



Holy Family Mission

Easter Family Day – Post Primary School Resources

Baking

Resurrection Cookies

Ingredients: - 170 grams chocolate chips
-1 tsp vinegar
-Pinch of Salt
-200 grams sugar
-3 egg whites

Equipment: -Plastic Bag
-Wooden Spoon
-Mixer
-Tea Spoon
-Spatula
-Baking Tray
-Baking Parchment

INSTRUCTIONS:

The night before Easter Sunday:

Before you begin, preheat the oven to 150 degrees C and line your trays with baking parchment.

1. Place chocolate chips in a plastic bag and seal and beat the chips with a wooden spoon or a rolling pin to break them into small pieces.

This represents Jesus being arrested and the guards beating him

(Read John 19:1-3)

2. Add egg whites to the bowl.

Eggs represent life and that by giving His life, Jesus gave us eternal life. (Read John 10:10-11)

3. Smell the vinegar and add the vinegar to the bowl. We do this because when Jesus was dying on the cross and all the guards gave him vinegar was on a hyssop stick.

(John 19:28-30)

4. Give everyone a little salt in their hand and encourage them to taste it. Place a pinch of salt is added to the bowl

The salt represents the salty tears that were shed by Jesus' followers and the bitterness of our sin.

(Read Luke 23:27)

5. Add the sugar.

Sugar is added to show that the sweetest part of the story is that Jesus died because He loves us.

(Read Psalms 34:8 and John 3:16)

6. Beat the egg whites to form peaks, about 10-12 minutes.

The white colour represents the purity in God's eyes of those whose sins have been cleansed by Christ.

(Read Isaiah 1:18 and John 3:1-3)

7: Fold in the chocolate chips and drop by teaspoons onto the baking tray.

Each mound represents the rocky tomb where Jesus' body was placed.

(Read Matthew 27:57-60)

8. Place the tray in the preheated oven and then turn the oven OFF.

(Read Matthew 27:65-66)

9. Go to bed!

Just as you may feel sad to leave the cookies in the oven overnight,
Jesus' followers were sad when the tomb was sealed and they had to
leave his body there.

(Read John 16:20,22)

Easter Morning

10. The next morning open the oven and enjoy your Resurrection
cookies!

(Read Matthew 28:1-9)



Method:

1. *Begin by saying the Holy Spirit prayer at the start of each of your daily meditations.*
2. *Begin with bible verse 1 on Easter Sunday.*
3. *You can choose what time frame you complete the challenge in.*
 - a. *Do it all over 10 days (starting Easter Sunday) – complete one full bible verse with all 5 attached meditations in one day*
 - b. *Do it all over the full Easter Season (Easter Sunday until Pentecost Sunday – 50 days) – you will only be covering a new bible verse every 5 days – complete one meditation each day*
4. *Read through the set bible verse, then read through the meditation (s). Think about them and bring them to prayer. See what God is trying to tell you through them.*
5. *Try and set aside a few minutes each day for this. Fully enter into this time of Scripture and prayer, and get to know God better through it.*
- 6.

Holy Spirit Prayer:

Holy Spirit, come into our hearts and our minds. Please prepare us to understand God's Word and allow us to hear God's voice speaking to us.

Bible Verse 1: John 20:11-17

Meditations;

1. "Jesus said to her, "Woman, why are you weeping?" – Jesus has that same concern for each one of us. He wants to know what is bothering us. He genuinely cares for each and everyone of us and He waits for our response. He is always ready and waiting to listen to us – our troubles/concerns, our worries, our joys, everything. He wants to be our loving, caring Father. He wants to have that Father/Child relationship with all of us. He wants us to be like that child who is elated about a crayon drawing that they have just done and are bringing it to show their daddy, very proud of themselves and their achievement. This brings a father much joy, just as it does our heavenly Father, when we go to Him and tell Him about our day, about our achievements, our struggles etc. He is genuinely interested in You and what You have to say.
2. "She thought he was the gardener" - Jesus was disguised as a gardener to Mary. He can also be disguised within our lives too. We might see Him in the smile of a friend, in the gentle word of a neighbour or in the kind act of a family member. So, even though we might not see Him as we would expect, He is never usually too far away from us.
3. "Jesus said to her, "Mary" – Jesus called Mary by her name and she recognised Him. Jesus calls each and every one of us by our names. We are not just a number to Him, He loves and cares for all of us on a personal level. The more we come to know God through our prayer and spending time with Him, the more we will be able to recognize His voice also. "My sheep hear my voice. I know them, and they follow me." (Jn 10:27)

