

Stations of the resurrection

(Family Version)

We remember the risen Jesus by listening to the stories of each time he appeared after his resurrection.

This is a walk round St Benedict's church, with readings, songs and things to do.

There are eight stations, and each one you can find using the photographs. Each one has a reading, some thinking, an activity and a song and prayer. Just do as much as you want – leave out some readings, some songs, if you like. The songs are chosen because we hope you know them, but if you don't, sing something else! The readings are all slight paraphrases of Bible passages, with some details omitted.

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

It's based round the outside of the church, and instructions and photographs are given. You will need good clothes for outdoors, shoes and coats. Some areas are quite rough.

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.

First; **At 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.

Paraphrased Reading ;

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

There was an earthquake, and an angel came from heaven and rolled back the stone. He looked like lightning and his clothes were white as snow. The angel said 'Do not be afraid, you who are looking for Jesus – he is risen, just as he said and has gone to Galilee' Then the women hurried away, through the garden, and there was Jesus. He said 'Greeting' to them – and they fell at his feet.

The women had to decide; what would they do – turn now, and walk into the light? Will you open the door today?

To show what you will do, 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; One two three four five I know Jesus is alive
Six seven eight nine ten He died for me then rose again

They met an angel there while they stood around to stare
We know he's here today and he listens when we pray

Prayer;

Jesus, when we are afraid, give us courage and show us how to live our lives. Amen

Second **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.

Paraphrased reading

Now Mary stood outside she saw two angels in white, seated where Jesus' body had been, 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." She turned around and saw someone standing there, but she did not realize that it was Jesus.

He asked her, "Woman, why are you crying? She thought he was the gardener, so she said, "Tell me where Jesus's body is." Jesus said "Mary." She turned toward him and said "Teacher"

What do you think Mary felt when she saw Jesus? Jesus spoke to her, specially, by her name. Jesus treats us each as individuals, with all we have and all we are. Pick up something- a leaf, a flower, a petal, 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.



Song; Morning has broken, like the first morning,
Blackbird has spoken, like the first bird
Praise for the singing, praise for the morning,
Praise for them springing, fresh from the word!

Prayer Jesus thank you that you know me by name. Help me to be the best person I can be. Amen .

Third **The journey to Emmaus**

Go and stand in the road, or in the car park and think about your journeys – to this church today and in your life. Think 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')



Paraphrased reading;

On the same day, two of Jesus's friends were walking towards their village, Emmaus, talking about everything, how Jesus had died but the women said they had seen him early in the morning at the tomb, with angels. They were sad and uncertain. Another man came up to them, it was Jesus, but they didn't recognise him. He asked them what they were talking about and they told him. He said –but the Scriptures say that this will happen! And he explained it all to them. When they got home, he came in with them, and broke the bread. They recognised Jesus, and he disappeared .

We can find Jesus anywhere, and he is always ready to help us understand. He knows that sometimes things are tough, like the stone, and he will help to smooth them over.

Put your stone down now somewhere and remember that Jesus is risen and will help...

Song; One two three four five I know Jesus is alive
Six seven eight nine ten He died for me then rose again
They met him while they walked
And then they listened while he talked
We talk with Him today Because he listens when we pray

Prayer; Jesus help me to share other people's troubles and burdens and to give mine to you. Amen.

Fourth **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'. The church dumps its garden rubbish here, where it 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

Paraphrased reading

The disciples were in the upper room, and the doors were locked,- but then Jesus appeared in the middle and said 'Peace be with you'. They thought he was a ghost, but he showed them his hands and feet and he ate a piece of fish they gave him. Then he told them, this is what the scripture said would happen, that I would die but rise on the third day. I am going to send you the Holy Spirit as God the Father promised. Then you can preach in my name.

It's quiet out here and hidden. Jesus appears suddenly and changes our lives. 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; They cut me down but I leapt up high, I am the life that will never never die, and I'll live in you if you'll live in me, I am the Lord of the dance, said he.

Dance then wherever you may be, I am the Lord of the Dance said he, and I'll lead you all, wherever you maybe, and I'll lead you all in the dance said he.

Prayer; Jesus show us yourself and give us your power to live the way we should

Fifth 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.



Paraphrased reading

Thomas was not with the disciples when Jesus came. When they said 'We've seen the Lord' he said 'Unless I see the marks of the nails in his hands, and put my finger in there, I won't believe it.' A week later, the disciples were altogether again and Jesus came and stood there and said 'Peace' and he offered his hands to Thomas. And Thomas said 'My Lord, and my God!'. And Jesus said, blessed are those who do not have to see me to believe in me.

