



Christ

AMONG US

2024 LENTEN WORSHIP GUIDE



Mennonite
Education
Agency



Table of Contents

What is Lent?.....	1
Ash Wednesday At Home.....	5
Daily Ritual Calendar.....	7
Coloring pages.....	10
Maundy Thursday Rituals.....	14
Good Friday.....	15
Easter Sunday Ritual.....	16

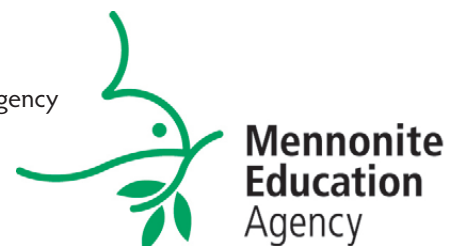


Lent at Home 2024
February 14 to March 31, 2024

This material may be reproduced and adapted by Mennonite Church Canada and Mennonite Church USA congregations free of charge. If making changes, please add an explanatory note to acknowledge adaptations and credit those who made the changes.

Written by Talashia Keim Yoder
Edited by Michael Danner and Jolene VonGunten
Translated by Ubaldo Rodriguez
Illustrated and designed by Erin Ramer

Contact: Michael Danner, Executive Director, Mennonite Church USA Mennonite Education Agency
P: 574-523-3045 E: MichaelD@MennoniteEducation.org
© 2024 Talashia Keim Yoder and Mennonite Education Agency



Christ AMONG US

As humans, we share a long, long history with God. Our story as people of God is full of twists and turns, from caring for the earth alongside the Creator in Eden, to longing for a Messiah in exile, to spreading to the ends of the earth, blown by the Spirit. Over and over in that story, the people of God have missed the mark and God has renewed covenants with God's people. This year's Lenten journey invites us to step into what it means to be a covenant people and to do that with Jesus by our side. As the writers of the Leader materials put it, "Christ is among us, reminding us of who we are, and even when we fail, reminding us of grace and calling us beloved."

So, step onto the path with Jesus. This season, we'll take a meandering journey, exploring our long history with God and noticing how our history crosses paths with our present. We will remember and practice covenant. We will practice loving kindness, righteous anger, repentance, foolishness, and letting go. These Lent at Home materials, which complement the worship resource, are designed to help scripture come alongside us as we walk with Jesus and our communities in each of our contexts.



What Is Lent?

Lent prepares us for Easter, as Advent prepares us for Christmas. It is a time to:

- Focus on the life and teachings of Jesus.
- Clean out our lives and make room for hearing and responding to Jesus' call to us.
- Think about our response to the call to follow.
- Confess what stands in our way of responding to God's call.
- Practice humility, confessing our human limitations and our need for God.
- Come into alignment with the call of Jesus.
- Make space for God to lift us up!

Lent is when we walk with Jesus all the way to the cross.

Lent Rhythm

1. February 14: Begin with the Ash Wednesday ritual. This will help your household step fully into the Lenten journey.
2. February 14 through March 24: Daily (or weekly) candle and calendar ritual.
3. March 28-30: Observe Maundy Thursday, Good Friday and Holy Saturday with simple rituals.
4. March 31: Celebrate Easter Sunday with a sunrise ritual and other activities you choose.



Prepare Ahead

1. **Create a centerpiece.** *This is inspired by the Leader Magazine worship visual ideas. If you attend a church that follows that resource, you may have some synchronicity between home and worship with this visual.*
 - a. You will add to your centerpiece each week, so it may be helpful to assemble all the "ingredients" in advance. Here is what you'll need:
 - Ash Wednesday: Rough material (like burlap) to provide the boundaries of your centerpiece; a bowl, a pillar candle.
 - Week 1: Footprints. You can cut these out from different colors of paper.
 - Week 2: A small cross. Use one you have already, or you can make one out of paper, cardboard, sticks, toy bricks...
 - Week 3: Scroll of the 10 commandments. You could write or print them, then roll them up and tie them - or you can take a more symbolic approach and simply roll and tie a small piece of paper.
 - Week 4: Heart. This could be a small heart you have somewhere in your house, or you can cut one out of paper (this is a deviation from the Leader resource, which introduces the candle this week).
 - Week 5: Seed or bulb in a small pot of soil
 - Week 6: Palm branch - cut one out of paper
 - Week 7 (Resurrection Sunday): Large stone
2. **Print the Lenten calendar** and place it wherever you'll be doing your daily ritual. You may want to print copies for each member of the household and laminate them, then use them as placemats for the season of Lent.
3. **Take a look at the Desert Quest option** and think through what you might want to try.
4. **Take a look at the Household Covenant option** and think through whether you want to incorporate it.
5. **Look over** the Ash Wednesday, Maundy Thursday, Good Friday, and Easter Sunday rituals and think about which of these you would like to do. Note what you might want to do to prepare ahead of time.

