



"Living the Resurrection"

Eastertide Family Faith Moment 3.



Reflection Questions

In verse 10 of our reading, Jesus said:

"I came that they may have life and have it abundantly."

The Oxford Dictionary defines abundant as: more than enough, plentiful, rich.

I wonder, what ways have we experienced God's abundance in our family? Take some time together and share ways that you have experienced the abundant, plentiful, rich life that Jesus has given us.

I wonder how we can show God thanks and praise for what he has given us?



Practice- Praying with our Bodies

A chalice is a cup used in Communion. Jesus came that we might have life and have it abundantly. Take a few moments to practice the 'chalice pose.' Stand tall with your legs directly under you, and your arms out wide and rounded upward like a cup, ready to receive. As you stand in this pose, imagine your "cup" being filled with the abundant life Jesus offers us. NB: Alternative practice: print off our chalice colouring sheet, colour it and/or fill it with words describing the abundant life you have experienced with your family recently. Click [here](#) for the Chalice colouring page.

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!