



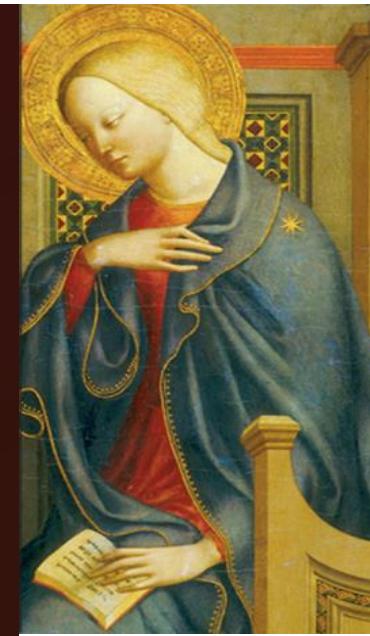
**THE FOURTEEN  
STATIONS  
OF  
HOPE**

Walk the steps of Hope



Hope does not disappoint us,  
because God has poured out  
His love into our hearts through  
the Holy Spirit, whom he has given us.  
Romans 5:5

REAPING THE FRUITS OF THE JUBILEE YEAR



# Moments OF **HOPE** SERIES

## THE FOURTEEN STATIONS OF HOPE



UNPACKING THE FRUITS OF  
THE JUBILEE YEAR OF HOPE

*These Fourteen Stations of Hope, drawing from the life of Jesus, serve as powerful reminders of hope found in seemingly hopeless situations.*

Our Father...



## 1. The Annunciation (Luke 1:26-38)

Message of Hope / Dawn of Hope

This is the foundational moment of hope. The angel Gabriel announces to Mary that she will conceive and bear the Son of God. This event marks the dawn of salvation, the moment God's ultimate plan to redeem humanity began to unfold in the world. It is the hope of a promised Messiah becoming a reality.

*Lord, at the dawn of hope, Your infinite plan awaited a human "yes." In the quiet of my heart, align my desires with Your will. Let Your shared hope for all humanity be born in me anew today, that my life might also bring Christ into the world. Amen.*

Glory be...



## 2. The Gift of Living Water (John 4:13-14)

Hope for the Ostracised

Jesus offers "living water" to a Samaritan woman at a well. As someone ostracised by her own people and by the Jews, she is met with acceptance and offered a spiritual hope that quenches the deepest thirst for meaning and belonging. This is a moment of hope for all who feel like outcasts.

*Jesus, you see me at the well of my isolation and my unhealthy patterns. You look past my reputation and see my thirst. Offer me that living water, that I may drink from your acceptance and find a hope that frees me from all that holds me captive. Amen.*

Glory be...



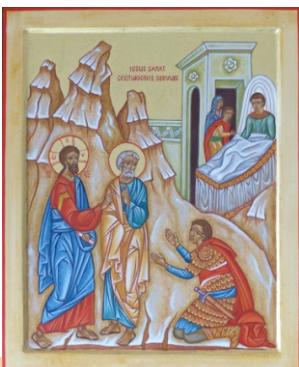
### 3. The Man by the Pool of Bethesda (John 5:1-14)

#### Losing Faith in Institutions

For 38 years, a man lay paralysed, trapped in hopelessness and despair, waiting for a miracle at the pool. Jesus seeks him out in the crowd of sufferers and heals him with a simple command, showing that hope can reach even those who have long given up.

*Faithful Lord, you seek me out when I feel paralysed by a despairing wait, especially when I am disappointed in the church or other institutions I trusted. When I have lost faith in the systems, speak your simple command to my soul. Help me to rise and walk in the abiding hope of your presence alone. Amen.*

Glory be...



### 4. The Centurion's Servant (Matthew 8:5-13)

#### Reinstating Politics and Power

A Roman centurion, a symbol of the occupying power, demonstrates profound faith in Jesus's authority to heal his servant from a distance. Jesus marvels at his faith and grants the healing, offering a powerful moment of hope that faith transcends social, ethnic, and religious boundaries.

*God of all authority, you found saving faith in a Roman officer, a man of worldly power. Guide all Christians in politics and public life. May they use their influence not for themselves, but with a humble faith in Your power to heal our communities and bridge the divides between church and state. Amen.*

Glory be...