4. "But go to my brothers and say to them" – Jesus sent Mary to go to the apostles, telling them of what she had seen. But this instruction wasn't just meant for Mary 2000 years ago. It is also meant for all of us today. Jesus is sending us out to spread the good news, to spread the faith and to bring Jesus to everyone.
5. "I am ascending to my Father, and you Father, to my God, and your God." – Through this Jesus is demonstrating to us that God the Father is our Father too, and He is also our God. It reminds us that Jesus is also our brother and He loves us very much, just as the Father does. God the Father wants a filial relationship with us and wants to develop this Father/Child relationship with Him. He is always ready and waiting for us. He makes the first move and invites us to prayer, but it is up to us whether or not we respond to His invitation. All we have to do is to put in the effort to go to Him. He will be always be there ready to receive us with open arms. God loves you.

Bible Verse 2: Luke 24: 36-41

Meditations;

1. "As they were talking about this, Jesus himself stood in their midst." – On the walk to Emmaus, Jesus comes and stands among the two disciples. He was present during their ordinary activity of them walking and talking. Today, Jesus also comes among us. He is with us in everything we do. Whether we allow Him to help us in these things or not is entirely up to us. God will always respect our free will as humans, and so He waits for us to invite Him into our situations and our lives. He waits patiently for us to ask Him for His assistance. But once we do ask, He is more than willing to help us. He is also truly present among us today in the Blessed Sacrament, and waits for us to come and spend time with Him there.
2. "Peace to you" – This was the first thing that Jesus said to the apostles. His first concern isn't politics, violence, food, etc., His primary concern is the wellbeing of our souls – our spiritual wellbeing. He wants to give us His peace, and with it comes love. He wants to share His love with us, and teach us to bring His love to others through our kind words and gentle actions. God, please grant us peace in our hearts, minds, souls and bodies and help us to share Christ's love with all those we meet.
3. "why are you upset and why do these doubts arise in your mind?" – Jesus knows what goes on in our hearts and our minds. He cares for us and again, proves that He is willing to put in that effort to ask us why we are upset... so respond to His question. Speak to Him, tell Him what is bothering you and what is troubling you. He wants to help and be there for you, so let Him.
4. "Touch me and see for yourselves" – Jesus wants to show Himself to each and every one of us individually. He wants to have a personal relationship with all of us, so He comes to us on a personal basis, revealing Himself to each one of us. God, please help me to see who you really are.
5. "a ghost has no flesh and bones as I have" – Jesus is fully human. He has flesh and bones just like us. He knows what it means to be a human. He has experienced pain, suffering, loss, joy, happiness, laughter, work, prayer, rest, play. He knows what it's like. So, tell Him how you are feeling, tell Him what you are going through or what you have done today so far – He wants to have a relationship with you and for you to have a relationship with Him, so talk to Him. He is always there for you and He wants you to know that you can go to Him about everything and anything.

Bible Verse 3: John 20: 24-28

Meditations;

1. "We have seen the Lord" - often times when we try and spread the good news, we are not always met with belief. But God can work through this. We can do our part as disciples of God by helping to spread the seeds of truth and faith. Through these seeds, God can reveal Himself to them as He wishes.
2. "I will not believe" – how many of us our doubting Thomas's? Do we always trust in God and believe in His Divine Word? Where in our lives should we come to trust in God more? Ask God to help you to trust Him more in this area.
3. God's time is not our time – it wasn't a case that straight after Thomas had said that he wouldn't believe that Jesus suddenly appeared and caused him to believe; instead, Jesus waited for eight days.
4. Again, Jesus offers us His peace, and again, when He stands among the people, He brings His peace with Him to them.
5. Jesus goes out to reach each and every one of us personally – He knows our hearts and minds. He goes directly to Thomas, knowing what was in his heart and knowing what he had said, hence, Jesus knew what the best way to reach him was – "Put your finger here and see my hands; stretch out you hand and put it into my side. Doubt no longer but believe." At the same time, after Jesus reached Thomas on a personal level, He then gave him a command – "Doubt no longer but believe." – Jesus, although He didn't have to, He chose to prove Himself and reveal Himself to Thomas, but now He wants Thomas to trust in Him and believe. Jesus reveals Himself to us as well, and also asks that we trust and believe in Him.

