

# Stations of the resurrection

## (Adults' version)

This activity is to help you remember the key messages of Easter at any time over the Easter period (Easter lasts for 40 days, the same as Lent). As a match to Stations of the Cross the Stations of the Resurrection has a reading, a reflection, a song and a prayer for each station. There often aren't songs in Stations of the Cross, but Easter is a celebration! They are linked to the resurrection appearances of Christ and each are linked to a natural prompt in the environment around the church.

To follow this activity you need to; download and print the materials or follow them on your phone.

It is based around the *outside* of St Benedict's Church, Hunsbury. Instructions are given. Each 'station' is photographed so you can see where to stand.

You will need to be wearing appropriate outdoor clothes and footwear; some of it involves going through undergrowth. If you prefer not to, then alternatives are suggested. Always be sure you are safe and steady.

You may want to bring a few pieces of thread or string with you, and something to eat - a packet of mini chocolate eggs would be ideal. However, you can do this with nothing except the instructions.

Each station gives a photograph, an instruction, a reading, something to do, a song and prayer. Use whatever you want and move on when you want. You might want to read only some of the readings. The songs are chosen to be ones you might know and be able to sing – if you don't know one, sing another one!

Where to go
The reading from the gospel
A reflection, and something to do
A song, and a prayer

A **family friendly** version is also available on the website, with activities including children and young people. As it's impossible to aim this completely for all children between 1-15, you'll have to work out what you want from the material, and use adult material as well, e.g. if children are older.

## First Appearance Jesus meets the women outside the tomb

Stand by the church door. If the church is open, stand in the porch, between the doors, in the dark. If not, then face the door. Think about the tomb, dark, sad and final, like a shut door. Open the door, or turn round and face the light.



After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.

There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men. The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. .... So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me.

The women came. They were not the important people in the eyes of the world. They came to do a menial job, but a job of love, caring for a human body, as so many women all over the world still do, washing, and caring for the physical bodies of others, babies and children, sick people and those who have died. They were grief stricken but they had to get on with it.

Then their world changed, for ever. There was an earthquake, bright lights, loud voices- and they were afraid.

And then they saw Jesus. Jesus, who spoke to them in a quiet voice.

It was, like the door we are at, a gateway to a new life. They took it. They believed. They worshipped. They went and did what he said. .

What will you do, at this point? Will you commit to the living Jesus ?

To signify what you will do at this door way, make a mark on the door. There may be some chalk just by the left hand side of the door, but if not, then make a mark with a leaf, or a fingernail.

**Song;** This is the day, this is the day, that the Lord has made, that the Lord has made,  
This is the day, this is the day, that the Lord has made, that the Lord has made,  
This is the day that the Lord has made, we will rejoice and be glad in it,  
This is the day, this is the day, that the Lord has made.

This is the day, this is the day, when he rose again, when he rose again .....

### **Prayer;**

Thank you for the miracle of the resurrection and the light and life you bring to our daily lives, our work, our care. Break into our lives Risen Lord, with light and thunder; and guide us into eternal life.

Amen

## Second Appearance Jesus meets Mary in the garden

Go and stand by the flowers just to the right of the door, or down the steps on the right –or anywhere else you can see flowering plants.

Find a plant- or pick up a petal or a leaf and look at it. See how intricate it is, and how it is shaped and coloured and how it smells.



Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot. They asked her, "Woman, why are you crying?" "They have taken my Lord away," she said, "and I don't know where they have put him." At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus. He asked her, "Woman, why are you crying? Who is it you are looking for?" Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him." Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher"). Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God'" Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her

Why wasn't Mary with the others? We don't know how these stories fit together. But Jesus came for Mary, as an individual. In his resurrection, at this most crucial time, he approached Mary, as Mary. He used her name. He didn't just say 'hey it's me' but he gave her the space and time. He didn't let her grieve, but he explained the truth to her. It was her response he waited for, her recognition of him. Why was this in a garden?

The flower, or leaf, you have picked, is a symbol of God's creativity in individuality. It is unique- just as you are. God recognises our uniqueness and approaches us, as individuals, in our own way, giving us space, and time. It is for us. He calls us too by name.

You might want to think about God calling your name, and to reply- in whisper, or a bold voice, or even a shout – 'Teacher'.

