

# DWELLING IN DISSONANCE



2026 LENT AT HOME  
WORSHIP GUIDE

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**DWELLING IN DISSONANCE**  
**Lent at Home Worship Guide 2026**  
February 18-April 5, 2026

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The Lent at Home 2026 playlists, along with playlists from recent conventions and other hopeful collections, can be found on MC USA's "Menno Simons" Spotify profile. Follow us here: <https://bit.ly/4aV1kPU>.



# DWELLING IN DISSONANCE

Sometimes we feel multiple emotions at the same time. Sometimes we want to do something for one reason, and don't want to do it for another. Sometimes we think, "What a beautiful world," then turn around and see tragedy. That's the reality we live — in which more than one thing can be true at the same time. The fancy word for this is "dissonance."

Lent is a time of dissonance. It's confessional. We look inward, collectively and individually, and notice what's not quite right. We do that confessional work as people who live in the center of God's forgiveness. Lent is a journey toward the cross — and we make that journey as people who are planted in the resurrection garden. Dissonance.

These Lent at Home materials, written to complement *Leader* magazine's Lent-Easter 2026 worship resource with the same theme, use the Narrative Lectionary. After the first week's telling of the story of Jesus raising Lazarus, the stories are all from the Gospel of John's account of Holy Week. As the writers of *Leader's* worship resource put it, we are invited to "linger in the intensity of the final week of Jesus' life, to dwell in the dissonance." So here we go together, walking with Jesus through dissonance and all the way to resurrection!



## “THE JEWS” IN JOHN’S GOSPEL



This important counsel comes from the *Leader* magazine's Lent-Easter resource:

Given the sometimes-disastrous history of interpretation and the existence of anti-Semitism and hate crimes in our time, it is important to consider the context in which the Gospel of John was written. The writers of John's Gospel frequently and often disparagingly reference "the Jews." Recall though, that in the earliest days of Christianity, most Christians were Jewish, just as Jesus and his disciples were Jewish. They simply held different ideas than some of their contemporaries about the identity of the Messiah.

At the time of John's Gospel, the Johannine community was experiencing a schism. The harshness of the Gospel's negative references to "the Jews" likely reflects the pain of this fracturing in their community. But the conflict was an intra-religious one, like we might experience within the Mennonite world when we grapple with differences in belief and practice held by different Mennonite congregations or denominations. The authors of John's Gospel were *not* making an interreligious claim about the superiority of Christianity over Judaism.

Please be intentional about how you present the Gospel's characterization of "the Jews." In the spirit of nonviolence and peacemaking, may we work to repair the culture of anti-Semitism and Christian supremacy that has sometimes been fueled by the very texts we will spend time with during this Lenten season.

As you read these texts at home, consider these resources and details:

- Read the Scripture from the Inclusive Bible translation. This translation offers sensitive alternatives to the ways our modern ears hear John's language as antisemitic.
- The margin notes and background information in the Jewish Annotated New Testament are incredibly helpful for beginning to pull apart the anti-Semitic way many of us were taught to read the New Testament. Consider purchasing or borrowing this book for the season of Lent.
- Before you read the text, read this reminder: "This was written from a place of pain, and this writer is struggling with conflict between people in their faith community. Jesus was Jewish, and the Jews are not the 'bad guys' in Jesus' story."
- John's depiction of Jesus' arrest, trial and crucifixion has been used to place blame for Jesus' death on the Jewish people. Jesus was put to death by the superpower of the day, the Roman government. This government commonly crucified people who led movements that rebelled against the government or could just be seen as potential threats to the government. As you read these Scriptures with children, be clear that Jesus was tried and condemned by a governmental system, which was controlled by the ancient Roman government.

## WHAT IS LENT?

Lent prepares us for Easter, just as Advent prepares us for Christmas. It is a time to:

- Focus on the life and teachings of Jesus.
- Clean out our lives and make room for hearing and responding to Jesus' call to us.
- Think about our response to the call to follow.
- Confess what stands in our way of responding to God's call.
- Practice humility, confessing our human limitations and our need for God.
- Come into alignment with the call of Jesus.
- Make space for God to lift us up!