The Daily Ritual

Choose a time of day that will work well for your household. Supper time and bedtime are common choices. At this regular time of day, gather around your centerpiece with your calendar.

1. Light the candle.
2. Follow the prompt on your Lenten calendar.
3. Close your time together with a prayer. On your calendar, you'll find a prayer suggestion for each week, or you can do it your own way.
4. Blow out your candle.

It is absolutely okay to change around the prompts during the week (such as doing Monday's prompt on Thursday). Some of the prompts are more activity-oriented and may need to be moved to fit your household's schedule.

Weekly Option

A daily ritual may not feel like a good option for your household. If you'd like to focus your time on one day per week, here's one way to do that.

1. Light the candle.
2. Do the Monday prompt from your calendar (adding to the centerpiece).
3. If you like, check through the other prompts for the week and choose one or two to do in addition to Monday's prompt.
4. Work on your Household Covenant and/or do the Desert Quest together.
5. Pray, using the weekly prayer suggestion or doing it your own way.
6. Blow out your candle.

Desert Quest

Jesus began his ministry with forty days in the desert, and this practice is an invitation to step into the desert with him throughout Lent. Many of us see this time in the desert as a time of starvation, hardship, and temptation, but that's a quite narrow view! In an interview on *The Bible for Normal People Podcast*, a member of the Chickasaw Nation Chris Hoklotubbe reframes the desert time from a Native perspective. Jesus was on a 40-day spiritual quest! It was Jesus' extended Sabbath that prepared him for his ministry. Hoklotubbe thinks that perhaps it was on his quest that Jesus came up with some of his musings like, "Consider the lilies of the field..."

So, here's your quest. Find a moment every day during Lent to be outside in a spirit of openness. It's okay if some days it's only for two minutes! When you're outside, take in what you discover through your senses. If you want more guidance, try this:

1. Start with your breath. Breathe in and out, counting to 3 on your breath in and 6 on your breath out. Do this until you feel centered.
2. Touch: What do you feel on your skin? Is it warm or cold? Breezy or still? Damp or dry? Notice the ground holding you up, the gravity that keeps you rooted.
3. Smell: What does it smell like today? Can you identify particular scents?
4. Taste: Stick your tongue out. Can you taste the air today?
5. Listen: What do you hear? Can you isolate and identify particular sounds?
6. Look: Where do you see life around you? Where do you see dormancy? What colors do you see? Other creatures? Pay some attention to the margins - what do you see where what is cultivated meets the area that is not?

Maybe once a week you want to carve out time for a longer desert quest. If you have young children, this can be a helpful part of the daily rhythm with an extended family quest each week.

Household Covenant

As we explore God's covenants with humans in this season, perhaps you want to form a household covenant. As you work on your covenant, here are some things to think about.

1. A covenant is always intended to help all parties be their best selves. What will you ask of each other to help your household community be your best selves?
2. A covenant should help you live in community – within your household, in your local community, and in the world. What will help your household be the best community you can be?
3. Biblical covenants are always initiated by God. What do you think God might be calling your family to?
4. Jesus said that the greatest commandment was to love God and to love others as you love yourself. How will you center the love of God, self, and others in your covenant?
5. After the flood, God's covenant wasn't only with humanity – it encompassed all of creation. How will your covenant reflect your household's commitment to right relationship with God's good creation?
6. God always has a part in the covenant. Make sure your covenant is something all in your household will participate in. This is not a list of rules for children! Adults enter into the covenant as well. However different parties of the household may have different responsibilities in the covenant.

Over the weeks of Lent, do some family discernment as you come up with your household covenant. The goal is that by Easter, you have a covenant that helps you all walk with the resurrected Christ together!



Ash Wednesday Ritual

Note that this simple ritual can easily be adapted for a corporate setting. In fact, it is based on an all-age Ash Wednesday service from College Mennonite Church in Goshen, Indiana.

What is Ash Wednesday?

- Ash Wednesday marks the beginning of Lent.
- We confess our humanity. We are humans, not gods.
- That means we miss the mark. We hurt others. We break relationships.
- And being human means we are created by God, in the image of God. It means God sticks with us.
- Being human means we are an integral part of creation, created to live in community with God, ourselves, others and all of creation.
- To be human means to be deeply connected with God's sustaining creation – with the water that cleanses and renews us, the fire that refines and comforts us, the wind that moves us, and the earth from which we come and is our life source.

