

**WEEK:**

Easter Sunday (April 12, 2020)

MASS READINGS:**FIRST READING:**

Acts 10:34a, 37-43

RESPONSORIAL PSALM:

Psalm 118:1-2, 16-17, 22-23

SECOND READING:

Colossians 3:1-4

GOSPEL:

John 20:1-9

KEY WORDS:

Vindication, Commission, Resurrection, Mercy, Glory, Fulfillment, Faithfulness

KEY THEMES:

- The suffering Christ went through was not without purpose; He transformed suffering into redemption and continues to do so.
- If we close our eyes to the Good Fridays of life, we could miss the Easter Sundays.
- The scandal of the cross became the glory of heaven.
- The tomb was empty, the burial cloths were set aside, and the risen Christ made Himself known in the breaking of the bread.

As you work through these readings, reflections, and questions as a family, encourage everyone to write down any questions that come up. If you are able to answer the questions, great, but do not feel like you have to have all the answers. Encourage your teen(s) and

explain that we are all growing in our understanding. Remind them that together, as a family, you will work to find the answers through online research, by asking your parish priest, by contacting your youth minister, etc.

THE ASCENT**Welcome and Introduction (5 min)**

Pick a comfortable place in your home and gather together. Ask each family member to share one “high point” and one “low point” from their week.

Life Stories (10 min)

Give each family member a blank piece of paper and a pen. Then, instruct everyone to use their paper to draw “high points” and “low points” in their relationship with God. The high points or “hills” represent the times in our lives when we have felt close to God and strong in our faith, while the low points or “valleys” illustrate the times when we have struggled with our relationship with God. Once everyone has finished creating a story of their relationship with God, invite each person to share what the hills and valleys represent as well as their most significant hill and valley.

LECTIO**Opening Prayer**

Invite one member of your family to lead an opening prayer, either creating their own prayer or using the following:

Jesus, you have conquered sin and death forever. Our hearts are filled with joy as we praise your great name and victory for all. We ask that you fill us with your presence this Easter. Grant us the peace and joy of your love, today and always. Amen.

Our Voice (10 min)

One by one, have each member of your family answer the following questions to prepare for the topic of the session:

- Why do we experience “high points” and “low points” in our relationship with God? Are they both necessary? Why?
- How can we continue to deepen our relationship with God during the “high points”? How can we remain faithful to God during the “low points”?

Reflection: Easter Sunday (5 min)

Watch the *Summit* reflection video for Easter Sunday, which can be found on the Life Teen YouTube channel under the Summit Teaching Videos playlist. This video provides a thematic overview to the session.

God’s Voice (5 min)

Read John 20:1-9 aloud. Before reading, encourage everyone to actively listen to the passage. Invite another person to read the passage a second time. After the second read-through, invite everyone to open their Bibles and silently read the passage a third time. Allow time to pause and reflect between read-throughs.

If your family does not have access to a Bible, use the online Bible from the USCCB. If you have younger children, have them collect blankets and pillows from around the house after the first reading of the Scripture passage.

MEDITATIO

Reflecting on God’s Voice (10 min)

Offer the following questions for silent reflection and journaling:

- Have you ever witnessed or been given good news? What was the news? What was your reaction?
- Did you share this news with others? Why?

If you have younger children, instruct them to use the blankets and pillows they gathered to build a tomb with a “stone” rolled away from the entrance.

ORATIO

Discussing God’s Voice (30 min)

Following the silent reflection, discuss the reading. The following questions are a great starting point for the discussion, but be open to where the Holy Spirit may guide it. Consider alternating who asks the question, giving each person a chance to ask a question and lead the discussion. As a parent, you should also participate in the conversation in an honest way and offer guidance based on your life experience, but use discretion on what you do and do not want to share about your personal life with your teen(s).

- Why do you think Mary went to the tomb in the first place?
- How did Peter and the other disciple react to Mary’s news? Why do you think they reacted that way?
- How would you have reacted if you got this news from Mary? Why would you react that way?
- What do you think all three were thinking when they arrived at the tomb? What conclusions were they making?
- What kinds of difficulties do you think they ran into when sharing this news with others?
- Do you think you would have been able to tell others about the news easily or would it have been difficult for you? Why?

If you have younger children, consider having this discussion with your teen(s) after your younger children have gone to bed.

CONTEMPLATIO

Extending the Joy (10 min)

Invite each member of your family to briefly share how they see the faith being lived out in your family (e.g., praying before meals, going to Mass or watching Mass on

Sundays when necessary, participating in family prayer time). Then, choose one thing that you all want to add to your faith routine or do more consistently to live your faith as a family.

Invite someone to close the session with a prayer, thanking God for the gift of Jesus' Resurrection and asking for courage to more boldly proclaim the Gospel.

Weekly Challenge

Take a picture of your family, and send the photo along with an encouraging message about the Resurrection to another friend or family member. If you have younger children who built a tomb out of blankets and pillows, take your photo in front of the empty tomb.