**Lent is when we walk with Jesus all the way to the cross.**

### Lent rhythm

1. Feb. 18: Begin with the Ash Wednesday ritual. This will help your household step fully into the Lenten journey.
2. Feb. 18-April 1: Observe the daily or weekly candle and calendar rituals.
3. April 2-4: Observe Maundy Thursday, Good Friday and Holy Saturday with simple rituals.
4. April 5: Celebrate Easter Sunday with a sunrise ritual and other activities of your choice.



## Prepare ahead

### 1. Prepare your candles.

- You will need six candles. These can be any size or color. If you have lots of partially used candles from previous Advent wreaths, this is a great time to reuse them!
- Arrange the candles as a centerpiece, in whatever configuration makes sense to you.
- Idea: Put the candles on a large piece of butcher paper (or the brown paper that provides filling for packages you order online). As you journey through Lent, write or draw reflections on the stories or moments of dissonance.

2. **Print the Lenten calendar** and place it wherever you'll be doing your daily ritual. You may want to print and laminate copies for each member of the household and use them as placemats for the season of Lent.

3. **Look at the Dissonance Dialogue (p. 4)** and decide if you want this to be part of your household practice.

4. **Look at the [Following Jesus Lent 2026 Playlist \(p. 4\)](#)** and decide if you want to use it. Use your preferred music listening platform to create your playlist or this Spotify list (a free Spotify account is required to play their playlists).

5. **Look over** the Ash Wednesday, Maundy Thursday, Good Friday and Easter Sunday rituals and think about which of these you would like to do. Note what you might want to prepare ahead of time.

## The daily ritual

Choose a time of day that will work well for your household. Dinner time and bedtime are common choices. At this time each day, you'll gather around your candles.

1. Light the candle(s).
2. If using the [Following Jesus Lent 2026 Playlist](#), sing or listen to a song from it.
3. Follow the prompt on your Lenten calendar.
4. Close your time together with a prayer. On your calendar, you'll find a prayer suggestion for each week, or you can pray another way.
5. Blow out your candle(s).

Feel free to rearrange the week's prompts, such as doing Monday's prompt on Thursday. Some of the prompts are more activity-oriented and may need to be moved to fit your household's schedule.

## Weekly option

A daily ritual may not work well for your household. If you'd like to focus your time on one day per week, here's one way to approach a weekly ritual:

1. Light the candle.
2. If using the [Following Jesus Lent 2026 Playlist](#), sing or listen to a song from it.
3. Choose a calendar prompt from the week to do together.
4. If you're doing the dissonance dialogue, now is a good time to do it.
5. Pray, using the weekly prayer suggestion or doing it your own way.
6. Blow out your candle.

## Dissonance dialogue

Discuss these prompts as a household. If you live alone, you could invite a friend to participate with you weekly, or you may want to journal.

- When did you feel sad, worried, lonely, angry or hopeless this week?
  - Remembering that time, imagine Jesus there with you. How was Jesus bringing hope, comfort and joy?
- OR
- When did you feel two things at once this week?

## Following Jesus Lent 2026 Playlist

Here's your soundtrack for this journey with Jesus through Lent. Play songs from this list during your daily or weekly ritual or just play this as background in your household during this season. You can use this [playlist on Spotify](https://bit.ly/48Ygu4e) (<https://bit.ly/48Ygu4e>) or create your own. Consider these songs:

- "I Have Decided to Follow Jesus"/ "He decidido seguir a Cristo"
- "We Shall Walk Through the Valley"
- "Sizohamba Naye"
- "Jésus, je voudrais te chanter sur ma route" (Lord Jesus, You Shall Be My Song)
- "Por tu sangre"
- "I Want Jesus to Walk With Me"
- "By and By"



# ASH WEDNESDAY RITUAL

*This simple ritual can easily be adapted for a corporate setting. It is based on an intergenerational Ash Wednesday service at College Mennonite Church in Goshen, Indiana.*

## What is Ash Wednesday?

- Ash Wednesday marks the beginning of Lent.
- We confess our humanity. We are humans, not gods.
- We miss the mark. We hurt others. We break relationships.
- Being human means that we are created by God, in the image of God. It means God sticks with us.
- Being human means we are an integral part of creation, created to live in community with God, ourselves, others and all of creation.
- To be human means to be deeply connected with God's sustaining creation, with the water that cleanses and renews us, the fire that refines and comforts us, the wind that moves us, and the earth from which we come and sustains us.

