

Easter Reflection Questions and Prayer Exercises

Easter Week

As we are now in the season of Easter, this week's reflection invites us to consider how our journey through Lent has prepared us for the renewal of life that was celebrated this last Sunday.

Sit comfortably with you palms upward on your lap, signalling your openness to God's Spirit during this time of prayer. Slowly become aware of your breathing, inviting God to guide you during this time of prayer as you do so.

Read Matthew 28:1-16

This passage is Matthew's retelling of the resurrection. Our faith teaches that all of us participate in the death and resurrection of the Christ because we are members of the Christ's body on earth. How have you experienced Lent and Easter this year? What role have these reflection questions and prayer exercises played in this experience?

What evidence of resurrection do you see in your life this Eastertide?

What evidence of resurrection do you see in our church this Eastertide?

The activities of the guards and priests in today's passage show there will always be those who want to spread falsehoods about the resurrection. How would you respond to those who would deny that you've experienced resurrection?

How would you respond to those who would deny we've experienced resurrection in our church?

How can you more deeply follow Jesus in the life of resurrection to the point of ascension into heaven?

How can our church follow Jesus in this way?

Talk to God about the insights that have come to you during this time of prayer. Ask God to reveal to you how best you can respond to the questions raised for you during this time of prayer. If you feel it appropriate, make a commitment to God to follow through with whatever concrete actions you feel you need to take in light of the prayer time today.

For further reading:

<https://www.ignatianspirituality.com/experiencing-easter/>