

Spiritual Engagement Guide



April 12-18

Read John 20:1-18 every day.

Consider the following questions as you read:

- What does the empty tomb mean to you?
- Who did you hear about Jesus from for the first time? What was your response?
- What can you take away from the fact that none of the disciples believed Jesus was back until they saw him?
- How has your belief impacted the way you live?

Read the following prayer aloud each day:

Dear God, we thank you for showing your love for us on the cross, giving us the change to live for you today. Let your light surround those I love today and forevermore. Amen!

Spiritual Practice: Resurrection

The practice of seeing renewal and new life all around is a struggle during the COVID-19 crisis. However, developing this

ability right now is more vital than ever. You can undertake the spiritual practice of resurrection in the following ways:

- **Pay attention:** Give your full attention to whatever you are doing, and you'll recognize the constant renewal of life all around you.
- **Stop worrying:** Leave the past to God's mercy. Leave the future to God's discretion. Living in the present moment, the only time when God brings forth new life, is a way of affirming your belief in the resurrection.
- **Talk to someone:** When you cultivate the art of making connection, the walls of separation come crashing down and new life can spring up out of the rubble.

Begin and end each day with the breathe prayer: "Breath of God, Breathe on me."

This week's practices are adapted from:

<https://www.spiritualityandpractice.com/practices/naming-the-days/view/10963/easter-resurrection-as-a-spiritual-practice>.

You can find many more resurrection practices by following that link.