

Living the Word

MEDITATING ON THE SUNDAY GOSPEL

Year C - Easter Sunday

A resource for personal, family and community prayer.



“...he saw and he believed.”

Gospel: John 20:1-10

You are invited to read the Gospel passage attentively, respectfully and reverently as a gift of God.

¹It was very early on the first day of the week, and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb ²and came running to Simon Peter and the other disciple, the one Jesus loved. “They have taken the Lord out of the tomb,” she said, “and we don’t know where they have put him.”

³So Peter set out with the other disciple to go to the tomb. ⁴They ran together, but the other disciple, running faster than Peter, reached the tomb first; ⁵he saw the linen cloths on the ground, but did not go in.

⁶Simon Peter, who was following, now came up, went right into the tomb, saw the linen cloths on the ground, ⁷and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself.

⁸Then the other disciple who had reached the tomb first also went in; he saw and he believed. ⁹Till that moment they had failed to understand the teaching of scripture, that he must rise from the dead. ¹⁰The disciples then went home again.

Background to Gospel passage

Where does it happen?

It happens at a new tomb in the garden, close to the place where Jesus had been crucified.

When does it happen?

It takes place on the Sunday following the crucifixion, just before sunrise.

Who is there?

His close friend, Mary of Magdala, and two of his disciples, John who had stood at the foot of the cross and Peter who had earlier denied and disowned him.

What happens?

Mary of Magdala discovers the empty tomb and presumes they have taken the body of Jesus away. She finds Peter and John and together they run to the tomb.

The rolled-away stone and the discarded linen cloths are signs that Jesus, their friend, has been freed from the bonds of death. The truth of the resurrection dawns. They go back home with new hearts, filled with new life, new hope and new joy.

Suggested Guidelines to help you recognise this passage in your life experience.

“They have taken the Lord out of the tomb,” she said, “and we don’t know where they have put him.”

Can you enter into the experience of Mary Magdala by remembering a time of grief in your own life when your heart was in a turmoil of sadness, fear and confusion?

“...saw the linen cloths on the ground, and also the cloth that had been over his head”

At a time of loss, can you remember the little

signs of hope and new life that came to you in nature, in prayer or in people, and it confirmed your faith in the resurrection?

“...he must rise from the dead.”

Can you remember a time when you were held in bondage (in the tomb, as it were, of addiction, guilt, resentment or depression?

What was your experience of love that rolled away the stone and unravelled the linen cloths and set you free?

What does this Gospel remind me of? *Where was it? When was it? Who was there? What happened?*

Now I can see that God’s loving presence and action were in that life experience.

Prayer Response - you are invited to respond in prayer in your own words.

Heavenly Father, I thank you for the times when I have experienced this Gospel in my life...

Heavenly Father, I am sorry for the times I have fallen short of living this Gospel...

Heavenly Father, please help me to live this Gospel...



You are invited to deepen this prayer experience by resting your heart silently in God's presence and love. The quiet repetition of a word or phrase from the passage may help you on this journey to stillness and silence.

An Invitation to Reflect

What new insight has the Gospel opened my eyes to see?

Action

This week I will try to live the Gospel by...

Thought for the week

Deep and faithful love has the power to raise us to new life.

Rest in this truth, hold it in prayer and trust that it will bear fruit in your life.



Three days after Jesus died on the cross, Jesus' friends went to the tomb where he was buried and saw that it was empty. Jesus had risen from the dead. Even though they didn't see Him yet, they believed He was

alive and with them.

Can you think of a person—a parent, grandparent or sibling—who helps you remember that Jesus is always with you?

Draw or write about someone who helped you to know that Jesus is always with you.



Father, I thank you for the gift of this story which has opened my eyes to see the living presence of Your Son in my life.

Action: this week I will try to show love by...

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