



“Living the Resurrection”

Eastertide Family Faith Moment 1.



Reflection Questions

In our reading, Thomas missed Jesus' first visit, and was hesitant to believe what he was told, because it seemed too good to be true! We all have doubts sometimes. I wonder, can you think of a time when you have doubted something was real? I wonder if there are some hard questions that you have been thinking about, that you've been afraid to ask? The awesome thing is that God sent us the Holy Spirit to help reassure us that God loves us. I wonder if you can think of anything that helps remind you of the realness of God?



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 (inhale), bring your peace (exhale)" 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.

BLESSING

God of Resurrection Life, remind us of the surprising joy that is found at the empty tomb. In these ever-changing days, 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!