Bible Verse 4: John 21: 1-8

Meditations;

1. "I am going fishing" – The disciples were ordinary people. They enjoyed doing ordinary things and they worked like everyone else. And yet, Jesus called them. He called them to be the followers of Christ. He called them to follow His example and learn from Him. He called them to then go out and teach others about what they had learned from Him. Jesus calls all of us to be His followers, to learn from Him and then to go out and spread this good news to others. Jesus calls the ordinary person. He calls you and He calls me. He has a unique mission for each one of us, one that only you can fulfil. God, we ask You to give us the grace and strength we need in order to carry out the mission You are calling us to.
2. "they went out and got into the boat, but they caught nothing all night" – The disciples were fishermen. They needed to have a catch or else it was a waste of their time and energy being out on the water. They endured hardships just like everyone else did and went through the pain staking trial of trying and trying all night to get a catch but weren't successful. They know what it is to struggle. But they also know and believe that Christ can help them if they trust in Him.
3. "Throw the net on the right side of the boat and you will find some." – Jesus gives them an instruction, but it is up to them to take it on board and to follow it – keep in mind they are skilled fishermen, who do this as a trade, and they have been out all night and haven't managed to collect anything; now someone is after coming along and is telling them to throw out their nets again. They had to have faith in order to trust in Jesus to do this, even though they didn't know or understand why. They had to take that leap of faith. God, please help me to take those leaps of faith in my life when they come my way, keeping my eyes focused on You at all times.
4. "when they had lowered the net, they found they were not able to pull it in because of the great number of fish." – When the disciples trusted and took that leap of faith, God rewarded them a hundred-fold. God surpassed all of their wildest dreams and expectations and gave them something far greater than they would ever ask for or could ever imagine. But we have to take that leap of faith and put our trust in God, believing that He wants what is best for us and He knows what that will be.
5. "It is the Lord!" – the disciples know Jesus and are able to recognize Him. Peter shows no hesitation in going to Jesus, demonstrating the loving relationship that he has with Him. We should all aspire to have such a relationship with Jesus. God, please increase my love and desire for You every day.

Bible Verse 5: John 21: 9-14

Meditations;

1. "It was full of big fish – one hundred and fifty-three – but, in spite of this, the net was not torn." – Jesus is capable of doing the things that are unthinkable for us. To the disciples, the thought of 153 big fish being caught in the nets would have been impossible without them tearing – and yet that is exactly what Jesus allowed to happen. We shouldn't ever limit what God can do in us, by what we can do. Even though it didn't seem possible for the nets to hold that much, Jesus found a way for them to do so. Similarly, when situations can seem nearly impossible in our lives, hold onto the fact that nothing is impossible to God. Put your faith in Him and He won't lead you astray.
2. "Come and have breakfast" – Jesus knows what we need. He knows that we get hungry and need to eat. He too did the ordinary things of life, such as eating breakfast, and He invites us into these ordinary things too. He wants to share this simple meal with us and to share in the other simple things in life, as well as the complicated. He wants to be our friend and journey with us through our lives, both the good times and the bad.
3. "Not one of the disciples dared to ask him, "Who are you?" for they knew it was the Lord." – The disciples knew it was Jesus and were happy to sit in His presence. When we sit with God in prayer, we too come to know Him. Today, we can do this by sitting in a quiet space, by reading the Bible, by viewing adoration and Mass on the livestream etc. When we come to recognize God, we won't need to ask "Who are you?" either.
4. "Jesus then came and took the bread and gave it to them, and he did the same with the fish." – Jesus shares a meal with His disciples, His friends. He invites us to do the same each time we go to Mass. He gives Himself to us in the Most Blessed Eucharist. He wants us to be His disciples and His friends too, and so He invites us to join Him at this meal.
5. "This was the third time that Jesus revealed himself to his disciples after rising from the dead." – Jesus doesn't just come to us once and then never again, He is constantly coming to us and meeting us where we are. He met the fishermen at the sea shore because He knew that that was where they would be; He met two of the disciples on the road to Emmaus because that was where they were. He can meet us where we are too, even in the quietness of our own rooms or even while you're out on a walk. He keeps trying to reach out to us, we just need to be open and attentive to hearing and listening to His voice.

