

# FAITH @ Home

5TH APRIL 2026: YEAR A: EASTER SUNDAY

Diocese of Waterford & Lismore  
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*Celebrating and supporting faith, hope and love in the heart of the family!*

"TO THE HEIGHTS" YOUTH EDITION ALSO AVAILABLE

## Sunday Mass Readings

First Reading:

Acts 10:34, 37-42

Responsorial Psalm:

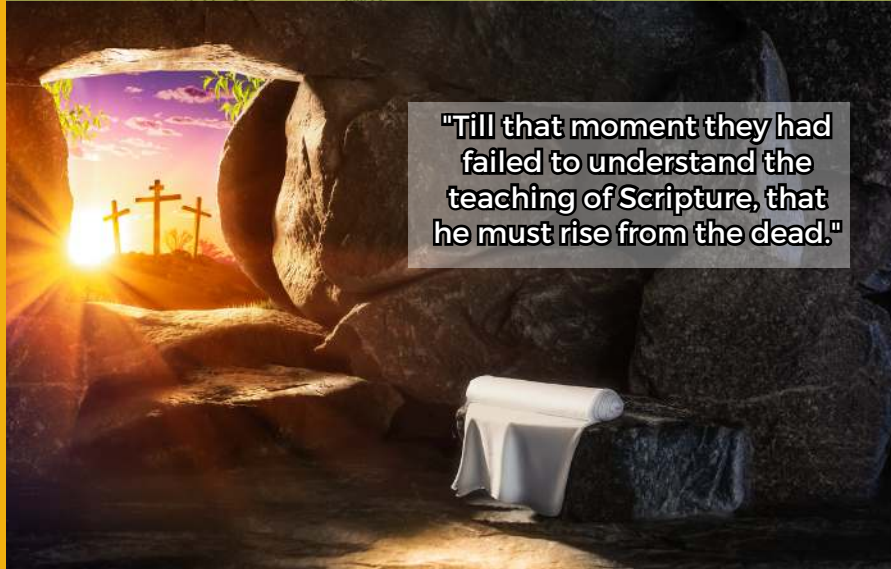
Psalm 117(118):1-2, 16-17, 22-23

Second Reading:

Colossians 3:1-4

Gospel:

John 20:1-9



"Till that moment they had failed to understand the teaching of Scripture, that he must rise from the dead."

image: canva

## Hear



Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [HERE](#).

## Reflect



In the Gospel today we hear about the Resurrection of Jesus, and the response of Mary Magdalene, Peter and John.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Imagine yourself at this scene. Would you rush into the tomb? Would you wait for someone to go in first? Why do you think that is?
- Where in your life do you need resurrection hope? Or is there someone you know who needs the hopeful message of the resurrection to take hold in their lives? Spend some time in prayer with this intention.
- Alleluia! He is risen! Ask for the grace to live each day with this joy!

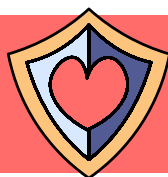
## Chat



In this week's Gospel, we hear about the resurrection of Jesus from the point of view of the apostles Peter and John (the Beloved Disciple) and Mary Magdalene.

- Have you ever had really good news that you couldn't wait to share?
- Have you ever had something really amazing and unexpected happen to you?
- Do you ever find it hard sometimes to understand things about our faith? Remember that in today's Gospel, the disciples didn't yet understand what was meant by everything they saw in the tomb - but they would soon understand that Jesus was truly risen!
- How can you celebrate Easter as a family, living with joy and hope every day?

## Family Prayer



*"This is the day the Lord has made; let us rejoice and be glad."*

## Family Challenge!



Each day of Easter week pray together using today's psalm: *"This is the day the Lord has made; let us rejoice and be glad."* Maybe add it to an Easter Sacred Space in your home. You might find some ideas [here](#).



# OUR EASTER FAITH

Today we begin the Easter Season, our 50-day meditation on the mystery of Christ's Resurrection. Our Gospel today tells us about the disciples' discovery of the empty tomb. It concludes by telling us that they did not yet understand that Jesus had risen from the dead. Thus, the details provided are not necessarily meant to offer proof of the Resurrection. The details invite us to reflect upon a most amazing gift, that is faith in Jesus and his Resurrection.

Each of the four Gospels tells us that Jesus' empty tomb was first discovered by women. This is notable because in first-century Jewish society women could not serve as legal witnesses. In the case of John's Gospel, the only woman attending the tomb is Mary of Magdala. Unlike the Synoptic accounts, John's Gospel does not describe an appearance of angels at the tomb. Instead, Mary is simply said to have observed that the stone that had sealed the tomb had been moved, and she runs to alert Simon Peter and the beloved disciple. Her statement to them is telling. She assumes that Jesus' body has been removed, perhaps stolen. She does not consider that Jesus has been raised from the dead.

Simon Peter and the beloved disciple race to the tomb, presumably to verify Mary's report. The beloved disciple arrives first but does not enter the tomb until after Simon Peter. This detail paints a vivid picture, as does the detail provided about the burial cloths. Some scholars believe that the presence of the burial cloths in the tomb offers evidence to the listener that Jesus' body had not been stolen (it is understood that grave robbers would have taken the burial cloths together with the body).

The Gospel passage concludes, however, that even having seen the empty tomb and the burial cloths, the disciples do not yet understand about the Resurrection. In the passage that follows, Mary of Magdala meets Jesus but mistakes him for the gardener. In the weeks ahead, the Gospel readings from our liturgy will show us how the disciples came to believe in Jesus' Resurrection through his appearances to them. Our Easter faith is based on their witness to both the empty tomb and their continuing relationship with Jesus—in his appearances and in his gift of the Holy Spirit.

taken from ***Loyola Press Sunday Connection***

## Check it out: One minute pause app



Take a pause. A simple way to connect with God in the middle of your busy day. From John Eldredge, the New York Times Best Selling Author of *Wild at Heart* and *Captivating*. Based on the One Minute Pause chapter of his new book "Get Your Life Back", this app invites you into the simple practice of releasing everything to God, restoring your union with God and inviting him to fill you.



## CARLO'S CORNER

### RAISE A HALLELUJAH!

If Jesus had just been an innocent man who was put to death on Good Friday, His death would have been tragic and an act of senseless cruelty, and the story would have ended



there. For Christians, however, Good Friday is not the end of the story.

Jesus told his followers on numerous occasions that He would have to suffer and die, but on the third day He would rise again. They were incapable of understanding that at the time. Imagine the pain, grief and hopelessness they must have felt on Good Friday, watching their good friend suffer and die, and with Him all their hopes for the future?

Then imagine their overwhelming joy and sense of hope they felt at the resurrection! His mother, Mary, never lost hope in Jesus' promises.

Can you imagine how joyful their reunion was after the Resurrection?

St John Paul II famously said, "We are an Easter People, and Alleluia is our song!" Make a special effort this week to live as an "alleluia person" - don't give in to complaining, or negativity, or laziness or selfishness. Live as someone who knows how much Jesus loves you and what He was willing to do for you! Raise a Hallelujah!



RISEN - A Short Film



**Raise a Hallelujah!**  
**Bethel Music**



To the Heights Youth Resource also available



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