On Ash Wednesday, we dig deep and start to discover what it is that keeps us from being our best human selves.

Prepare for the Household Ritual

Ashes

- Traditionally, we burn the palm branches from the previous Palm Sunday, but you can burn any organic material to make your ashes.
- Mix them with a bit of oil (olive oil is great) to help them stick together.

Stations

- Earth: A container with some soil (preferably good, rich soil!) and a towel to wipe off hands.
- Fire: A "Christ candle" (maybe use your candle from Advent) and enough other candles with candle holders for every member of your household.
- Water: A pitcher of water and some small cups.
- Air: A bottle of bubbles and bubble wands.
- Print out the Scripture passages and the reflection and action instructions for each station if you want the stations to be self-guided. Otherwise, you can just read these for each station.

Do the Ritual Together

Introduction: Introduce the ritual by explaining the meaning of Ash Wednesday. You could read through all of "What is Ash Wednesday," or choose points from it that are most helpful for your household. You may want to play this Ash Wednesday playlist (<https://spoti.fi/37kVXbv>) softly in the background (Free Spotify account required).

Imposition of Ashes: Anoint each other's foreheads (or your own) with ashes in the shape of a cross. Speak the words, "From dust we come, and to dust we will return." Genesis 3:19

Explore Your Humanity: You may want to do each thing as a household, or let everyone explore at their own pace. Very young children will probably need to partner with a grown-up. There is an option for a (very simplified) reflection for young children.

Earth

- Scripture:
 - Genesis 2:7, 9
 - Genesis 2:19
- Reflection and Action:
 - We come from good soil that has been shaped and brought to life by God. And we will return to the soil.
 - Put your hands in the soil. Touch it. Smell it. Look at it closely. God has taken great care to create you from good soil. God has taken great care in creating all living things from good soil. And God takes great care as soil receives death and decay. What remains is good soil, ready for God to use, again and again.
 - For young children: "Just like things grow in this good soil, the love of Jesus grows in me." Explore the soil.

Air

- Scripture: Joel 2:28-29
- Reflection and Action:
 - The Holy Spirit can be a gentle breeze that lightly lifts a fallen leaf or a rushing wind that rearranges the world. The Spirit moves around us and through us, connecting us in our very human form to our Creator.
 - Blow some bubbles, and as you do, notice the way your breath helps to create them. Observe the different kinds of bubbles that form when you blow with a gentle breath or with a stronger breath.
 - Imagine the Holy Spirit creating in you the way that your breath creates the bubbles. What dreams and visions might the Holy Spirit be stirring in you?
 - For young children: "Jesus gives me life so I can move." Blow bubbles.

Fire

- Scripture: Psalm 51:15-17
- Reflection and Action:
 - Light a small candle from the Christ candle.
 - Reflect on the ways that the light of Christ provides direction, comfort and challenge in your life. What are the things that block the light of Christ in your life? What are the "burnt offerings" you're tempted to offer in place of walking in the light of Christ?
 - Sit (or stand) with the light, inviting an awareness of God's presence with you.
 - Pray for courage to face whatever lies before you and to walk in the ways revealed to you by the Light of the World, Jesus Christ. As a sign of hope and courage, leave your lit candle in the candle holder until you blow it out at the end of this Ash Wednesday ritual.
 - For young children: "Jesus, show me your way." Light a candle.

Water

- Scripture: Isaiah 58:11
- Reflection and Action:
 - Pour yourself a glass of water. Watch as the clear, clean water fills your cup.
 - Drink the water, paying attention as it washes through your mouth, down your throat, through your chest and to your stomach.
 - Imagine it making your bones strong, washing through you to renew and refresh you.
 - Say a prayer of thanks for God's provision and renewal.
 - For young children: "Jesus gives me what I need." Drink some water.

Closing:

From the *adamah* (the Hebrew word for soil) of the earth, God shaped us and breathed life into us. Nothing separates us from the love of God. One day, we will all return to the earth from which we've been made, fed, nurtured and sustained, and out of which new life comes. What a glorious circle of life!

Ashes to ashes.

Dust to dust.

Life to life.

Love to love.

Daily Ritual Calendar

Week 1, February 14-24: Christ among Us, Repent and Believe

Prayer: Jesus, we confess that we aren't always our best human selves. Bring us back to you. Show up beside us and help us turn around and show greater love to you, ourselves, others, and all of creation.

Feb 14: Do the Ash Wednesday Ritual in this resource or attend a communal Ash Wednesday service.

Feb 15: Prepare your Lent centerpiece together. The fabric represents our journey with Jesus, the bowl represents God's unending love for all, and the candle represents Jesus, the Light of the World.

