

Easter Sunday

First Reading: Acts 10:34a, 37-43
Resp. Psalm: Psalm 118:1-2, 16-17, 22-23
Second Reading: Colossians 3:1-4
Gospel: John 20:1-9

[Full Readings can be found here!](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, WOG channel, 1:15 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Catholic Kids Media 1:26 min.)

2. PRAY

Gather the family around your prayer space and remember together that the Resurrection of Jesus is the source of our joy and hope. Jesus is alive, and through his love he calls us to live as sons and daughters of God. Offer a prayer of thanksgiving as a family, remembering that knowing Jesus lives fills our hearts with joy and reminds us that God always fulfills his promises. Share with children that from the earliest days, Christians have gathered every Sunday to celebrate this great joy. In Sunday Mass we remember the Resurrection and encounter the living Jesus who speaks to us in his Word, gathers us as God's family, and gives himself to us in the Eucharist as the food of eternal life. Give thanks to God for the gift of the Mass and for the joy of knowing that Christ is alive and walks with us each day.



3. TALK

In today's Gospel we hear the testimony of Jesus' closest friends as they discovered that Jesus is alive. At first, they were confused and saddened by what had happened, but their sorrow turned into great joy when they realized that Jesus had risen. Invite each member of the family to reflect on this moment and share what they think the disciples might have felt when they discovered that Jesus was alive. Then ask: *Have we ever experienced a moment when something that seemed sad or uncertain later became a reason for joy or hope?*

Remind one another that the joy of the Resurrection is not only something we remember once a year, but something the Church celebrates every Sunday. When we gather for Mass, we proclaim that Jesus is alive, we listen to his Word, and we receive him in the Eucharist. Talk together about how participating in Sunday Mass helps our family grow in faith and