## 5. Jairus' Daughter and the Woman with the Issue of Blood (Mark 5:21-43)

Crossing the Threshold of human limitation with Christ

In a single narrative, two desperate situations are met with hope. A woman who had been bleeding for 12 years, making her unclean and isolated, secretly touches Jesus's cloak and is healed. Simultaneously, Jesus raises the deceased daughter of a synagogue leader named Jairus, proving that hope is not extinguished even by death. Moreover, God raises the young to embrace the fullness of life.

*Jesus, my Healer, I reach for you in my weakness, crossing the threshold of my fear. Raise me, like the youth you called back to life, to embrace the fullness of a life I thought was lost. Let your power overcome every human limitation that tells me it is too late. Amen.*

Glory be...



## 6. Raising the Son of the Widow of Nain (Luke 7:11-17)

Empathy bridges the culture of death

Jesus intercepts a funeral procession for a widow's only son. Moved by her grief, he touches the coffin and brings the young man back to life. This act provides a profound moment of hope for those crushed by sorrow, showing God's compassion for the most vulnerable. The power of genuine compassion and concern can crush the forces of death in our society.

*Christ of Divine Empathy, you stopped a funeral procession because you saw a mother's tears. Your compassion silenced the culture of death. Teach me to listen attentively to the grief of others, that my simple, heartfelt presence may be a bridge of hope for those crushed by sorrow. Amen.*

Glory be...



## 7. Like Sheep without a Shepherd (Matthew 9:36)

### Hope for the lost

Seeing the crowds, Jesus is filled with compassion because they were "harassed and helpless, like sheep without a shepherd." This is a moment of hope for the dejected and the lost, as it reveals the heart of a God who sees their aimlessness and longs to guide and protect them.

*Good Shepherd, you look upon my wandering heart with deep compassion. When I am harassed and helpless, lost in the unknown, provide me with spiritual direction. Lead me beside the still waters of your heart and restore my soul. Amen.*

Glory be...



## 8. The Syrophenician Woman's Daughter (Matthew 15:21-28)

### Hope of inclusive attention

A Gentile woman persists in her plea for Jesus to heal her demon-possessed daughter, even after He seems to refuse. Her clever, humble, and tenacious faith is rewarded. This is a moment of hope for anyone who feels like an outsider, proving that persistent faith can open doors.

*Lord, you reward a persistent heart. When I feel like an outsider, grant me the strengthened faith of the Syrophenician woman. Let my hope be tenacious and my prayer relentless, trusting that you desire an inclusive welcome for all who call upon your name. Amen.*

Glory be...

## 9. The Promise of the Spirit (John 14:16-17)

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Hope Shared / in fellowship

Jesus promises to send the Holy Spirit—the Advocate or Comforter—to be with his disciples forever. This is the enduring hope for believers, that they will never be left alone. The Spirit's presence is "Christ in us, the hope of glory" (Colossians 1:27).

*Lord Jesus, you promised us the Spirit of Truth to guide our fellowship. In our synodality and discernment, quiet our own voices so we can hear His. May our Church be so grounded and transformed in the Spirit that we become an infallible sign of Your abiding hope. Amen.*

Glory be...



## 10. The Good Thief on the Cross (Luke 23:39-43)

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Not too late / Nothing beyond redemption

As he hangs on the cross, a criminal recognises Jesus as King and asks to be remembered. Jesus responds with a promise of paradise. This provides a radical hope that it is never too late for grace and that salvation is open to anyone who turns to Christ, regardless of their past.

*Merciful King, the good thief's journey of the heart found its end in you. Grant me a perceptive spirit to recognise you in my own suffering. Remind me that no moment is too late, no sin is beyond your grace, and no life is ever truly lost to you. Amen.*

Glory be...

## 11. The Resurrection (Matthew 28:1-10)

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Hope Vindicated when love conquers

The cornerstone of Christian faith and the ultimate moment of hope. The empty tomb signifies Jesus's victory over sin and death. It is the definitive proof that God's power is greater than any tragedy or finality, offering the promise of eternal life to all who believe.

*Risen Lord, you are the spirituality of every new beginning. In you, love conquers death, and hope springs eternal. Grant me my own daily resurrection from sin and despair, that my life may become a sign of the rebirth you promise to your Church and to the world. Amen.*

Glory be...