**On Ash Wednesday, we dig deep and start to discover what it is that keeps us from being our best human selves.**

## Prepare for the household ritual

### Ashes

- Traditionally, the palm branches from last year's Palm Sunday are burned, but you can burn any organic material to make your ashes.
- Mix them with a bit of oil (olive oil works well) to help them stick together.

### Stations

- **Earth:** Fill a container with some soil (preferably good, rich soil). Place a towel nearby for wiping hands.
- **Fire:** Gather a pillar candle and enough other candles, with candle holders, for every member of your household.
- **Water:** Prepare a pitcher of water and some small cups.
- **Air:** Find a bottle of bubbles and bubble wands.
- Print out the Scripture passages and the reflection and action instructions for each station (see below) if you want the stations to be self-guided. Otherwise, you can just read the passages and instructions for each station.
- Print the coloring pages to enjoy (pp. 10-13).

## Do the Ritual Together

**Introduction:** Introduce the ritual, by explaining the meaning of Ash Wednesday. You could read "What is Ash Wednesday?" or choose the points from it that are the most helpful for your household. You may want to [play this Ash Wednesday - CMC Spotify playlist \(https://bit.ly/3MNTFbZ\)](https://bit.ly/3MNTFbZ) in the background.

**Imposition of Ashes:** Anoint one another's foreheads or your forehead with ashes in the shape of a cross. Speak the words, "From dust we come, and to dust we will return" (based on Genesis 3:19).

**Explore Your Humanity:** You may want to do each station as a household or let everyone explore at their own pace. Very young children will need to partner with an adult. Options for a very simplified reflection for young children are included.

## Earth

- Scripture: Genesis 2:7, 9, 19
- Reflection and action:
  - We come from good soil that has been shaped and brought to life by God. And we will return to the soil.
  - Put your hands in the soil. Touch it. Smell it. Look at it closely. God has taken great care to create you from good soil. God has taken great care in creating all living things from good soil. And God takes great care as soil receives death and decay. What remains is good soil, ready for God to use, again and again.
  - For young children: "Just like things grow in this good soil, the love of Jesus grows in me." Explore the soil.

## Air

- Scripture: Joel 2:28-29
- Reflection and action:
  - The Holy Spirit can be a gentle breeze that lightly lifts a fallen leaf or a rushing wind that rearranges the world. The Spirit moves around us and through us, connecting us in our very human form to our Creator.
  - Blow some bubbles, and as you do, notice the way your breath helps to create them. Observe the different kinds of bubbles that form when you blow with a gentle breath or with a stronger breath.
  - Imagine the Holy Spirit creating in you the way that your breath creates the bubbles. What dreams and visions might the Holy Spirit be stirring in you?
  - For young children, say, "Jesus gives me life and makes me move." Blow bubbles.

## Fire

- Scripture: Psalm 51:15-17
- Reflection and action:
  - Light a small candle.
  - Reflect on the ways that the light of Christ provides direction, comfort and challenge in your life. What are the things that block the light of Christ in your life? What are the "burnt offerings" you're tempted to offer in place of walking in the light of Christ?
  - Sit or stand with the light, inviting an awareness of God's presence with you.
  - Pray for courage to face whatever lies before you and to walk in the ways revealed to you by the Light of the World, Jesus Christ. As a sign of hope and courage, leave your lit candle in the candle holder until you blow it out at the end of this Ash Wednesday ritual.
  - For young children, say, "Jesus, show me your way." Light a candle.

## Water

- Scripture: Isaiah 58:11
- Reflection and action:
  - Pour yourself a glass of water. Watch as the clear, clean water fills your cup.
  - Drink the water, paying attention to how it feels, as it washes through your mouth, down your throat, through your chest and to your stomach.
  - Imagine it making your bones strong, washing through you to renew and refresh you.
  - Say a prayer of thanks for God's provision and renewal.
  - For young children, say, "Jesus gives me what I need." Drink some water.

