and Collect

Monday
Delving Deeper into
the Readings

Tuesday
Words from Others
(sacred & secular)

Wednesday
Resources from the
Arts

Thursday
Contemplative Acts

Friday
Personal Reflection
- what this means to
me

Saturday
Acts & Deeds