Bible Verse 6: Luke 24: 44-49

Meditations;

1. "Then Jesus said to them, "Remember the words I spoke to you when I was still with you" – Jesus calls us to keep in mind the words, lessons and teachings that He gave to us while here on earth. Throughout the Gospels, we see an account of Jesus's life, work and teachings. He calls us to not forget them, but instead to spread them. But in order to spread them, we must first know them. Let us ask the Holy Spirit for an increased desire in our hearts to study Scripture and to proclaim it to the whole world.
2. "everything written about me in the Law of Moses, the Prophets and the Psalms had to be fulfilled." – Jesus points out to us that although He wasn't even born in human form yet, in the time of the Old Testament, He was talked about. Through the example of others (e.g. Abraham about to sacrifice his only son, Isaac), there were prefigurements made of Jesus and His Passion back then. This demonstrates how God the Father had a plan for our salvation straight after the fall of Adam and Eve in the Garden of Eden. It shows how "the New Testament is concealed in the Old, just as the Old Testament is revealed and fulfilled by the New". (St. Augustine)
3. "Then repentance and forgiveness in his name is to be proclaimed to all the nations" – Jesus always wants us to be in communion with Him and to be close to Him. However, through our sins, we distance ourselves from Him. God is all loving and all merciful though, and so, He gives us the opportunity to repent for our sins and to turn back to Him. He gives us the chance to have this blockage removed and to come back into full communion with Him once more through the gift of confessions. He reminds us that this gift isn't just for a select few though – it is for everyone! – "to be proclaimed to all the nations".
4. "Now you shall be witnesses to this." – Jesus has given us a great gift of faith, but He doesn't want us to just keep it to ourselves, He wants us to share it with everyone we meet. He calls us all to be witnesses to the good news – that Jesus loves us, has risen from the dead and has saved us. We are the witnesses to this truth and to the truth that Jesus Christ exists and is with us, even today, in the Blessed Sacrament.
5. "And this is why I will send you what my Father promised." – Jesus tells us that He will send the Holy Spirit to us when He ascends to the Father. As baptised Catholics, we have all received the Holy Spirit at our baptism and confirmation, just like the apostles at Pentecost. The Holy Spirit can guide and direct us in our lives and help us to follow God's Holy Will for our lives if we let Him. Let us ask the Holy Spirit to bless us with an open heart so that we may allow Him to work in our lives.

Bible Verse 7: Luke 24: 50-52

Meditations;

1. "he lifted up his hands and blessed them" – Jesus is always ready and waiting to bless us and give us the graces that we need to face our daily tasks and challenges, both big and small. All we need to do is ask Him. Go to Jesus. Bring your struggles and worries to Him. Ask Him for the graces you need to deal with them.
2. "he withdrew from them" – Jesus returned to the Father, but He reminds us that He will never leave us. He tells the apostles that He must go in order to send the Holy Spirit to them. He also has promised to never leave us orphaned. He remains with us on earth, truly present in Body, Blood, Soul and Divinity, in the Blessed Eucharist. So, although He physically went up into heaven, He has never left us – He is always present and watching out for us. "For where two or three gathered in my name, I am there among them" (Mt 18:20).
3. "and was taken up into heaven." – In order to complete the redemptive mission He had been given from God, Jesus had to return to the Father once again. In doing so, He shows us that He has broken the bonds of sin, given us new life through Him and restored our filial relationship with God the Father.
4. "They worshipped him" – the apostles rightly worship their Lord, God and Saviour. They provide this example for us, demonstrating what we also should be doing. Jesus has broken the bonds of death for us and restored us to new life... Thank You Jesus! Thank You Jesus for opening the gates of heaven for us, so that we might too, one day, be united with the Holy Trinity, in total happiness, for all eternity!
5. "returned to Jerusalem full of joy" – after this encounter with Jesus, the apostles went back to Jerusalem "full of joy". They returned to where they had been, but not in the same way in which they had left. This encounter had changed them and opened their eyes further to the beauty and awe of God, and they were filled with His joy. However, they didn't just experience it and leave it be, instead, they brought it with them, spreading this good news and sharing this joy with those around them. We are all called to be disciples of Christ, spreading joy, which is His life in us.