Pick up something – try not to spoil our garden! which reminds you of your individuality. There's a tree, on the left if you are facing the church door, which has some nails on it. Hang your individual leaf, or flower, on a nail and offer your individuality to God, and ask him to use it.



**Song** At break of dawn, poor Mary, Still weeping she came,  
When through her grief she heard Your voice now speaking her name.

Mary, Master, Mary, Master!

*You're alive, You're alive, You have risen, Alleluia!*

*And the power and the glory is given, Alleluia, Jesus, to You*

**Prayer** We thank you, risen Lord Jesus, that you have time for us, that you treat us each as an individual, and take us as we are. Help us to use our own creativity and individuality in the service of God, as did Mary. Amen ,

## Third Appearance The road to Emmaus

Go and stand in the road, or in the car park and think about your journeys to this church today. about all the things you bring from home with you – your worries, your joys , the jobs you have to do immediately when you get back, the people you live with or near, and those you love and pray for. Pick up a stone (there may be a pile of small stones by the tree next to the 'drive'). .



Now that same day two of them were going to a village called Emmaus, As they talked together about everything that had happened , Jesus himself came up and walked along with them; but they were kept from recognizing him. He asked them, “What are you discussing together as you walk along?” ..... Cleopas, asked him, “Are you the only one visiting Jerusalem who does not know the things that have happened there in these days,... about Jesus of Nazareth, ... a prophet, powerful in word and deed before God and all the people. *He was sentenced to death*, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning .... They told us that they had seen a vision of angels, who said he was alive.....He said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! ... And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly to stay. So he went in to stay with them. When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

They were puzzled. They were hopeful, but also disbelieving, after all, it was only women who’d told them. They were going home, ready to pick up again their lives, but unsure what to think. It was a relief to talk to someone, and then someone who was so ... well, he must have seemed unusual at least, and he was a spiritual tower of strength – and he made it all so clear. Even before Jesus revealed himself, they saw the point of the story –they put aside their burdens and concentrated on God- their hearts burning within them. They focused on Jesus – whose electrifying presence changed their lives for ever.

Life doesn’t always make sense, but the risen Jesus always does, even when we can’t understand it.

Put down your stone now, - find somewhere to put it which reminds you that God keeps our burdens for us and that we can share them with each other. Offer your worries to God..

**Song;;** One more step along the world I go, One more step along the world I go;

From the old things to the new, Keep me travelling along with you:

*And it's from the old I travel to the new; Keep me travelling along with you.*

You are older than the world can be, You are younger than the life in me;

Ever old and ever new, Keep me travelling along with you:

*And it's from the old ....*

**Prayer;** Risen Jesus, give us new focus on the light of life; on the joy of finding you in scripture and in service. Give us joy and peace as we share together in praising your resurrection. Bless us with hearts which burn in the fire of your love as we read the scriptures and meet the Risen Jesus. Amen.

## Fourth Appearance In the Upper Room

We're outside, so we don't have a locked room. But go into the more wooded area to the left of the main door, so that you are hidden. This is a kind of 'secret place' where the church's garden rubbish can't be seen!

Be careful – it's not tidy and there are trip hazards and branches at eye level. If you feel unsafe to go this far in- then stand under the large tree, on the grass, as close to the wood as possible



While they were still talking about this, Jesus himself stood among them and said to them, "Peace be with you." They were startled and frightened, thinking they saw a ghost. He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have." When he had said this, he showed them his hands and feet. And while they still did not believe it because of joy and amazement, he asked them, "Do you have anything here to eat?" They gave him a piece of broiled fish, and he took it and ate it in their presence.

He said to them, "This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms."

Then he opened their minds so they could understand the Scriptures. He told them, "This is what is written: The Messiah will suffer and rise from the dead on the third day, and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. You are witnesses of these things. I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high.

They think he may be alive- some have seen him. But it's still hard to know. They are doubting, and afraid; of the authorities – and of what this news might mean for them – can this be true? Jesus appears – and he is not a ghost. This is REAL and it's happening now. We don't always know the reality of God this closely – but here he shines on them and shares with them. Be open to Jesus shining and sharing with you – giving you the confidence to unlock the doors to your heart. He promises the power to go forward. Are you ready to go forward? To take on board the journey he's holding for you? To be ready, to reflect his light? He has shown he is human- he is eating, and so he makes things possible for us too.