Feb 16: Read Mark 1:9-11. Say to each person in the household, "You are my child, my beloved, with you I am well pleased."

Feb 17: Jesus spent 40 days in the desert. Spend some time sitting or moving outdoors.

Feb 18: Worship God in Community.

Feb 19: Cut out some footprints and add them to your centerpiece. You are on this journey with Jesus.

Feb 20: Read Genesis 9:8-10. God cares about all of creation, enough to establish a covenant with all creatures. Do something kind for creation today.

Feb 21: Read Psalm 25:1-10 as your prayer.

Feb 22: Read 1 Peter 3:18. What does this passage mean to you?

Feb 23: Read John 1:9 again. Tell and reflect on the baptism stories of the people in your household.

Feb 24: Lent is a time for cleaning out and making space. Choose a drawer or closet to clean out.

Week 2, February 25-March 2: Christ among Us, Showing Us Faith

Prayer: God, we confess that sometimes we forget our covenant with you. But your covenant is one of joy and blessing. Thank you for sticking with us, as sure as the sun always rises.

Feb 25: Worship God in Community.

Feb 26: Add a cross to your centerpiece. Each day, we learn what it means to take up our cross and follow Jesus.

Feb 27: Read Mark 8:31-33. Imagine what this "rebuking" sounded like.

Feb 28: Read Mark 8:34-38. Do someone else's chore for them.

Feb 29: Read Genesis 17:1-14. What is an outward sign of our covenant with God now?

March 1: Read Psalm 22:22-28. Read verse 22 aloud outside.

March 2: Get up early and watch the sunrise. As sure as the sun always rises, Christ is among us.

Week 3, March 3-9: Christ among Us, Showing Us Justice

Prayer: God, we confess that we sometimes just want to be like everyone else. But following you often looks foolish to the world around us. Give us courage to love others as you love them, to get angry at injustice, and to do "crazy" things like keeping the Sabbath.

March 3: Worship God in Community.

March 4: Add a scroll to your centerpiece – the covenant gift of daily life in community.

March 5: Read Ex. 20:8-11. This is the hinge of the commandments. How do you (or how would you like to) practice the Sabbath?

March 6: Read Psalm 20 aloud. Read it several times. What work does it do in you?

March 7: Read John 2:13-16. What makes you righteously angry?

March 8: Read 1 Cor 1:25. Do something to foolishly show love to someone else.

March 9: Make Lent Pretzels! <https://www.faithward.org/lent-pretzels-recipe-and-pretzel-prayer/>

Week 4, March 10-16: Christ among Us, the Way of Mercy

Prayer: God, we confess that we don't always walk in your way of mercy. But we know that your steadfast love endures forever. You love us so much that you came down and became a human like us. Guide us to show your loving kindness to others.

March 10: Worship God in Community.

March 11: Add a heart to your centerpiece. God's steadfast love endures forever.

March 12: Read Psalm 107:1. This begins a recital of the ways God has stuck with the people. Tell bits of your own household's story, using that refrain with each part of the story.

March 13: The Hebrew word *hesed* is sometimes translated as "mercy," sometimes "steadfast love," and sometimes "loving kindness." Where have you experienced *hesed*?

March 14: Read John 3:16. Many of us memorized this as children. What are your stories of learning this verse?

March 15: Show loving kindness, or *hesed* to someone else today.

March 16: Try a household fast from screens today.

Week 5, March 17-23: Christ among Us, the New Covenant

Prayer: God we confess that we hold tightly to things and ideas. But we know that you are the source of our lives and strength, not our things and ideas. Give us the grace to let go and be ready for the newness you call us to.

March 17: Worship God in Community.

March 18: Plant some seeds in a small pot and add it to your centerpiece. In order to have new life, we have to bury and let go of some things.

March 19: Read John 12:24. If you live in the northern hemisphere, step outside and notice the dormancy of nature. Imagine all the work God is doing in the soil to bring new life.

March 20: Read Psalm 119:9. Tell a story of a time you felt you strayed from God's instructions.

March 21: Read Jeremiah 31:31-34. This is the heart of Christ among Us, knowing us and walking with us.

March 22: Go through a collection in your house (books, toys, shoes...). Pull some things to release, to give to others who might give them new life.

April 1: Find all the loose change in the house and count it. Then bring it to church (or a person in need) as alms-giving.

Week 6 March 24-31 (Holy Week)

Prayer: God, we confess that sometimes we want you to be formed in our image, instead of letting you form us in your image. But just like Jesus was free to ride on a donkey and speak hard truths, you will continue to surprise us and challenge us. Work in our hearts this week as we seek to follow you, even to the cross.

March 24: Palm Sunday - Worship God in Community.

