

**Second Sunday of Easter**  
**Devotional Activity Ideas**  
Week of 19 April 2020

Scripture:

*"I saw the Lord always before me, for he is at my right hand so that I will not be shaken; therefore my heart was glad, and my tongue rejoiced; moreover my flesh will live in hope.... " (Acts 2: 25-26)*

*"I bless the Lord who gives me counsel; in the night also my heart instructs me. I keep the Lord always before me; because he is at my right hand, I shall not be moved. Therefore my heart is glad, and my soul rejoices; my body also rests secure." (Ps 16:7-9)*

*"When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, 'Peace be with you.'" (John 20:19)*

Reflection:

*"Christ is risen! Christ is risen, indeed!"*

This Easter Acclamation is based on the angel's proclamation that the tomb is empty, and that Jesus is risen from the dead. These are words of celebration, expressing the joy and hope we share through Christ's resurrection! In many Christian communities, these words are used to greet fellow believers. It is a reminder that we have every reason to celebrate and be glad this Easter season.

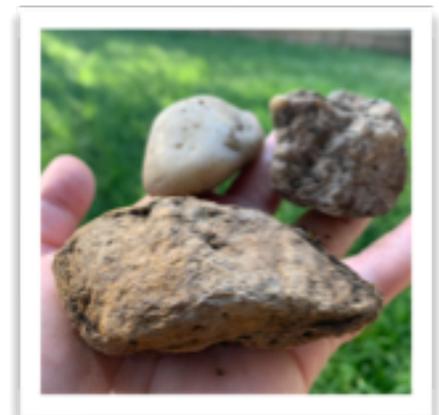
It may feel odd to celebrate in the midst of these difficult times. Yet, at the heart of our Christian faith, we are called to live our lives in the belief that death is not the final word. This is why Christians are called "Easter People." The tomb becomes the womb of new life. We cannot wait for everything to be all right to proclaim our Easter faith of resurrection hope. And so, we remember that nothing – not even a global pandemic – can silence the Good News that God's love has conquered sin and death, and that God's love is poured out for all. We are Easter People. Nothing can take away the joy we have through Christ's saving love.

There are many ways we can share the joy of Easter with other people, even from a distance. A few ideas are offered here. What other ways can you think of to share the Good News of Jesus' love this week?

Activity Ideas

**1) Rocks We Carry**

Collect a few rocks – one for each person – that are small enough to fit in your hand and big enough to feel some weight. Gather with your family in a circle. Have each person start by holding a rock, and go around the circle naming the hard, heavy things they are carrying right now. This could be worry about a loved one, fear of getting sick, loneliness without seeing friends,



difficulty with school or work at a distance. Encourage and model naming specific things while holding and looking at your rock.

When everyone has shared, place your rocks in the middle of the circle, and pray together, "God we carry hard, heavy things, but we know we do not carry them alone because you are with us. Just like the rock that was rolled away from Jesus' tomb, you are rolling away things from our lives to bring new life. Help us know you are bringing hope and joy and new possibilities. Amen."

### Rocks Covered in Hope

Sometime after you have shared in the "Rocks we Carry" activity together, you can take these rocks – now symbols of the hard things – and cover them in hope.



Wash the rocks with soap and water, and dry them thoroughly. Using acrylic paint, each person can paint their rock with hearts. You could also just use Sharpies if you don't have access to paint. Once the rocks are dry, leave them in places where people can see them (or give them away if you want) and be reminded of God's overflowing love!



### Share Words of Love and Peace

Cut out paper hearts from colored paper (if you have some), and decorate as you wish. Or, you can color in the hearts page (below). Write down a word (or a picture) to describe something that person does well – or describe why you love them. If that person is in your home, leave the note for them to find at the next mealtime. If your note is for someone not in your home, send that person a picture text or email.

### Virtual hugs

Send a virtual hug through email or text message to someone who may be in need of one. Using a long piece of paper (or a few pieces taped or glued together), trace your hands and arms. Cut out a heart and write a message of hope, joy, peace, or love, then glue the arms and hands to it to create a "hug."

Take a picture of your "hugs" and send the photos digitally to anyone who may need a hug.



*Adapted from [www.worshipdesignstudio.com/series](http://www.worshipdesignstudio.com/series)  
by Dr. Marcia McFee*