### Closing:

From the *adamah*, which is the Hebrew word for "soil of the earth", God shaped us and breathed life into us. Nothing separates us from the love of God. One day, we will all return to the earth from which we've been made, fed, nurtured and sustained, and out of which new life comes. What a glorious circle of life!

Ashes to ashes.

Dust to dust.

Life to life.

Love to love.

# DAILY RITUAL CALENDAR

## **Week 1, February 18-28: Love and Grief, Glory and Belief (light six candles)**

*Prayer: Jesus, sometimes we feel lonely and sad. Please walk with us. Amen.*

Feb. 18: Do the Ash Wednesday ritual in this resource or attend a communal Ash Wednesday service.

Feb. 19: Prepare your six candles for Lent.

Feb. 20: Lent is a time for cleaning out and making space. Choose a drawer or closet in your home and clean it out.

Feb. 21: As humans, we are part of creation. Take a walk or play outside.

Feb. 22: Worship God in community.

Feb. 23: Read John 11:1-16. How do you feel about Jesus' actions and words?

Feb. 24: Talk about a time when a friend or family member was sick. How did you help? How did you feel?

Feb. 25: Read John 11:17-37. What dissonance do you see between Jesus's words and actions in this part of the story and the earlier part?

Feb. 26: Tell stories about when you have felt grief. Where was God when you grieved?

Feb. 27: Read John 11:38-44. If you're feeling creative, act it out!

Feb. 28: Visit someone who is lonely or grieving.

## **Week 2, March 1-7: Obvious and Hidden (light 5 candles)**

*Prayer: Jesus, it's sometimes hard to serve others like you did. Guide us to help others and to allow others to help us. Amen.*

March 1: Worship God in community.

March 2: Read John 13:1-17.

March 3: In the spirit of Jesus' instructions in John 13:15, wash each other's hands before or after you eat.

March 4: Talk about a time when someone else served you or helped you.

March 5: Find a dirty job in the household, like cleaning the bathroom, and do it together.

March 6: Sing "I Have Decided to Follow Jesus."

March 7: Get up and watch the sunrise. As sure as the sun always rises, Jesus is here.

## **Week 3, March 8-14: Standing Up and Standing Back (light 4 candles)**

*Prayer: Jesus, sometimes we behave in ways we regret. Forgive us. Help us heal. Amen.*

March 8: Worship God in community.

March 9: Read John 18:12-27.

March 10: In yesterday's Scripture, what differences did you notice about the ways Peter and Jesus responded to hard questions?

March 11: Talk about a time when you wish you had acted differently than you did — a moment of regret.

March 12: Create and send a card to someone with whom you have lost touch.

March 13: Through honesty and working to do better, we can heal from moments we regret, but we keep a scar. Tell a story of a physical scar on your body.

March 14: Try a household fast from screens today and focus on connecting face-to-face with humans and the natural world.

#### **Week 4, March 15-21: Submission and Power (light 3 candles)**

*Prayer: Jesus, sometimes we place our trust in leaders and other things instead of you. Forgive us. Draw us closer to you. Amen.*

March 15: Worship God in community.

March 16: Read John 18:28-32 and read "The Jews in John's Gospel" (p. 1). What dissonance do you experience?

\*For children: Read the story of Jesus' trial from a children's Bible. Great options are *Shine On* (p. 268), *Resplandece* (p. 268), and *The Peace Table* (p. 276) .

March 17: Read John 18:33-38. We serve a king who is "not of this world." What does that mean?

March 18: Do something kind for someone else.

March 19: Read John 18:39-40. Releasing Barabbas instead of Jesus was not in the people's interest! Tell a story of a time you made a choice that wasn't good for you.

March 20: This week's text is heavy. Go outside and look for signs of life and rebirth as a counterweight!

March 21: Find all the loose change in the house and count it. Then bring it to church or an organization in need as alms-giving.

#### **Week 5, March 22-28: Complicity and Innocence (light 2 candles)**

*Prayer: Jesus, it's often easier to turn our faces away when we see injustice. Give us courage to do the right thing and be upstanders. Amen.*

March 22: Worship God in community.

March 23: Read John 19:1-16a.