Bible Verse 8: Acts 2: 1-4

Meditations;

1. "And suddenly from heaven came a sound like a strong rushing wind and it filled the whole house" – wind is often used as a sign of God's Presence. The 'rushing wind' is a sign, because 'spirit' means both 'breath' and 'wind' in Hebrew culture. The strength that is illustrated, gives us a glimpse at the almighty power of God. The relation between wind and breath, reminds us also of the Holy Spirit's participation in creation at the beginning of time. God breathed His divine breath into us (our soul) – "breathed into his nostrils the breath of life; and the man became a living being" (Gen 2:7). It is by the help of the Holy Spirit that we were given life in the beginning of creation, and it is by His help once again, that we are strengthened in the life that we were created to live – one that leads to heaven.
2. "There appeared tongues as of fire" – Fire gives light and hence, it gives warmth and life. So, fire can lead to life, just as the Holy Spirit gives life also. The tongues of fire are a physical representation of God's Holy Presence coming among them. It displays the "transforming energy of the Holy Spirit's actions" (CCC #696). It shows us the power that the Holy Spirit has and He can use us as His instruments to illuminate the hearts of those around us, and lead them toward Christ.
3. "came to rest upon each one of them." – the Holy Spirit is willing to come to each and every one of us. Through our Baptism, we are brought into the Body of Christ and the Holy Spirit comes upon us. It is in Confirmation that the powers of the Holy Spirit are affirmed and strengthened in us, so that we are more prepared for our adult faith journeys. From these sacraments, we have all been blessed with the gifts of the Holy Spirit. We all have the gifts of wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord. Let us ask the Holy Spirit to strengthen these gifts within us and teach us to use them for God's glory.
4. "All were filled with Holy Spirit and began to speak different languages" – It is through the Holy Spirit that that they were able to speak in foreign tongues. The apostles didn't have to do anything except to trust and submit themselves to God – He then came in and did the rest. During Jesus's teaching, He told them "do not worry beforehand about what you are to say; but say whatever is given you at that time, for it is not you who speak, but the Holy Spirit." (Mk 13:11). This teaching, like all of Jesus's teachings, still stand true for us today. If we allow Him, the Holy Spirit will be our guide and use us as an instrument for the building up of God's Kingdom.
5. "as the Spirit enabled them to proclaim" – We should always remember that God can work miracles in us and through us if we have an open heart and allow Him to work. We shouldn't limit what God can do in us, by what we can do. Even if we don't have the skill set, talent or ability to do something that God is asking of us, we need to be open to Him and trust Him none-the-less. He knows what He's doing. If He wants you to do something for Him, He will help you to do it in whatever way He sees best. Even when things don't make sense or seem impossible, if we trust and stay open, then this leaves room for God to act.

Bible Verse 9: Acts 1: 6-8

Meditations;

