

1. To begin, make yourself comfortable. Know that the Lord is close and that you are held in God's love. Quietly give him thanks
2. Read the passage slowly.
3. When you have finished note what particularly struck you or moved you. Bring your thoughts and feelings to Jesus in quiet conversation and prayer.
4. End by praying the Lord's Prayer and making the sign of the Cross.

**A reading from the Holy Gospel according to Matthew**

28:1-10

*He has risen from the dead and now he is going before you into Galilee*

After the sabbath, and towards dawn on the first day of the week, Mary of Magdala and the other Mary went to visit the sepulchre. And all at once there was a violent earthquake, for the angel of the Lord, descending from heaven, came and rolled away the stone and sat on it. His face was like lightning, his robe white as snow. The guards were so shaken, so frightened of him, that they were like dead men. But the angel spoke; and he said to the women, 'There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. He is not here, for he has risen, as he said he would. Come and see the place where he lay, then go quickly and tell his disciples, "He has risen from the dead and now he is going before you to Galilee; it is there you will see him." Now I have told you.' Filled with awe and great joy the women came quickly away from the tomb and ran to tell the disciples.

And there, coming to meet them, was Jesus. 'Greetings' he said. And the women came up to him and, falling down before him, clasped his feet. Then Jesus said to them, 'Do not be afraid; go and tell my brothers that they must leave for Galilee; they will see me there.'