## 12. The Journey to Emmaus (Luke 24:13-35)

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Hope relived through sacred story

Two disciples, walking away from Jerusalem in sadness and confusion after the crucifixion, encounter the risen Jesus. He walks with them, explains the scriptures, and reveals Himself. Their despair turns to burning joy, providing a model of hope for all who feel discouraged or whose expectations have been shattered.

*Christ, our companion on the way, walk with me when my hope is clouded by disappointment. Open the scriptures of my own life's history and show me your presence throughout my sacred story. Let my heart burn within me as I recognise you again. Amen.*

Glory be...

### 13. Breakfast on the Beach and the Reinstatement of Peter (John 21:1-19)

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New fellowship, new commission

After his threefold denial of Jesus, Peter is filled with shame. The risen Christ finds him and, over a charcoal fire reminiscent of his denial, asks him three times, "Do you love me?" With each affirmation, Jesus commissions him to "feed my sheep." This is a profound moment of hope for anyone who has failed, showing that there is always a path to restoration and renewed purpose.

*Lord, you meet me on the shore of my failure and offer me a second conversion. In this moment of personal rediscovery, ask me again if I love you. Let my simple "yes," however weak, be enough for you to grant me a new commission and a renewed sense of purpose. Amen.*

Glory be...



### 14. The Great Commissioning (Matthew 28:16-20)

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Hope sent to be present in the world

Jesus gives his final command to his disciples: to go and make disciples of all nations. He concludes with the ultimate promise of hope: "And surely I am with you always, to the very end of the age." This is the ongoing hope that fuels the mission of the church, a promise of Christ's unending presence and authority.

*Lord, your final command was not to retreat, but to go forth. Make my life a prayer, a constant and hopeful presence in the world. As I go, let me carry your ultimate promise in my heart: that you are with me always, to the very end of the age. Amen.*

Glory be...



Holy God,  
Holy Mighty One,  
Holy Immortal One,  
Have mercy on us and on the whole world.

### Let Us Pray

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Almighty Father, Source of all Hope, we have journeyed in spirit through these fourteen moments of Your Son's life, witnessing how His light breaks into our deepest darkness. From the first "yes" of the Annunciation to the final command to go forth, You have shown us that no situation is beyond Your redemptive power.

We ask that these fruits of hope may now flourish in our present moment of need (mention your petition). Make us, O Lord, a people of Hope, proactive as true heirs of the eternal kingdom. May we leave this place not merely comforted, but commissioned—sent out to be a fearless, prayerful presence in our time, trusting always in the promise that You are with us until the very end of the age.

We ask this through Jesus Christ, our King and our Hope, who lives and reigns with You and the Holy Spirit, God, for ever and ever. Amen.

# LITANY OF **HOPE**

(Inspired by the Jubilee Year, 2025)



*Always called to be pilgrims, we journey together toward a hope that does not disappoint.*

*Let us, therefore, laud the providence of God.*

Lord, have mercy. R/ Lord, have mercy.

Christ, have mercy. R/ Christ, have mercy.

Lord, have mercy. R/ Lord, have mercy.

God Almighty, life of all the living, R/ Have mercy on us.

Christ, our promised Resurrection and Life, R/ Have mercy on us.

Holy Spirit, our Advocate and Friend, R/ Have mercy on us.

Holy Trinity, our hope fulfilled, R/ Have mercy on us.

Holy Mary, Temple of the Blessed Trinity, R/ Pray for us.

Holy Mary, Queen and Beauty of Carmel, R/ Pray for us.

Saint Joseph, silent surety of uncertain hope, R/ Pray for us.

Saint Elijah, who heard God in the silence, R/ Pray for us.

Saint Michael and all Angels, our defenders in moments of despair, R/ Pray for us.

Saint John the Baptist, the voice of hope crying in the wilderness, R/ Pray for us.

Saints Peter and Paul, pillars of hope for the Church, R/ Pray for us.

Saint Mary Magdalene, apostle to the Apostles and witness of the Resurrection, R/ Pray for us.

Saint Jude Thaddeus, patron of hopeless causes, R/ Pray for us.

Saint Augustine, hope for all restless hearts, R/ Pray for us.