March 24: There were bystanders, ordinary people, in the crowds. Imagine what it must have been like to be one of them.

March 25: How can you be an upstander instead of a bystander in the face of injustice? To explain it to children, watch "Sesame Street: Be an Upstander with Amanda Gorman" (<https://bit.ly/3YxmcT>)

March 26: Look at the night sky. Notice stars and other light sources. Remember that God is always present.

March 27: Tell about a time when you did what was right, even though it was hard.

March 28: Make Lent pretzels (<https://www.faithward.org/lent-pretzels-recipe-and-pretzel-prayer/>)!

#### **Week 6, March 29-April 4, Holy Week: Passion Week (light 1 candle through Thursday)**

*Prayer: Jesus, sometimes we are so sad that it's hard to see new life or goodness. Open our eyes to your love and life all around us. Amen.*

March 29, Palm Sunday: Worship God in community.

March 30: Read John 19:16b-24. What do you notice?

March 31: Read John 19:25-27. Jesus's last act was adoption, creating a new family. What stories does this prompt in you?

April 1: Read John 19:28-30. Where is the humanity in this ending to Jesus' life?

April 2: Do the Maundy Thursday ritual in this resource or attend a worship service.

April 3: Do the Good Friday ritual in this resource or attend a worship service. Put a cloth over your candles.

April 4: When Jesus died, the Light of the World went out. Don't turn on any lights today.

