

Risen in Christ Meditation

Scripture Ref: Matthew 28:1-10; Mark 16:1-8; Luke 24:1-12; John 20:1-10

Speaker & Length Youth, 10 minutes

Progression As people of new life - a risen people - a resurrected people, we have Jesus as our example to follow to the Father.

Purpose To set the theme for the day: the risen Christ, who is living right in the body of this community, brings us joy, peace, and love.

Introduction

This meditation sets the theme for Rise Day. Its focus is on the risen Christ. He is among us now, here in His worshipping community of believers, to give joy, peace and love through His word, the sacraments and each other.

Refer to the death and renewal service of last night. The recommitment of our life to the Lord, and that we are one in the Lord.

L HE IS HERE!

This is what Jesus' followers said when they saw him alive. They were followers just like us. (NOTE: read or paraphrase the following examples from the passages listed and put into your own words the feelings of these people when they realized that "He is with us" "He is here.")

Mary Magdalene, a sinner (John 20:11 -17) The
Emmaus Disciples (Luke 24:13-30) The Ten
Disciples (Luke 24:36-48) Doubting Thomas (John
20:24-27) " John and Peter (John 21: 1-7a)

H. In seeing the RISEN CHRIST, they too were raised to new life.

They were changed into people showing joy, peace, love and new life.

HI. Are you here also among us Lord?

Are you here with us this morning, on this VN weekend - even though we sin, doubt, are afraid, and deny you? Ask this question out loud, wait, give them a little time to think about it, and then give this answer:

"Where two or three come together in my name, I am there with them" (Matt. 18:20)

Yes, Lord, You are here!

IV. Conclusion

Close with a prayer of your own (it need not be long) that asks Jesus to be with us; thank him for always being with us, no matter where we are or in what condition our faith is in.

Risen Christ Meditation (EXAMPLE - use what the Lord puts on YOUR heart).

A Man Rose Up - He rose from an apparently terrible defeat of all His dreams. His lacerated body on the cross and in the tomb seemed to symbolize all His plans—broken, torn to shreds, a cruel joke. The Savior - He couldn't even save Himself. His friends, His closest ones, His brethren, they, like all the rest, had scattered. He seemed utterly alone, a dead man in the tomb -abandoned.

But He rose up. New breath pushed its way through His lungs, His heart began pulsating, warm vibrant blood started to course through His veins. He awakened and opened His eyes in the great darkness. He stood up and the stone rolled away. The light and fresh air streamed through. He walked out into the light of the rising sun and stood erect, feet firmly planted on the ground, eyes gazing into the heavens. Then His gaze embraced the world around Him, His gentle voice greeted Mary Magdalene who was searching for Him. "Mary, go tell my friends the good news, I am risen." Jesus, the man, has risen from the dead.

My Jesus, You are truly human—one of us. You are made of the same flesh and blood as we are. You are our brother. Because you have risen, Jesus, that means I can rise also. Right now, rising from physical death isn't so important to me. What I seek from you, Jesus, is the power to rise from the discouragement I feel so often, the sadness and depression that weighs me down. Give me strength to rise up and overcome the sense of hopelessness especially at times when I have messed up my life and see no way out. Jesus, sometimes I feel like I'm in a dark tomb, alone and frightened. I'm not strong enough to push away that heavy stone which keeps me shut in. That stone is so big and heavy. It is made up of so many things: my past sins, my selfishness, my shyness, my lack of love, my worry for the future. But, Jesus, you have risen—you have overcome! You said that your strength would always be ours for the asking- that wherever you are, there we would be also. Now I can begin to hope that you will come and roll away this heavy stone that keeps me locked in the darkness of fear.

I believe I can rise up now because your power and strength are in my limbs, your spirit of courage and joy in my heart. Jesus, I will arise today, now to walk into the sunlight with you, to breathe the fresh air of your love and live a new life among my friends. I will rise and sing a song of praise to you with all my brothers and sisters in the name of all creation. I will make my life the glory and vision of the Lord. I praise and thank you.