A Reading from the Gospel of John 20:1-9: The Empty Tomb

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, “They have taken the Lord from the tomb, and we don’t know where they put him.” So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. For they did not yet understand the Scripture that he had to rise from the dead.

1. Who was the first to see the empty tomb? How did this person react?

2. Who were the next two people to visit the empty tomb?

3. Summarize what happened during their visit to the tomb. What is significant about their visit in regards to helping us understand the structure of the Church?

4. What would have been your reaction if you witnessed this event? Explain.
The long journey of Lent has ended! As a Church we have prepared our hearts to receive the gift of salvation Jesus offers to us. We have entered deeply into His Passion and Death, and have stood at entrance to His tomb. And now, after these long weeks of penance and contemplation, we encounter Jesus’ Resurrection, His victory over sin and death! Alleluia! He is Risen!

Remember the three pillars of Lent: almsgiving, fasting, and prayer. Think back over these past weeks of Lent: how did your Lent go? Did you help the poor and needy in some way? Did you fast? Did you spend more time in prayers? Take a look at the assessment below and honestly rate your Lent. Then, answer the reflection questions.

1. Overall, my Lenten journey was successful. Agree/Disagree
2. I chose to give something up for Lent. Agree/Disagree
3. I was successful in giving up what I chose for all of Lent. Agree/Disagree
4. I fasted on Ash Wednesday and Good Friday. Agree/Disagree
5. I did not eat meat on Fridays during Lent. Agree/Disagree
6. I helped others in some way during Lent. Agree/Disagree
7. I gave money to the poor sometime during Lent. Agree/Disagree
8. I prayed more often during Lent. Agree/Disagree
9. I prayed in a different way than I normally do during Lent. Agree/Disagree
10. I read the Bible more often during Lent. Agree/Disagree
11. I received the Sacrament of Penance and Reconciliation at least once during Lent. Agree/Disagree
12. I feel renewed after my Lenten journey. Agree/Disagree
13. I feel like I have a stronger relationship with God after my Lenten journey. Agree/Disagree
14. I have a deeper understanding and appreciation for Jesus’ sacrifice for my Lenten Journey. Agree/Disagree
15. I understand why Lent is important to my faith. Agree/Disagree
Reflection Questions

1. What was your most meaningful experience this Lent? Why?
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2. What was the most difficult part of your Lenten journey? Why?
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3. What is one thing that you did this Lent that you would like to continue to do now that Lent is over? Why?
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Celebrate Christ’s Resurrection!

**Directions:** Jesus is Risen! Alleluia! During your Easter break, try some of the following ideas to celebrate Christ’s Resurrection at home with your family and friends.

1. Re-read the Gospel story of Christ’s Resurrection together with your family and then talk about what Easter is and why it matters whether or not Jesus rose from the dead.

2. Show your love for your parents or sibling by doing an extra chore around the house without being asked.

3. Spend some time outside and reflect on the beauty of God’s creation.

4. Tell a friend or family member who doesn’t go to Church with you about Jesus and how He died and rose again for us.

5. Draw a picture of the Risen Jesus on Easter Sunday and display it in your home.

6. Watch a movie with your family about a Bible story such as The Ten Commandments, Prince of Egypt, or Jesus of Nazareth. Afterwards, discuss how the movie celebrated God’s saving actions in human history. What was your favorite part of the movie? Why?

7. Create a list of ten things that you thank God for. Read the list every night before bed and tell God how thankful you are for the good things He has given you.

8. Spend extra time in prayer talking with God.

9. Read the different Gospel accounts of the Resurrection of Jesus. They can be found in the following passages: Matthew 28, Mark 16, Luke 24, and John 20-21. Think about how the four stories of Jesus’ Resurrection are similar and how they are different. What did you learn that surprised you? What did you read that challenged you? Imagine that you were one of the eleven Apostles when the Risen Jesus first appeared to them. What would you have felt? What would you have thought? How would you have reacted? Think about how your life is different today because of Jesus’ Resurrection. Say a prayer to Jesus and thank Him for all that He has done for you.

10. Consider attending an Easter Vigil Mass and rejoice with the new Christians who are entering into the New Life Jesus gives us through Baptism.

*And of course...go to Easter Sunday Mass with your family!*