

## **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** There are three works of sacred art you can choose from for this activity. Each painting shows the events of Easter morning in a different way, based on the artist's own style and the meaning he is trying to communicate through his work. Use the suggested questions below for each painting.

### **#1. Christ at the Tomb (Orthodox Icon) – see page 3**

Read the Easter story from Matthew 28:1-10 again. Think about 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? And even better, what was it like to run to tell the good news to the disciples and find Jesus on the way? You have just been in an earthquake, 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.

### **#2. Russian Icon (unknown title) – see page 4**

Would you like to imagine that you are one of the guards at the tomb? If so, this is the icon for you. 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 (Matthew 22:62-66). Look at the icon 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?

### **#3. Resurrection of Christ by Jacopo Robusti, aka "Tintoretto"—see page 5**

Tintoretto imagined the tomb in the side of a huge cliff. The stone, instead of being rolled across the entrance, is pictured like a gate or door that had to be flipped down, like the flap of an envelope. The angels are using all their strength to pull the stone down so that Jesus can rise triumphantly out of the grave. Look closely at the painting. Notice the darkness. Notice the light. Where is the light coming from? How many angels are there? How many soldiers? Do you see the water jar? The basket of bread? The sword? Do you see the women who came to visit the tomb? Look at Jesus. What is He holding in His hand? How do you think the painting shows the power of God? If you painted a picture of Jesus rising from the dead, what would it look like?





*Christ at the Tomb, Orthodox Icon*





Russian Icon, Unknown Title





*Resurrection of Christ, Jacopo Robusti (Tintoretto)*

## Activity 2: Worship the Risen Lord

**CHRIST THE LORD IS RISEN TODAY** NCC Worship

**BECAUSE HE LIVES** Matt Maher      **FOR THIS PURPOSE** Graham Kendrick

**CHRIST IS RISEN** Matt Maher

**REGINA CAELI** Juliano Ravanello - Gregorian Chants

The Regina Caeli is a beautiful 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.