



An Easter Sunday Sunrise to do at home.

(information adapted by Sarah Are (A Sanctified Art LLC))

We all have our own traditions around Easter – egg hunts, family lunches, meaningful worship. But this year, due to the virus, it won't be the same. However, just like every Easter before, the sun will rise and something will be different.

This year, despite our physical distance, we invite you to carve out some sacred space in the comfort of your own home to recognize the holiness of this day

John 20:1 says: “the women discovered the empty tomb early in the morning, while it was still dark.”

Therefore we are encouraging you and/or your family, to get up before sunrise and watch as the sun in the east rises.

What do you need?

A candle and a lighter; comfy clothes, blanket (if it is cold) and perhaps a hot drink to warm you up.

Watch the sunrise – when the sun has risen, light your candle and allow its flame to be a spiritual reminder that this place is a place set apart.

This is a moment set apart, for even though the sun will rise, we, like the women at the tomb, begin our journey in the dark.

Allow the flame to remind you that even in the darkest times, love and light find a way.

Reflect as a family. (You can also do this if you live alone).

Ask yourself the following:

1. Why do you celebrate Easter? What is special about this day?
2. What have been my Easter morning traditions in the past? What feels different about this morning, this year?
3. What emotions am I feeling today? Fear, grief, hope, disbelief, awe. You may wish to write them down or share them with your family
4. **On Easter morning, Jesus returned to His disciples – to people He loved.** Who are some of the people you love? Who are the people you would like to see soon?
5. **When Mary sees Jesus in the garden, she calls Him “Teacher”.** If you have children there ask them: What are some good things about teachers? Who are your teachers? What do you love most about them? Why is learning so good?

Easter is a day of new beginnings and new life.

It is a day of hope and love that overflows.

It is a day of gratitude for the days we’ve had and the days to come.

It is a day where we remember that love is stronger than hate, and death does not have the last word.

Therefore, take a moment to practice gratitude.

Try to write down or share as many things as you can think of that you are grateful for.

You may wish to use all the letters of the alphabet and find one thing you are grateful for starting with each of the letters.

Or you may wish to ask each of your family members to add one thing to the list without repeating something that has already been said.

Share your Easter Sunday Sunrise story:

As this Easter Sunday is unlike any we have ever seen, as we are not in the company of our church family, or extended family, or friends – let's continue to trust because God is still here.

Why not take a photo of your space – the candle, the sunrise, your journal and the people with you. Document this moment. Cherish this Holy morning for each new day is a gift.

**Keep safe and well – Blessings Pastor Judi Chelsea
Community Church of Christ.**

Pray:

Lord Jesus, thank You for the way that You have pursued us.

Your love and acceptance never ceases.

You seek us out and love us in all of our being and every part of our journey – the joyful times and the painful times.

May we always remain connected to You.

May we always remain open to what it means to follow You.

Give us courage in the face of upheaval, changes and challenges in today's world.

May we be filled with Your Holy Spirit, knowing that we are held and loved unconditionally and, through this, that we can hold and love others unconditionally in their distress.

We praise You and pray in Jesus' Name – Amen.