

Spiritual Exercises for Easter Sunday

A reading from the holy Gospel according to John (20:1-9)

On the first day of the week,

Mary of Magdala came to the tomb early in the morning,
while it was still dark,
and saw the stone removed from the tomb.
So she ran and went to Simon Peter
and to the other disciple whom Jesus loved, and told them,
“They have taken the Lord from the tomb,
and we don’t know where they put him.”

So Peter and the other disciple went out and came to the tomb.
They both ran, but the other disciple ran faster than Peter
and arrived at the tomb first;
he bent down and saw the burial cloths there, but did not go in.
When Simon Peter arrived after him,
he went into the tomb and saw the burial cloths there,
and the cloth that had covered his head,
not with the burial cloths but rolled up in a separate place.

Remember, before Christianity, Sunday was the first day of the work week. Imagine that you are like the disciples, concerned about the Lord, but all around you everyone is going about the normal work routine. What might that feel like?

Imagine the roller-coaster of emotions Mary and the other disciples have been going through. Have you had times in your life when you went from extreme highs to extreme lows? It need not be only spiritual things, but try and connect with what it feels like when your emotions are turbulent.

Imagine that you are the “other disciple” who sees and immediately understands. What might it feel like to be someone who believes in the Resurrection, has witnessed it, and yet still has to try and communicate this truth to the world?

Then the other disciple also went in,
the one who had arrived at the tomb first,
and he saw and believed.

For they did not yet understand the Scripture
that he had to rise from the dead.

1) Imagine you are the disciples after you have seen the glory of the resurrection. What might it be like to see people around you “sleeping,” or not aware that Jesus has conquered sin and death? Might it seem strange that you have encountered this incredible miracle, but yet realizing that others may not be ready to hear it?

2) Imagine this event has taken place today, and that you will return to work Monday with this knowledge. How might the experience of the resurrection change how you approach your job or your family or school?

Jesus _____

Me _____

Jesus _____

Me _____

Jesus _____

Me _____

Jesus _____

Me _____