Saint Monica, model of persevering hope for our loved ones, R/ Pray for us.

Saint Francis of Assisi, who found hope in sheer contentment, R/ Pray for us.

Saints Dominic and Catherine of Siena, courageous hope in a time of division, R/ Pray for us.

Saint Ignatius of Loyola, who ignited the Church with fresh hope, R/ Pray for us.

Saint Teresa of Ávila, who taught us that God alone suffices, R/ Pray for us.

Saint John of the Cross, light in the darkest night, R/ Pray for us.

Saint Joan of Arc, hope in the face of overwhelming odds, R/ Pray for us.

Saint Thomas More, model of integrity and conscience, R/ Pray for us.

Saint Damien of Molokai, who brought hope to the outcast, R/ Pray for us.

Saint Josephine Bakhita, whose hope transcended the chains of captivity, R/ Pray for us.

Saint Thérèse of the Child Jesus, saint of confident hope and the Little Way, R/ Pray for us.

Saint Elizabeth of the Trinity, who hoped to be a praise of God's glory, R/ Pray for us.

Saint Teresa Benedicta of the Cross (Edith Stein), who embodied hope in the Cross, R/ Pray for us.

Saint Titus Brandsma, who held fast to hope in the face of tyranny, R/ Pray for us.

Saint Maximilian Kolbe, a light of hope in the darkness of war, R/ Pray for us.

Saint Oscar Romero, voice of hope for the voiceless, R/ Pray for us.

Saint Mary Magdalene de' Pazzi, hope for the renewal of the Church, R/ Pray for us.

Saint Raphael Kalinowski, who brought hope to the exiles, R/ Pray for us.

Saint John Paul II, who taught us not to be afraid, R/ Pray for us.

Saint John Henry Newman, kindly light of truth and conscience, R/ Pray for us.

Saint Mariam of Jesus Crucified, whose hope was in total surrender, R/ Pray for us.

Saints Carlo Acutis and Pier Giorgio Frassati, rebuilding our Church in youthful witness, R/ Pray for us.

Blessed Martyrs of Compiègne, who sang hymns of hope on the way to glory, R/ Pray for us.

All holy men and women, who lived and died in the hope of the Resurrection, R/ Pray for us.





## INTERCESSIONS

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We pray, O Lord: That the Church may become a true haven and a sign of hope, R/ We beseech You, hear us.

That the leaders of nations may seek the path of dialogue, building a future teeming with hope, R/ We beseech You, hear us.

That our wounded world may learn to be faithful stewards of creation for generations to come, R/ We beseech You, hear us.

That the marginalised may find in us a genuine community of solidarity, R/ We beseech You, hear us.

That families divided by conflict may receive the grace of healing and reconciliation, R/ We beseech You, hear us.

That the young, who inherit a world of challenges, may be empowered with an active hope, R/ We beseech You, hear us.

That the elderly may find reason to hope for the future they helped to build, R/ We beseech You, hear us.

That we ourselves, on our life's pilgrimage, may be renewed in quiet confidence, R/ We beseech You, hear us.

## INVOCATIONS

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You are the God who makes all things new. R/ Redeem our hope.

You are the God who brings life from the tomb. R/ Redeem our hope.

You are the God who turns our mourning into dancing. R/ Redeem our hope.

You are the God whose mercy endures forever. R/ Redeem our hope.

Lamb of God, who takes away the sins of the world, R/ Spare us, O Lord.

Lamb of God, who takes away the sins of the world, R/ Graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world, R/ Have mercy on us.

## Let Us Pray

O God, Hope of all the ages, as we walk through these times of great uncertainty, grant us the grace not just to seek hope, but to become it for others. Make our lives a testament to Your promise, our actions a sign of Your coming Kingdom, and our voices a song of the hope that has been given to us. We ask this through Jesus Christ our Lord. Amen.

*Join us on these Fourteen Stations of Hope.*



**AND ALSO LITANY OF HOPE (INSPIRED BY THE JUBILEE YEAR)**

Register and sign up so you will get notified of new materials and podcasts that get released. We will be emailing registrants with details of any material that gets uploaded and released on our website.

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A publication of the  
Centre for Applied Carmelite Spirituality, Oxford