

THE WAY OF THE RESURRECTION

Last week we walked through some of the stages of Jesus' journey to the cross.

This week we are meeting the risen Jesus in three everyday places: the garden, the road and the locked room.

Take some time to ask Jesus for a fresh revelation of his risen power and his love for you.



EASTER 1

Go outside. if you have a garden why not sit there or find a park or green space .

Jesus in the garden

Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot. 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." At this, she turned around and saw Jesus standing there, but she did not realise that it was Jesus. He asked her, "Woman, why are you crying? Who is it you are looking for?" Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him." Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher"). Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'" Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her. John 20:11-18

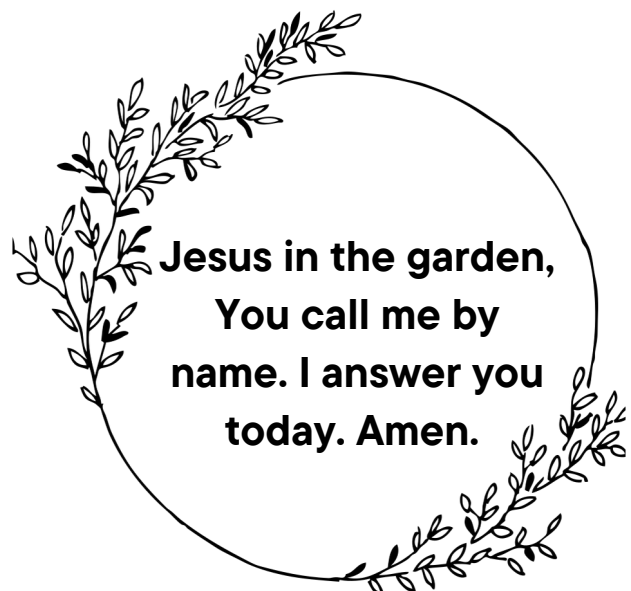
Mary sits in her grief, and the risen Jesus comes to meet her.
Sadness turns to joy. She is called by name and sent to tell the others that He is alive!

PRAY

As you sit in the garden look around you and listen.
What signs of new life and hope are there?

Imagine the risen Jesus coming to sit with you. What might you and he say to each other? He calls you by name and sends you.

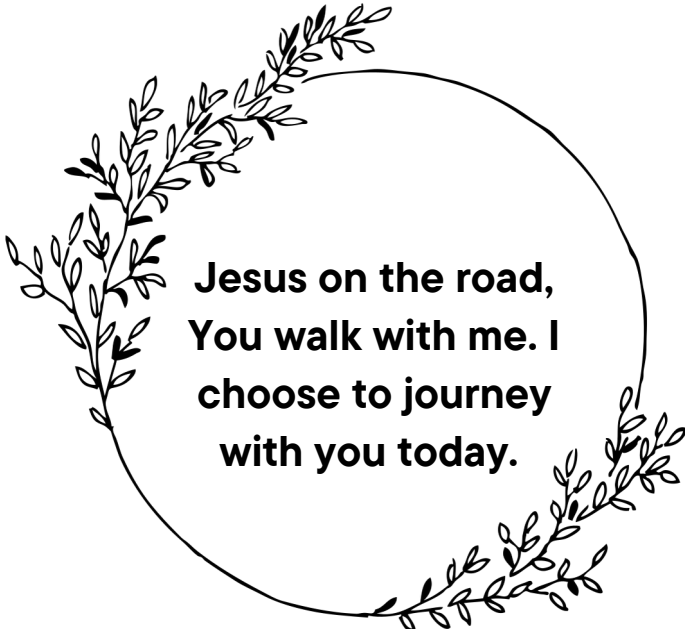
Spend a moment writing down or speaking out your prayer response to God.



Jesus on the road

As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them. When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognised him, and he disappeared from their sight. They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?" They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together and saying, "It is true! The Lord has risen and has appeared to Simon." Then the two told what had happened on the way, and how Jesus was recognised by them when he broke the bread. Luke 24:28-34

Two disciples walk from Jerusalem to Emmaus deep in conversation. As they walk Jesus is with them, but they don't know it's him. Jesus explains everything to them and they invite him in to eat with them. As they share bread together they recognise – it's him! But suddenly he's gone. They jump up and run to Jerusalem, they can't wait to tell others the news.



**Jesus on the road,
You walk with me. I
choose to journey
with you today.**

What are you puzzling over?

What do you want Jesus
to make more clear to you?

Imagine Jesus on the road with you,
walking along your familiar routes.

Think about the things you
and He might talk about.

Take some time to write down
or speak out loud your prayers.

Jesus in the locked room

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven." John 20:19-23

The disciples are confused and anxious, the doors are locked. Suddenly Jesus is there. He offers reassurance and peace. Then he breathes on them saying "receive the Holy Spirit".

PRAY

What you worried or anxious about? Imagine Jesus appearing to you saying "Peace be with you."

Open your hands and receive the Holy Spirit.

Take some time to write down or speak out loud your prayers.

