

# “Living the Resurrection”

## An Eastertide Devotion - 1

### Scripture Reading

#### John 20: 19 -31

Read together this passage from John’s Gospel. Use your favourite Bible, or you could log onto [www.biblegateway.com](http://www.biblegateway.com)



### Reflection Questions

In our reading, Thomas missed Jesus’ first visit. In these Covid-19 days, where are you experiencing *loss* individually and as a family? What/Who are you missing? Take time to listen and share these feelings, lift them up to God.

Jesus came and stood among his disciples, offering them ‘peace’, breathing on them and asking them to “receive the Holy Spirit”...Where are you experiencing *life* individually and as a family? Make a list of things you are thankful for and things that bring you joy. Give thanks to God!

### Song: “Sanctuary”

Written by Randy Scruggs & John Thompson

<https://youtu.be/AxB9VH3cCN4>

*Lord prepare me, to be a sanctuary  
Pure and holy, tried and true  
With thanksgiving I’ll be a living sanctuary for you*

## Practice - ‘Breath Prayer’

*A breath prayer is a short prayer that can be said or thought in a single breath.*

*Today we recall how Jesus said ‘peace be with you,’ breathed on his disciples and said “receive the Holy Spirit”.*

*Try saying the breath prayer as a family:  
“Lord of life, bring your peace”  
(breathing in), (breathing out)*

*You could also make up your own breath prayer as a family. Use your breath prayer throughout the week as a way to connect with God in these days.*

## “Blessing”

### God of Resurrection Life

**Remind us of the surprising joy that is found at the empty tomb.**

**In these days at home with one another, surprise us over and over again with joy and fill our homes and our hearts with the life we have because of your Son, our risen Saviour, Jesus Christ. Amen!**