1. "they asked him" – the apostles were unsure of something and so they put a question to Jesus in order to clarify their query. Jesus answers them. Although His answers may not always be straight forward to us and we might not always fully understand what Jesus means, He does always give us a perfect answer. We need to invoke the Holy Spirit to discern what exactly it is that God is trying to communicate to us through His message, but there will be a teaching or message that we need to hear from it. So, if we have a question, we just need to ask Him and pray for the Holy Spirit to inspire our hearts to what God is trying to tell us through it.
2. "It is not for you to know the time or the moment which the Father has fixed" – God's time is not our time. We must be patient, and let things unfold according to His Divine plan, trusting that He knows best and that He only wants what is good for us and that which will lead us to true happiness and eternity in heaven.
3. "by his own authority" – He is God. We are not. He created the entire universe – the planets, the stars, the oceans, the land, the plants, the trees, the animals, the people. All things are possible to God. He has authority over everything, the winds, the sea, the plants etc. He is all powerful. But He is also all knowing. So, let Him take control – "For I know what plans I have for you, declares the Lord, plans for peace and not disaster, plans to give you hope and a future." (Jer 29:11).
4. "you will receive power when the Holy Spirit comes upon you" – At Confirmation the gifts and fruits of the Holy Spirit were confirmed in us. God trusts us with these gifts so that we can use them for good. He gives us the opportunities to use them in the right ways, for the building up of God's kingdom. But we don't do anything good on our own, it is always through God's grace and the help of the Holy Spirit. If we try to do things by ourselves, it often becomes much more difficult or sometimes even impossible. But if we ask God for His help, He will guide us and give us the strength to do complete the task if it is according to His Holy Will – "I can do all things through him who strengthens me" (Phil 4:13).
5. "you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth." – The apostles were called to spread the good news of Jesus in their local area (Jerusalem), in the surrounding countries and "to the ends of the earth". As followers of Christ, we are called to do the same. Jesus wants us to spread His message to those both near and far. This doesn't just include missionary work abroad, but also the missionary work that happens within our own homes, to our families, our friends, our schools, workplaces etc. God give us the strength to be true witnesses of You; showing Your love, kindness and charity to all we meet, and inspiring people through out actions and words to turn to You.

Bible Verse 10: Acts 1: 9-11

Meditations;

1. "a cloud hid him from their sight" – This could be likened to our experience with Jesus's presence in the Most Holy Eucharist today – although He is truly there, it is as if He is, metaphorically speaking, hidden behind a white veil, hidden from our human eyes in the form that we would typically be used to (i.e. a human body). Instead, our human eyes see Him in the form of a white host. The Holy Spirit spikes our souls and we know in our hearts that Jesus is truly present in the Eucharist.
2. "suddenly two men dressed in white stood beside them" – God can communicate with us through others. He can send someone our way to give us a message if He so wishes. This may be done in a subtle way, by someone just mentioning something that resonates with you, or it can be more direct. He can also speak to us in many other ways, through Scripture, for example, or by speaking directly to our hearts. He knows what way is best to communicate with us. Either way, if our heart is open to hearing what God wants to tell us, then we will receive His message.
3. "will return" - sometimes we don't always feel God's presence in our lives. It sometimes might feel like He's not really there, that He's abandoned us or that He's not trying to help us. It is at times like this that we must remember that He has promised that He "will not leave you orphaned" (Jn 14:18). Although He may have been "taken up" into heaven and may seem to be hidden from our sight, He is always with us, guiding us and reaching out to us. God sent the two men to the apostles to give them hope – they remind them that Jesus will come back again. It reminds us also that Jesus will not always feel distant from us, that He will show Himself to us again. Until then, we have to continue by the eyes of faith, knowing that God is always there and that He will reveal Himself to us again, when the time is right. God, please give us the grace to have faith in You, even when we don't feel You or see how You are working in our lives.
4. "This Jesus who has been taken from you into heaven" - God has a plan that is greater than anything we can ever imagine, but it mightn't always make sense to us at the time. Jesus knew that if He didn't ascend, then He couldn't send the Holy Spirit to us. If it wasn't for the Holy Spirit being sent, then priests wouldn't be able to change the bread and wine into the Body and Blood of Jesus Christ today, and we wouldn't be able to receive and encounter Jesus in such a close way through communion. God, please help us to trust in You and Your divine plan always.
5. "will return in the same way as you have seen go into heaven" – The two men allude to the second coming at the end of this passage. This reminds us that we are not all here forever. Someday Jesus will return and call the just to heaven to be with Him for all of eternity. It reminds us how we should all strive for sanctity and to follow God's commands, loving God and our neighbour and showing charity to all. This is our chance to prepare for heaven, so that we ensure that we are ready for and worthy of heaven. We should never become complacent, but should continually strive to be a saint and to follow Jesus's teachings. We can all become the saints that God has created us to become and is calling us to be, if we are open to God, trust in Him and let Him work in us and through us. God, please give us the desire to become the saints that You created us to be and guide us along the path to sanctity, taking our hand as we go. Amen.