March 25: Add the palm branch to your centerpiece. We are ready to follow Jesus into the journey of Holy Week.

March 26: Read Mark 11:9-10. This is a moment of triumph, but soon after this, the crowds will slowly turn on Jesus. Have you ever felt this kind of betrayal or turning by the people around you?

March 27: Read Psalm 118:1-4, and say it as call-and-response, using the names of those in your household. Imagine these words ringing in Jesus' ears during the week before his death.

March 28: Do the **Maundy Thursday** ritual in this resource or attend a communal worship service.

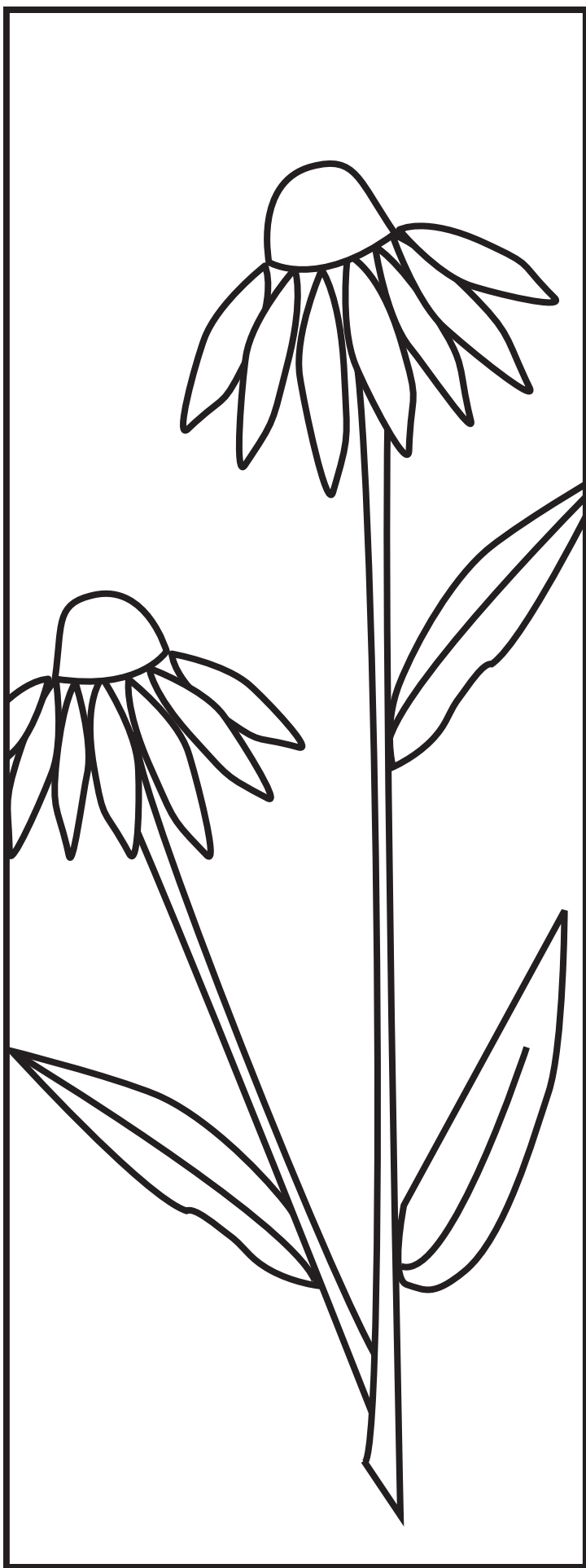
March 29: Do the **Good Friday** ritual in this resource or attend a communal worship service.

March 30: When Jesus died, the Light of the World went out. Don't turn on any lights today.

Easter, March 31

Happy Resurrection Day! Add a rock to your centerpiece. All barriers to fullness of life in Christ have been rolled away! Choose from the Easter Day activities in this resource as you celebrate the resurrection!





EARTH

THEN THE
LORD GOD
FORMED
MAN FROM
THE DUST OF THE
GROUND[A] &
BREATHED
INTO HIS NOSTRILS
THE BREATH
OF LIFE, & THE
MAN BECAME
A LIVING
BEING.

