

# Lent and Easter

## Easter Day

### AIM

A reflection for Easter Day for use by individuals or groups.

### INTRODUCTION

There seems to be a divergence of opinion these days. Some are saying there is no God; nothing beyond what is material, measurable and understandable. Others seem to get so wrapped up in mystic spirituality, they lose common sense. Is it possible to believe invisible, spiritual ideas and yet be grounded and practical? Is there some balance in all this debate? One wise person I know once said, "When theologians disagree, the answer is usually that both arguments have an element of truth." I hope this meditation presents the reality of what God has done whilst keeping it accessible and practical. See what you think.

### GOOD NEWS

Good news is exciting,  
we feel happy and energised.

Good news relaxes us,  
we feel relieved and reassured.

Good news gives us  
something to plan for and hope for.

Good news brings people together,  
laughing, hugging, sharing,  
letting love flow.

So it is with God's Good News -  
when we allow the full impact  
of what he offers  
to crash into our souls.

(pause)

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But what a hard journey that can be!

The protests of our logical minds

and unbelieving hearts

so often get in the way.

But our souls need to know -

**God has done it all for us!**

We can never deserve his love,

we can never deserve his forgiveness -

and he doesn't even want us to try!

God offers his unconditional love,

his complete forgiveness,

and his unnecessary blessings

**as free gifts!**

To be received without question,

to be enjoyed without doubt,

to be shared without hesitation.

(pause)

This is God's Good News –

let it bypass your protesting, logical mind,

and your wary, disbelieving heart.

let it seep deep into your soul,

and just be grateful!

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For when you allow God's Good News  
to release you and excite you,  
you will hear God's call  
to follow him and share him.  
And God's voice will be clear,  
and his call will bring joy,  
and obedience is no burden,  
but an expression of love,  
to a God who first loved us -  
body, mind and soul!

### SUGGESTED FOLLOW UP

Think about ways in which your faith in Jesus has a practical outworking. Both for you personally and in your interactions with others.

In your opinion, are there some areas of belief that simply need to remain a mystery and can't be fully understood by the rational mind?

If so, how comfortable are you with this?

How easily can you accept God's free gift of unconditional love? Not having to earn his love may seem like a cheap faith, but it actually cost a great deal – Jesus' life! It's like the NHS – free at the point of need! It's about humility and relying on God for our rescue. How easily can you do that?

Talk to God about these ideas and your responses. Relax and see if you can receive even more of his free gift of love and acceptance than you have before.

In a group situation, work through any of these questions either in small groups or together. (Try not to get involved in discussion about the NHS – that would definitely be a red herring!)

Give folks time at the end to pray and receive God's love for them. It may help to play an appropriate hymn or song about God's love for us, letting people just soak it in.

### EVALUATION

Please try to answer these questions for yourself and for others who will use this material:

1. What was the most helpful thing?
2. What was the least helpful thing?
3. What would you like to try now?

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### THE NEXT STEP

If you want more Lent and Easter items please revisit the website. More seasonal items are added during the year

### Acknowledgements

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### HOW TO FEEDBACK TO VISION4LIFE?

If you wish to offer any feedback – brickbats and bouquets are equally welcome! – you can do so in various ways.

You can email the Vision4Life steering group about general or website V4L issues via the website or at [admin@vision4life.org.uk](mailto:admin@vision4life.org.uk)

If you have comments and particularly contributions to the prayer year, you can email the V4L prayer year coordinator via [prayer@vision4life.org.uk](mailto:prayer@vision4life.org.uk)

If you want to make contributions or ask questions about other V4L years you can email:

Year 3 – Transformed for Evangelism: [evangelism@vision4life.org.uk](mailto:evangelism@vision4life.org.uk)