

Jesus is Risen
The Empty Tomb

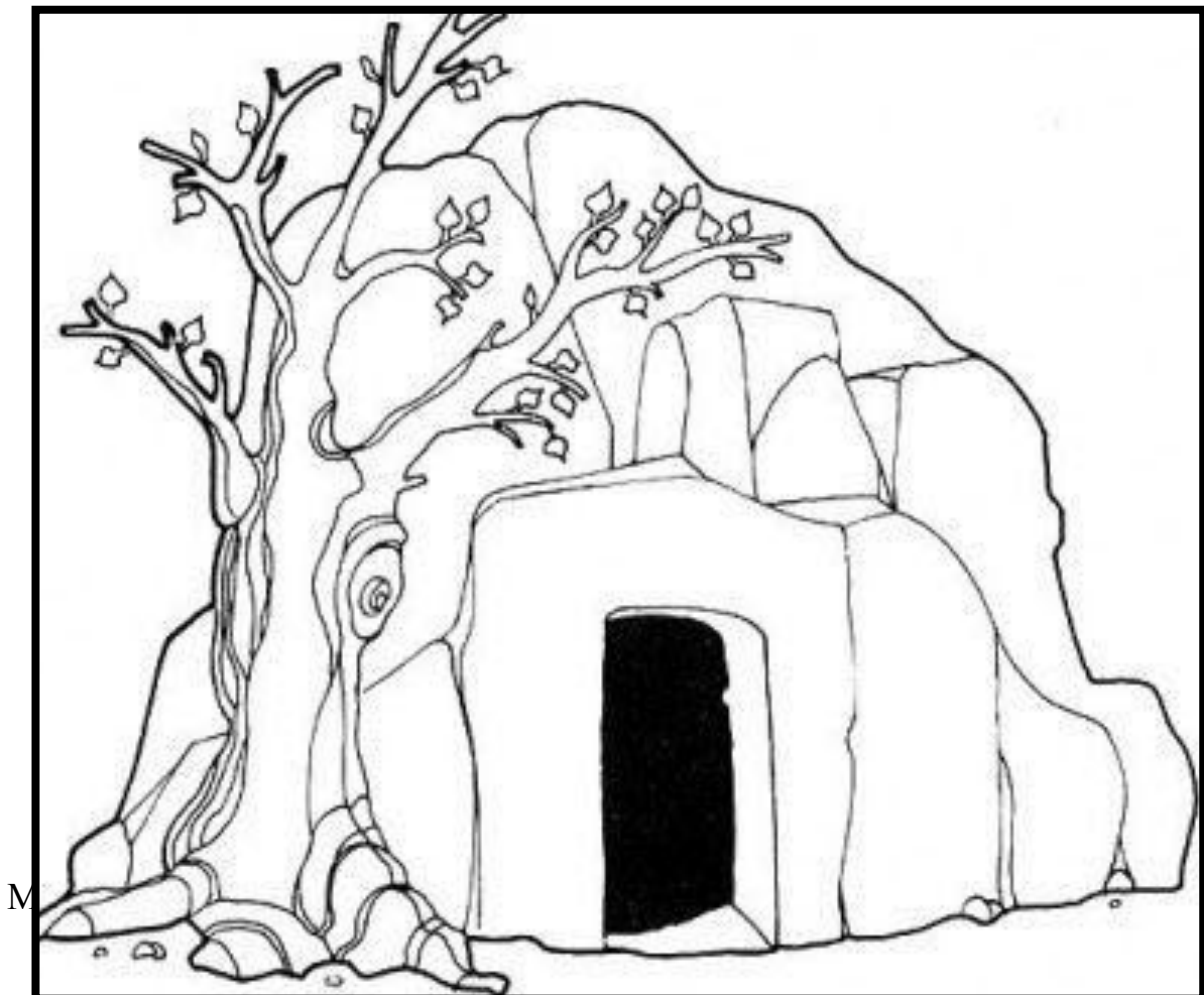
The Women at the Tomb (Mt 28:1-10)

After the Sabbath, as Sunday morning was dawning, Mary Magdalene and the other Mary went to look at the tomb. Suddenly, an angel of the Lord came down from heaven, rolled the stone away, and sat on it. His clothes were white as snow. The angel spoke to the women. 'You must not be afraid,' he said. 'I know you are looking for Jesus, who was crucified. He is not here; he has been raised, just as he said ... Go quickly now, and tell his disciples, "He has been raised from death, and now he is going to Galilee ahead of you; there you will see him!"'

So they left the tomb in a hurry, afraid and yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them and said, 'Peace be with you.' They came up to him, took hold of his feet, and worshipped him. 'Do not be afraid,' Jesus said to them. 'Go and tell my brothers to go to Galilee, and there they will see me.'

Questions to think about: (no need to write, just sit and pray about the questions

- Who went to the tomb early on Sunday morning?
- Can you describe the angel that is mentioned in this scripture story?
- Why did the angel tell Mary Magdalene and the other Mary not to be afraid?
- Where did the angel tell them to go?
- What did Jesus say to Mary Magdalene and the other Mary when he met them?



- How do you think Mary Magdalene and the other Mary might have felt as they were walking to the tomb that morning?
- How do you think they felt when they saw that Jesus' body was no longer there?
- Can you think why Mary Magdalene and the other Mary would have been both afraid and yet filled with joy as they ran to tell the disciples about the empty tomb?
- What might you have done if you were with them that morning?
- Did Jesus want people to know that he was alive? How do you know?

Do you have any questions?

- What might you have said if you were at the tomb that morning? How do you think you might have felt?
- What prayer would you like to pray?
- Can you draw an image of that morning?
- Can you imagine what happened when Mary Magdalene and the other Mary went to Galilee and told the others what and who they saw?

An Easter Poem

The Risen Jesus

He bent down, touched, reached out,
 healed,
 He called people by their name.
 He took Simon Peter's mother-in-law's
 hand
 And helped her back on her feet again.

He was Rabbi who understood
 That the hungry must be fed,
 With words and deeds united as one,
 In the blessing and breaking of bread.

He is the Easter story,
 It is he who is raised from the dead.
 He is the Easter light that shines.
 He lives in the blessing and breaking of bread.

Dr Clare Maloney



Let us Pray

We pray for all who are suffering in the world during this time. We pray for all who are working as doctors, nurses, carers and all who look after people in our nursing homes. We pray for our grandparents, for all who are having to stay at home. We pray for each other that we may look to God who is love and that we may reach out to each other in love by thought, by word or by good deeds. May we always have strength from knowing that God is always with us and may we be guided by God's loving care for all. Amen