Genesis 2:7, NRSV

FIRE

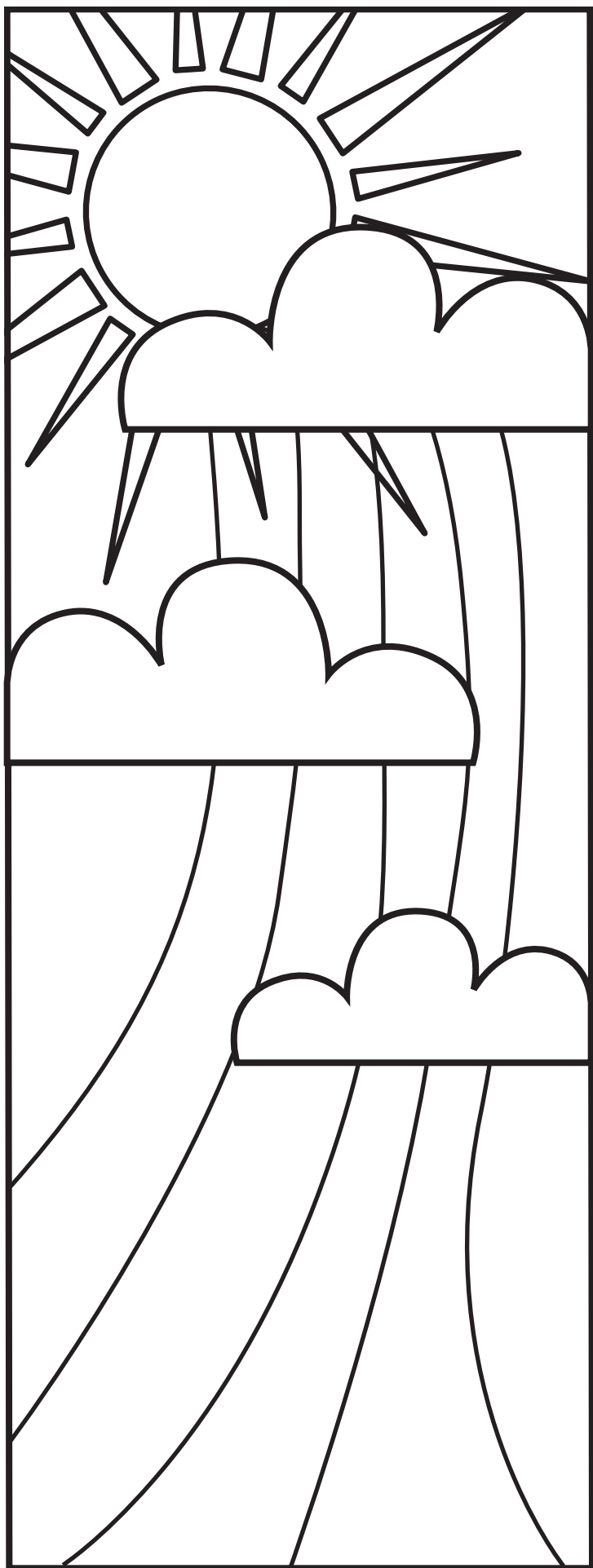
O LORD, open my
lips, & my mouth
will **DECLARE
YOUR PRAISE.**

For you have
**NO DELIGHT
IN SACRIFICE;**
if I were to give
a burnt offering,
you would not be
pleased.

The sacrifice
acceptable to
God is a broken
spirit; a broken &
contrite heart, O
**GOD, YOU WILL
NOT DESPISE.**