Find a twig and break it, making a loud noise if you can, to signify those doors opening and the freedom that Jesus gives through breaking the bonds of fear.

**Song;** Christ is risen, we are risen! Shed upon us heavenly grace,  
Rain and dew and gleams of glory From the brightness of Thy face;  
That we, with our hearts in Heaven, Here on earth may fruitful be,  
And by angel hands be gathered, And be ever, Lord, with Thee.

Alleluia, alleluia! Glory be to God on high;  
Alleluia! to the Saviour Who has gained the victory;  
Alleluia! to the Spirit, Fount of love and sanctity:  
Alleluia, alleluia! To the Triune Majesty.

**Prayer;** Lord Jesus, give us the power, and the confidence, in your love, to go forward and meet the world with confidence. Shed on us your heavenly grace, that we may shine for you in the world and be called to you in heaven. Amen

## Fifth Appearance Jesus meets Thomas

Walk out of the wood, towards the top of the hill, so that you are still surrounded by the trees, but now you can see clearly down the hill. You can also get there by going round the outside of the church, down the hill and then turning left onto the grass. Here we are waiting to give ourselves confidence to go outside



Now Thomas ... one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, "We have seen the Lord!" But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe." A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."

Thomas said to him, "My Lord and my God!"

Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

Thomas doubted but just as importantly, he then BELIEVED and made the important, key declaration 'My Lord and My God!'. Doubt and faith are often not different, they are two sides of the same coin. The Risen Jesus comes to bear witness to the truth and shine light in our darkness. Our belief is blessed and thus like a tiny seed, is watered and grows bigger and as God continues to bless, so our faith can continue to grow.

Some have prickles- especially in the wood, - can you find something with prickles to remind you of the holes in the hands where Thomas put his fingers? Use this, not to make holes in your hands, but as a reminder that our joy was bought by his pain.

**Song;** Come see His hands and His feet The scars that speak of sacrifice  
Hands that flung stars into space To cruel nails surrendered

This is our God, The Servant King He calls us now to follow Him  
To bring our lives as a daily offering Of worship to The Servant King

**Prayer;** Risen Jesus, I believe; help my unbelief. Increase my faith through the glory of the resurrection and the light of Christ. Amen

## Sixth Appearance; Breakfast barbecue on the beach

Go down the hill, into the more open ground— where you can see the road and the paths – and be seen – a bit more. You are no longer hidden. While we don't have a lake to look at, you will have to imagine one! If it's a nice day, sit on the ground – and if you have some with you, share something to eat.



Afterward Jesus appeared again to his disciples, by the Sea of Galilee. It happened this way: Simon Peter, Thomas, Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. "I'm going out to fish," Simon Peter told them, and they said, "We'll go with you." So they went out and got into the boat, but that night they caught nothing. Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus. He called out to them, "Friends, haven't you any fish?" "No," they answered. He said, "Throw your net on the right side of the boat and you will find some." When they did, they were unable to haul the net in because of the large number of fish. Then the disciple whom Jesus loved said to Peter, "It is the Lord!" As soon as Simon Peter heard him say, "It is the Lord," he wrapped his outer garment around him (for he had taken it off) and jumped into the water. The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards. When they landed, they saw a fire of burning coals there with fish on it, and some bread. Jesus said to them, "Bring some of the fish you have just caught." So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. Jesus came, took the bread and gave it to them, and did the same with the fish.

The disciples are here, doing their daily work. They know Jesus is alive, but they aren't expecting to see him here. They are just getting on with life. When Jesus comes, he comes with ordinary things too – breakfast and fishing (well, ordinary to them! You probably don't usually fish for your breakfast). But even in the ordinary, Jesus is extraordinary. He doesn't just give them fish, he gives them 153 fish. He doesn't expect ordinariness – he makes and expects extraordinariness. He can help to make lives extraordinary, if we let him. He is the King – the king at the breakfast barbecue, which makes it something different. And in this they recognised him.

Find some twigs and grass, or a leaf, and make a fish shape. Are you a caught fish? You can take it home or hang it from a tree, on a piece of grass.