Thomas believed when he saw Jesus's hands. Share your hands with someone else, touch them, hold, hands, explore them, - do you know them well enough to draw them? Press your hands on the trunks of some trees. Your hands can do God's work.

Song He's got the whole world, in his hands, he's got the whole wide world, in his hands, he's got the whole world, in his hands, he's got the whole world in his hands.

Prayer Risen Jesus, thank you for holding us in your hands. Help us to hold onto your hands too. Amen.

Sixth **Breakfast 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



Paraphrased reading; Days later, Jesus appeared to his disciples by the Sea of Galilee. The disciples were fishing together at night but they caught nothing. Early in the morning, someone came and stood on beach, but they didn't know it was Jesus. He called out 'have you any fish?' 'No' they said. Jesus said 'Put the net in on the right hand side' and when they did, it caught so many fish, they couldn't pull them all in. There were 153. When they landed, Jesus had made a fire and he told them to bring some of the fish to cook, for breakfast. And they realised it was Jesus.

Jesus shared breakfast with his friends on the beach. He helped them to catch hundreds of fish. You can't make hundreds today, but make one! 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. If you have brought something to eat, sit and share it now.



Song; One two three four five I know Jesus is alive
Six seven eight nine ten He died for me then rose again
They met him on the shore
He shared their fish and asked for more
We share with Him today Because he listens when we pray
Prayer . Thank you Jesus that you give us plenty to eat and enjoy. Help us to share what we have. Amen.

Seventh **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.



Paraphrased reading;

The disciples went to Galilee, to the mountain where Jesus had told them to go. Jesus was there and they worshipped him. He said to them 'God has given me all power in heaven and on earth – now go and tell everyone in the world about me. I will be with you, always. And then he lifted up his hands and blessed them, and was taken into heaven.

Jesus blesses us and sends us out to tell everyone about him. We can tell them all that he died for us and that he is alive now to be with us.

Make a cross on the ground, where you stand. 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.

Song; Allelu, Allelu, Allelu, Alleluia, we praise the Lord

Allelu, Allelu, Allelu, Alleluia, we praise the Lord

We praise the Lord, Alleluia, We praise the Lord, Alleluia, We praise the Lord, Alleluia, we praise the Lord,

Prayer Risen Jesus, help us to share the good news of your resurrection with our friends.

Eighth **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.

Paraphrased reading ;

Months later, Jesus appeared to a man called Saul (he later was called Paul). He was not at that time a friend of Jesus and he was making things very difficult for Christians. He was going to a place called Damascus. As he got near, a bright light appeared round him and he heard a voice say 'I am Jesus, and you are fighting my followers'. Saul fell to the ground in fear. When he got up again, he could not see. And other people took him to Damascus, the town he was going to. There, one of Jesus's followers called Ananias was sent to his house, and prayed for Saul to receive the Holy Spirit. And Saul 's vision came back. And he was baptised, to follow Jesus.

As we walk through the days, travel to school, work, and shopping, to families and friends, help us to walk in your footsteps. Make some footsteps now; using mud, or on the bus shelter, or on the path, or with chalk. Or make a mark round your feet with twigs or stones.

Song; Give us joy in our hearts, keep us praising, Give us Joy in our hearts we pray, give us joy in our hearts, keep us praising, Keep us praising till the break of day.

Sing Hosanna, Sing Hosanna Sing Hosanna to the Risen King,
Sing Hosanna Sing Hosanna Sing Hosanna to the King

Prayer Risen Jesus help us to journey with you step by step and day by day. Amen.

Some more verses for 'one two three four five'.

One two three four five I know Jesus is alive
Some saw him by the tomb Or met him in the upper room

Confused or shocked or sad
Some thought they were going mad!
We know he's here today
Because he listens when we pray

One two three four five,
I know Jesus is alive
In a house or on the street
All the places we can meet

In each and every place,
They met him there and saw his face
Give us the grace to see
That he loves you and he loves me

One two three four five
I know Jesus is alive!
They met him by the sea
Breaking bread for you and me

Excited pleased or glad
The best surprise they'd ever had!
We know he's here today
Because he listens when we pray

And another popular Easter Song you may know

*Sing out an Easter song, tell ev'ryone that the Lord has risen.
Sing out a joyful song, Tell ev'rybody that he's alive!*

Jesus Christ, Son of God gave his life upon a cross,
but the power of death was not enough to hold him down.
Chorus

Taken down from public view, he was placed inside a tomb,
but the power of love broke through and raised him back to
life ! .
Chorus

He returned to see his friends, showed himself alive again.
What a day it must have been to have him back again!
Chorus

Happy Easter!