Psalms 51:15-17, NRSV





AIR

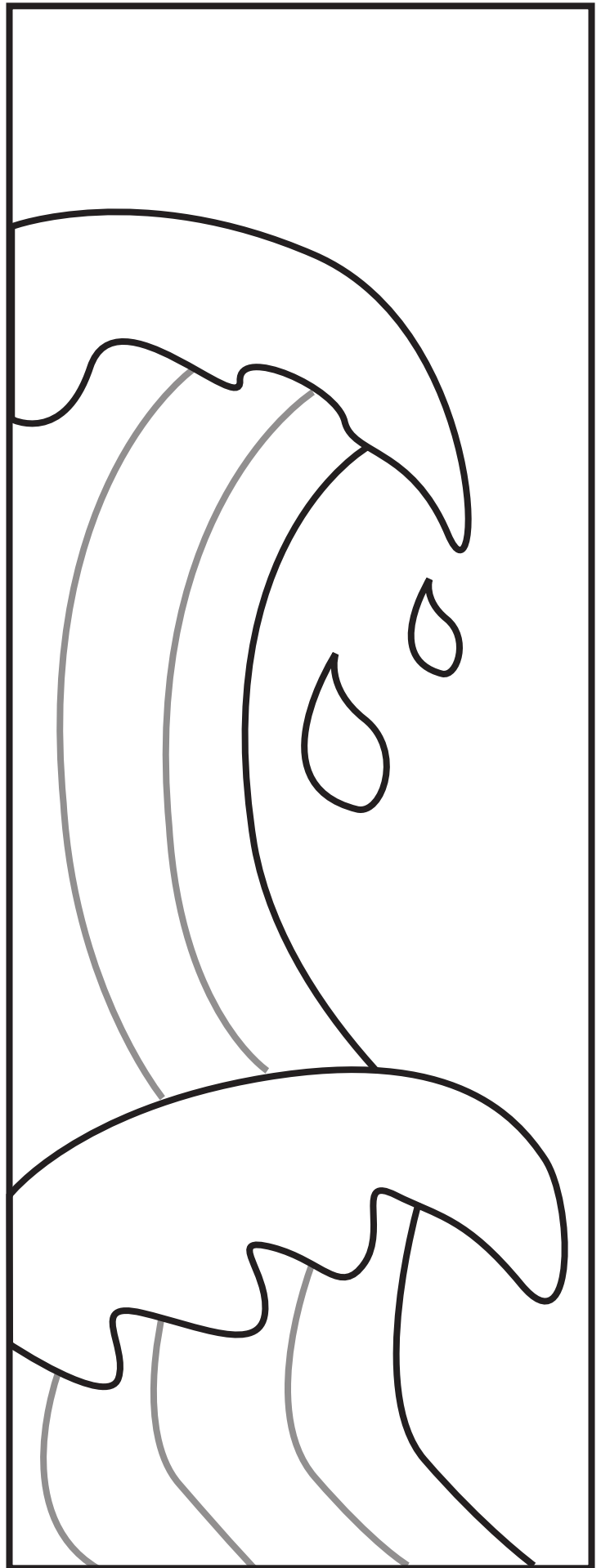
THEN AFTERWARD
I WILL POUR
OUT MY SPIRIT
ON ALL FLESH;
YOUR SONS & YOUR
DAUGHTERS SHALL
PROPHECY, YOUR
OLD MEN SHALL
DREAM DREAMS,
& YOUR YOUNG MEN
SHALL
SEE VISIONS.
EVEN ON THE MALE &
FEMALE SLAVES,
IN THOSE DAYS I WILL
POUR OUT MY
SPIRIT. Joel 2:28-29, NRSV

WATER

THE LORD WILL
GUIDE YOU
CONTINUALLY
& SATISFY YOUR
NEEDS IN PARCHED
PLACES

& MAKE YOUR
BONES STRONG,
& YOU SHALL
BE LIKE A WATERED
GARDEN,
LIKE A SPRING OF
WATER WHOSE
WATERS
NEVER FAIL.

Isaiah 58:11, NRSV



Maundy Thursday Rituals

You will need

1. Towels
2. Large bowl or tub filled with warm water for foot washing
3. A Bible, *The Peace Table: A Storybook Bible*, or *Shine On: A Story Bible* (optional)
4. A simple meal (perhaps soup and bread)
5. Set the table for the meal and have everything ready to go before you begin the ritual.
 1. If you have been using the Lenten centerpiece, place that in the middle of your table and light the candle.
 2. Consider making this feel like a special meal. Maybe in your household this means it's candlelit, or that you use special dishes.
6. If your household enjoys background music, turn on some soft music, or use this Maundy Thursday Meal playlist: <https://open.spotify.com/playlist/2ZEcPhEY9wf8Im4WFHbOOL>

Foot washing

Before the meal with his disciples, Jesus washed their feet. He told them that they should also serve each other in this way, so we do it together to remember Jesus' example.

1. Set the scene: Back in Jesus' time, people wore sandals. Roads were made of dirt, not paved like they are now. So imagine: if you were wearing sandals and walking on dirt roads all day, what would your feet look and feel like at the end of the day? Pretty dirty and gross! So usually, a servant of the house would have the lovely job of washing everyone's feet. Imagine the disciples' surprise when this happened instead.
2. Read John 13:3-17 (*Shine On* pg 260; *The Peace Table* pg 270).
3. Your turn! Wash the feet of others in your household. If you are alone in your house, consider doing a different act of service of your choosing.
 1. There's no science to washing feet, so do this as it works for you. (It is certainly easier to do if the person whose feet are being washed is seated.) Take turns washing each other's feet. Young children may want to do it over and over again. Let them lead the way.
 2. If the moment feels right, spend some time noticing how you feel. What was it like to have someone else wash your feet, or to wash someone else's? Were you uncomfortable? Was it gross? Interesting? Did it tickle? Wonder: Did the disciples and Jesus feel any of the things you're feeling?

Meal

After Jesus surprised the disciples and showed them this way of service, they all ate a meal together.