**Song;** Lord Jesus Christ you have come to us You are one with us, Mary's Son.

Cleansing our souls from all their sin pouring Your love and goodness in  
Jesus our love for you we sing, living Lord.

Lord Jesus Christ I would come to you live my life for you, Son of God.

All your commands I know are true, Your many gifts will make me new,  
into my life your power breaks through, living Lord.

**Prayer;** Lord Jesus, you are extraordinary, and you promise us an extraordinary life. Help us to be ready to see your resurrection glory in all that we do, and be open to all the opportunities, in our ordinary days, to see, and welcome you.

## Seventh Appearance The Ascension

Walk back, one way or other, to the front of the church, the grassy area just beyond the car park . You can get a good view here over the houses and other parts of Northampton, and further. It's not a mountain, exactly – but it's high up and you can imagine it.



Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted. Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go 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 I have commanded you. And surely I am with you always, to the very end of the age."....

When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. While he was blessing them, he left them and was taken up into heaven. Then they worshiped him and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.

Now you are standing on the top of the hill – it's not exactly a mountain but it shows you some of the work we need to do. There's a world out there which doesn't recognise Jesus. He has promised us power to go out and tell the world. Turn and look at the church, and remember how blest you are to be part of a church. The Risen Jesus has called you, and you are baptised into his family, and he is with us now and always.

Make a cross on the ground, where you stand, as we make the sign of the cross in baptism. There are lots of ways you can do it! Make something with twigs or some other natural material, or line up some stones, or branches,.. or by, gently, scoring a line in the grass, or by lying in the grass yourself, in a cross shape, or by... spreading something in a cross shape on it.

While this isn't a permanent reminder, it's your marker on this hill of this promise to serve

### **Song;**

Alleluia, Alleluia, give thanks to the Risen Lord,  
Alleluia, Alleluia, Give praise to his Name

Jesus is Lord of all the earth, he is the king of creation *alleluia, alleluia...*

Spread the good news o'er all the earth, Jesus has died and has risen... *Alleluia, alleluia*

### **Prayer ;**

Risen Jesus, we thank you for our baptism. Help us daily to live this out in the world, not being ashamed of our faith but living in the light. Amen

## Eighth Appearance to Paul

Now walk round the church and go to the bus shelter on the other side facing the old pub. We think about a man journeying, admittedly not on the bus, but a traveller on the road, and not a friend of Jesus. '



Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, ....., he might take them as prisoners to Jerusalem. As he neared Damascus on his journey, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?" "Who are you, Lord?" Saul asked.

"I am Jesus, whom you are persecuting," he replied. "Now get up and go into the city, and you will be told what you must do." The men traveling with Saul stood there speechless; they heard the sound but did not see anyone. Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. For three days he was blind, and did not eat or drink anything.....

In Damascus there was a disciple named Ananias. .... The Lord told him, "Go to the house of Judas on Straight Street and ask for a man from Tarsus named Saul, for he is praying. In a vision he has seen a man named Ananias come and place his hands on him to restore his sight." Then Ananias went to the house and entered it. Placing his hands on Saul, he said, "Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit." Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized, and after taking some food, he regained his strength

Stand in the bus shelter (don't scare anyone waiting for a bus!)and remember that you too are part of the world. Look at the houses around and where the community shops are. Cover your eyes and listen to God calling YOU as he called Paul. Sometimes, like here, no-one else can see Jesus. Sometimes we are in the world and we can't see Jesus either. Are you ready to journey in faith with the risen Jesus, who has promised he is always with us? To show you are, make footprints on the pavement – using the chalk, or your feet in the mud, or some other way you can think of. ,

**Song:** Thine be the glory, risen, conquering Son; endless is the victory Thou o'er death hast won.  
Angels in bright raiment rolled the stone away,  
kept the folded grave-clothes where Thy body lay.  
Chorus; Thine be the glory, risen, conquering Son; endless is the victory Thou o'er death hast won.

No more we doubt Thee, glorious Prince of life!  
Life is nought without Thee; aid us in our strife;  
Make us more than conquerors, through Thy deathless love;  
Bring us safe through Jordan to Thy home above

**Prayer** Risen Jesus, help us to walk with you, whether we see you or not, and to share your love with the world. Amen.

**This is the end of the journey.**