



Behold: Stations of the Resurrection

Behold: Stations of the Resurrection is a seven-session Easter video series, with each episode running approximately 15–20 minutes. It was created by Heidi Harvey and Janae Bower of Be Love Be Light Ministry in collaboration with the Office of Discipleship and Evangelization of the Archdiocese of Saint Paul and Minneapolis. The series features pastoral reflections from Archbishop Bernard A. Hebda and art-theology commentary by Father Joseph Johnson, filmed on location at the Cathedral of Saint Paul, offering viewers both spiritual depth and visual beauty as they journey through the mystery of the Risen Christ.

Rooted in the ancient yet newly recognized devotion of the Via Lucis (Way of Light), this series weaves together the fourteen Stations of the Resurrection with the kerygma—the core proclamation of the Gospel: the life, death, and resurrection of Jesus Christ. Each session invites participants to encounter the Risen Lord, ponder the mystery of salvation, and respond in mission.

The series will go live on Easter Sunday at archspm.org/ behold. A beautifully designed prayer poem and a comprehensive small group discussion guide will also be available. The guide includes suggested praise songs, selections from the Litany of Pentecost, and thoughtful reflection questions to help support parishes, families, and small groups in living the joy and power of Easter more deeply.

Session 1 – Introduction: The Way of Light and the Kerygma

An introduction to the history and spirituality of the Stations of the Resurrection, also known as the Way of Light. This session presents the devotion's Vatican recognition, explores the role of Our Lady of Light, and introduces the kerygma as the heart of evangelization. Participants are invited to rediscover the joy of proclaiming that Jesus is alive and to prepare their hearts for the journey ahead. Includes an Art-Theology commentary by Father Joseph Johnson from the Cathedral of Saint Paul (Welcome to the Cathedral of Saint Paul)

Session 2 – Stations I–III: Resurrection and First Witnesses

I. Jesus Rises from the Dead

Scripture: Matthew 28:5–6

Kerygma: God loves you so much

Focus Word: Amazing

II. The Women Discover the Empty Tomb

Scripture: Matthew 28:1–8

Kerygma: God has an amazing plan for your life

Focus Word: Anticipating

III. Jesus Appears to Mary Magdalene

Scripture: John 20:11–18

Kerygma: Sin disrupts God’s plan and leads to misery and death

Focus Word: Announcing

These first three stations proclaim the astonishing reality of the Resurrection. From the empty tomb to Mary Magdalene’s personal encounter with the Risen Lord, this session highlights the truths that God loves us, has a plan for our lives, and calls each of us by name. The Good News moves from announcement to personal encounter. Includes an Art-Theology commentary by Father Joseph Johnson from the Cathedral of Saint Paul (Mary Magdalene Window)

Session 3 – Stations IV–VI: Recognition and Belief

IV. Jesus Appears on the Road to Emmaus

Scripture: Luke 24:13–29

Kerygma: Reorient our lives back to the One who loves us

Focus Word: Alongside

V. Jesus Reveals Himself in the Breaking of Bread

Scripture: Luke 24:30–35

Kerygma: Believe in the Gospel – the Good News of God’s saving love

Focus Word: Abiding

VI. Jesus Appears to the Disciples

Scripture: Luke 24:30–35

Kerygma: Believe in the Gospel – the Good News of God’s saving love

Focus Word: Abiding

As the disciples journey in confusion and doubt, Jesus walks alongside them, opens the Scriptures, and reveals Himself in the breaking of the bread. This session emphasizes reorienting our lives toward Christ, believing in the Gospel, and embracing new life in Baptism and the sacraments. This session includes an Art-Theology commentary by Father Joseph Johnson from the Cathedral of Saint Paul. (The Sacred Heart of Jesus Chapel)

Session 4 – Stations VII–IX: Peace, Faith, and Mission

VII. Jesus Breathes Peace and Gives Power to Forgive Sins

Scripture: John 20:19–23

Kerygma: Receive the Holy Spirit

Focus Word: Atoned

VIII. Jesus Strengthens the Faith of Thomas

Scripture: John 20:24–29

Kerygma: New life in Christ through His Body, the Church

Focus Word: Affirmed

IX. Jesus Eats with the Disciples by the Sea of Tiberias

Scripture: John 21:1–14

Kerygma: Go Forth

Focus Word: Abundance

In locked rooms and on familiar shores, the Risen Christ brings peace, mercy, and renewed trust. Participants reflect on reconciliation, faith amid doubt, and the call to step out in obedience. The Holy Spirit empowers believers to move from fear to courageous mission. Includes an Art-Theology commentary by Father Joseph Johnson from the Cathedral of Saint Paul. (The Baptistery)

Session 5 – Stations X–XII: Love, Commission, and Hope of Glory

X. Jesus Forgives Peter and Entrusts Him to Feed His Sheep

Scripture: John 21:15–19

Kerygma: Proclaim the Good News

Focus Word: Aligned

XI. Jesus Sends the Disciples into the World

Scripture: Matthew 28:16–20

Kerygma: When we see the hurting world – Go!

Focus Word: Authority

XI. Jesus Ascends into Heaven

Scripture: Luke 24:50–53

Kerygma: This world is not the end

Focus Word: Arising

Jesus restores Peter in love and entrusts him with shepherding His flock. The Great Commission sends disciples into the world with authority and promise. The Ascension lifts our gaze to heaven, reminding us that this world is not the end but the beginning of eternal hope. Includes Art-Theology commentary by Father Joseph Johnson from the Cathedral of Saint Paul. (St. Peter’s Chapel)

Session 6 – Stations XIII–XIV: Awaiting and Pentecost

XII. Mary and the Disciples Wait for the Spirit in the Upper Room

Scripture: Acts 1:12–14

Kerygma: Jesus always keeps His word

Focus Word: Awaiting



XIII. Jesus Sends the Holy Spirit

Scripture: Acts 2:1–13

Kerygma: Let the Holy Spirit set us on fire

Word: Accompany

United in prayer with Mary, the disciples await the fulfillment of Christ's promise. Pentecost bursts forth with wind and fire, marking the birth of the Church's missionary boldness. This session invites participants to be filled anew with the Holy Spirit and sent forth in love. Includes Art-Theology commentary by Father Joseph Johnson from the Cathedral of Saint Paul. (The Pietá)

Session 7 – Closing: RISE, GO, PROCLAIM

The final session gathers the fruits of the journey and calls participants to action. Rooted in Resurrection power, strengthened by holy intercession, and filled with the Holy Spirit, disciples are invited to RISE, GO, and PROCLAIM the kerygma in their daily lives. The Easter message becomes a personal mission of heart-to-heart evangelization. Includes Art-Theology commentary by Father Joseph Johnson from the Cathedral of Saint Paul (Invitation to pray during the Easter Season and beyond)

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For more information about the Ministry behind the Stations of the Resurrection, click [HERE](#).