1. Read Matthew 26:17-30 (*Shine On* pg 264; *The Peace Table* pg 274). This isn't just a happy meal together. There's some betrayal creeping its way in. Notice this discomfort, and let it be on your mind as you eat together even if it's not part of the conversation. Even when Jesus knew betrayal and death were coming, he still served and fed his friends. Notice this hope and remind yourself of it as you eat together.
2. Eat your meal together, knowing that there are going to be some difficult times before the joy of Easter morning.



Closing Words

If you want to wrap up your time together, these words may be helpful: "We have remembered the meal Jesus shared with his disciples and his service to them as he prepared for what he knew was to come. We now continue in Holy Week, moving toward Jesus' death, which we can remember on Good Friday tomorrow. And on Sunday, we will emerge from the depths into new life."

Prayer

God, we cried to you, "Hosanna, save us!" You answered in ways we did not expect. Walk with us in this journey of your passion. Lead us to live out your new covenant in all that we do. In Jesus' name, Amen.

OR, Pray the Lord's Prayer together. Matthew 6:9-13

Good Friday Ritual

This ritual is designed to take you through the story of Jesus' death. If you have young children, you may want to use the modified ritual. Note that, taken out of the context of the whole Bible, the gospel of John's telling of the night Jesus died can sound like an indictment of the Jews. Take care to remember as you read it that Jesus and all of his disciples were Jewish, and the intention of this Scripture is not to blame the Jewish people for the death of Jesus. Concentrate instead on the actions, both helpful and hurtful, of the people who were close to him.

Materials: Bible, Lenten centerpiece, including the pillar candle, and six extra candles.

Begin by gathering around your Lenten centerpiece and lighting all seven candles

Read John 18:1-11.

Extinguish one candle.

Read John 18:12-18.

Extinguish the second candle.

Read John 18:19-27.

Extinguish the third candle.

Read John 18:28-19:16a.

Extinguish the fourth candle.

Read John 19:16b-25a.

Extinguish the fifth candle.

Read John 19:25b-30.

Extinguish the sixth candle.

Read John 19:31-42.

Extinguish the final candle.

This is an account of the death of Jesus, the Messiah, the son of God.



Modification for young children

Begin by gathering around your Lenten centerpiece and lighting all seven candles.

Read *Shine On* pg 267, *The Peace Table* pg 277, or the account of Jesus' arrest and trial from another story Bible.

Extinguish four candles.

Read *Shine On* pg 269, *The Peace Table* pg 279, or an account of Jesus' death from another story Bible.

Extinguish the remaining three candles.

When Jesus died, the whole earth was broken and sad.

Easter Sunday Ritual Ideas

Alleluia! It's Resurrection Day!

Gather with fellow people of God to celebrate!

Sunrise Ritual

- Wake up just before dawn. Check to see what time sunrise is in your area, and get your household up 10-15 minutes before sunrise.
- Grab your Bible, bundle up and go outside. If you aren't able to go outside where you live, go to an east-facing window.
- Turn on the Easter morning playlist (<https://spoti.fi/3adic4Q>) and watch for the sunrise.
- Read John 20:1-18 as the sun comes up. Read it a couple of times, maybe taking turns reading it or acting out the story. This story is on page 270 of *Shine On* and page 280 of *The Peace Table*, but it would be good to read it at least once from the book of John!
- Celebrate! Shout, "Alleluia!" Make some noise, sing a song, dance or run laps around your yard or block. Get silly and joyful in whatever way works for you!
- If you followed yesterday's prompt and didn't turn on any lights, it's time to break your light fast.

Other Celebration Ideas

- **Symbolic egg hunt:** If you have children celebrating with you today, this can be a fun one. Fill eggs with these symbols of Easter and let each child find one egg with each symbol. Come back together to see if you can all figure out what the meaning of each symbol is. We find it's helpful to have three different colors of eggs, one for each symbol, so that each child can find one of each color.
 - Symbol 1: Seeds (to be planted in the spring). We bury the seed in the ground, and we don't see signs of it for a while. Then, it sprouts and bears good things. This can remind us of how Jesus died and was buried, but then rose to new life.
 - Symbol 2: Rock. This reminds us of the stone placed in front of Jesus' tomb that was rolled away. If you want some extra fun, paint your rocks today.
 - Symbol 3: Empty (don't put anything in this egg). When Jesus' friends came to care for his body, the tomb was empty!
- **Resurrection Rolls:** As you make these, tell the story of Jesus' body being prepared for burial, then placed in a tomb. When they come out of the oven, marvel at the empty tomb. Here is a recipe (apinchofjoy.com/2012/04/resurrection-rolls/) using store-bought dough, but you can also make them with simple homemade bread dough.
- **New Life Treasure Hunt:** Go exploring in your yard or a nearby park or trail. Take pictures or field notes, or draw the signs of new life you see.



Alleluia