

Reflection Guide: Easter Thoughts – 2 of 5

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Video: A Few Minutes with Father John
Easter Thoughts – Part 2 of 5

Link: https://youtu.be/4Rs1hY_95Xo

Text: Matthew 28:1-7 (The Message)

28¹⁻⁴ After the Sabbath, as the first light of the new week dawned, Mary Magdalene and the other Mary came to keep vigil at the tomb. Suddenly the earth reeled and rocked under their feet as God's angel came down from heaven, came right up to where they were standing. He rolled back the stone and then sat on it. Shafts of lightning blazed from him. His garments shimmered snow-white. The guards at the tomb were scared to death. They were so frightened, they couldn't move.

⁵⁻⁶ The angel spoke to the women: "There is nothing to fear here. I know you're looking for Jesus, the One they nailed to the cross. He is not here. He was raised, just as he said. Come and look at the place where he was placed.

⁷ "Now, get on your way quickly and tell his disciples, 'He is risen from the dead. He is going on ahead of you to Galilee. You will see him there.' That's the message."

Summary: In this video, Father John reflects on the resurrection and God's ever-present spirit based on the account from Matthew 28. He discusses the angel's message to the women, the shock of encountering the empty tomb, and the assurance that Jesus is alive in spirit. Father John encourages viewers to trust in the constant presence of God's spirit, especially during challenging times.

Questions for Discussion and Reflection:

1. How do you think the women felt when they encountered the angel and realized Jesus' body was not in the tomb? Can you relate to any feelings of shock or confusion in your own life?
2. What does it mean to you that Jesus is alive in spirit? How does this belief impact your understanding of faith and the presence of God in your life?
3. When facing difficult or uncertain situations, how do you find solace or connection with the divine? Are there specific practices or prayers that bring you comfort?

As you contemplate the resurrection, remember that Jesus' spirit is alive and always present. It can be a source of strength and reassurance knowing that God's spirit accompanies us, guiding us through life's challenges.

Notes:
