

Day 9: Easter Sunday – The Resurrection of the Lord

Proclamation: Jesus Christ is risen today. I proclaim him Lord of my life and give him my best praise. Alleluia!

Scripture: Matthew 28:1-10

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning and his clothing was white as snow. The guards were shaken with fear of him and became like dead men. Then the angel said to the women in reply, "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples, 'He has been raised from the dead, and he is going before you to Galilee; there you will see him.' Behold, I have told you." Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage. Then Jesus said to them, "Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me."

Prayer: Psalm 118 - Responsorial Psalm from Easter Mass

R. This is the day the Lord has made; let us rejoice and be glad.

Give thanks to the Lord, for he is good, for his mercy endures forever. Let the house of Israel say, "His mercy endures forever." **R.**

The right hand of the Lord has struck with power; the right hand of the Lord is exalted. I shall not die, but live, and declare the works of the Lord. **R.**

The stone which the builders rejected has become the cornerstone. By the Lord has this been done; it is wonderful in our eyes. **R.**

Activity 1: Visio Divina

Christ at the Tomb (Orthodox Icon)



This beautiful image, called Christ at the Tomb, comes from the ancient style of art called iconography. This style is rooted very strongly in prayer. The painter, often called the "writer", spends long hours in quiet meditation, listening for the inspiration of the Holy Spirit. The paintings, called icons, are used for personal devotion at home and also for worship in churches. If you ever have a chance to visit an Eastern Rite Catholic Church or an Orthodox Church you will find a feast for your eyes – beautiful icons of Jesus, Mary and the saints all over the ceiling and walls.

For **Lectio and Visio Divina**, read the Gospel story from Matthew 28:1-10. Listen to the words carefully as you look at the icon. Ask the Holy Spirit to speak to you and help you to notice something important. Imagine that you are there in the scene. **Are you Mary Magdalene or the "other Mary"?** If so, what were you thinking and feeling when you were on your way to the tomb that morning? What was it like to be there while the earthquake was happening? Were you amazed to see the angel? What was it like to walk with the angel into the tomb to see the place where Jesus had been laying? And even better, what was it like to be running to tell the good news to the disciples and run into Jesus on the way? You had just been in an earthquake, had seen an angel that came like a lightning bolt and now you are face to face with the risen Jesus. Wow! Take a moment to think about all of that.

Would you like to imagine that you are one of the guards? If so, look at the icon on the next page. Rumors were going around that Jesus' disciples were going to come and steal his body from the tomb and then *pretend* that he had risen from the dead. So Pilate ordered the tomb to be sealed extra tightly and soldiers stationed to guard it. (see Matthew 22:62-66) Look at the icon on very closely. Notice all the details and action going on. Which guard are you? What was it like to be there at the moment when Jesus came bursting forth from the tomb? What did it feel like to become "like dead men" from the sheer power and explosion of energy of the resurrection? Did you decide to become a believer?



Activity 2: Worship the Risen Lord

[CHRIST IS RISEN FROM THE DEAD](#) Matt Maher

[CHRIST THE LORD IS RISEN TODAY](#) NCC Worship

[THE STRIFE IS O'ER](#)

[BECAUSE HE LIVES](#) Matt Maher

[REGINA CAELI](#) Juliano Ravello - Gregorian Chants

The Regina Caeli is a Marian antiphon which the Church sings during the Easter season. Follow the link above to listen to it sung in Latin and read the words in English below. Pray it with your family. Think about the joy that Mary, our Blessed Mother, must have felt when she first saw her son risen from the dead. The Gospel writers do not record that moment, but it must have been amazing! Also think about Mary's faith. She never doubted but waited patiently and prayerfully for Jesus to rise.

The Regina Coeli Prayer in Latin

V. Regina caeli, laetare, alleluia. R. Quia quem meruisti portare, alleluia.

V. Resurrexit, sicut dixit, alleluia. R. Ora pro nobis Deum, alleluia.

V. Gaude et laetare, Virgo Maria, alleluia. R. Quia surrexit Dominus vere, alleluia.

Oremus.

Deus, qui per resurrectionem Filii tui, Domini nostri Iesu Christi, mundum laetificare dignatus es: praesta, quaesumus; ut per eius Genetricem Virginem Mariam, perpetuae capiamus gaudia vitae. Per eundem Christum Dominum nostrum.

Amen.

The Regina Coeli (Queen of Heaven) in English

V. Queen of Heaven, rejoice, alleluia. R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia. R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia. R. For the Lord has truly risen, alleluia.

Let us pray.

O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord.

Amen.