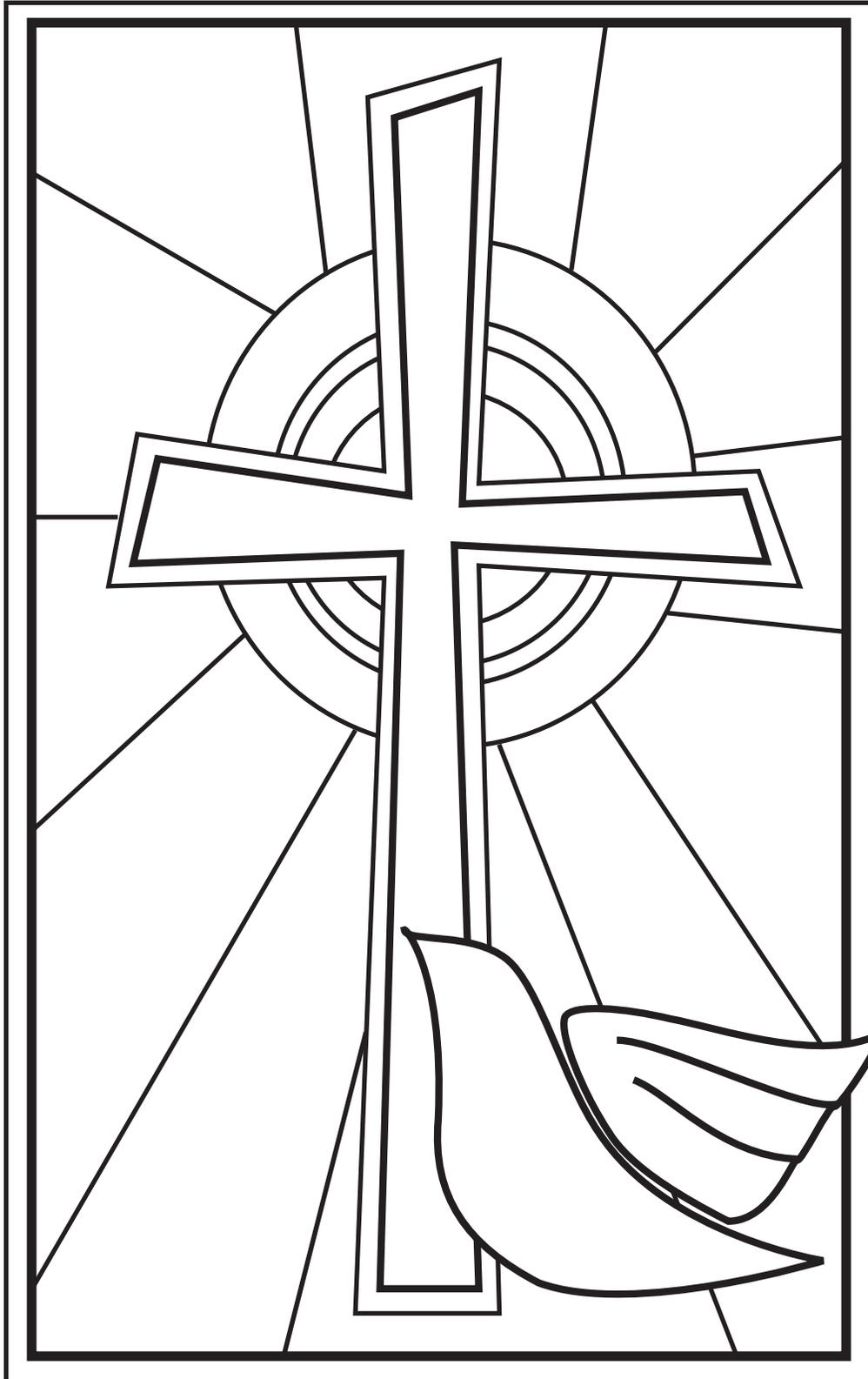
**Easter, April 5**

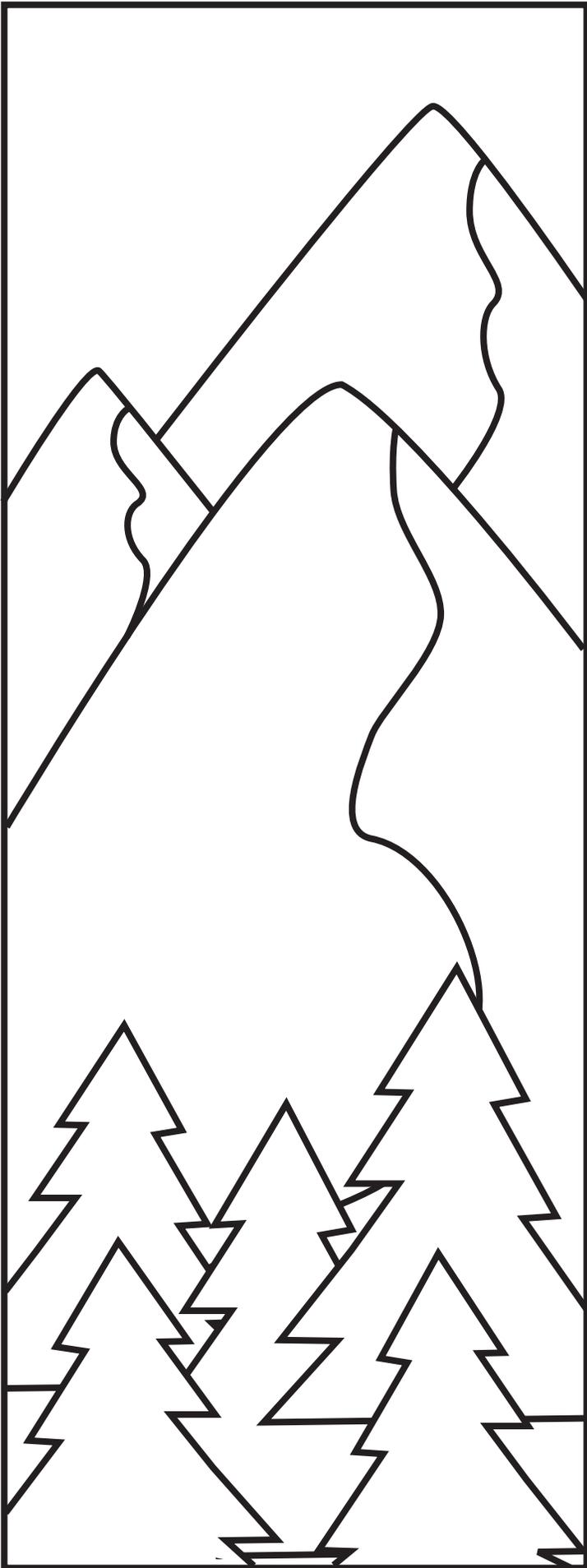
***Happy Resurrection Day!***

Uncover your candles and light them.

Choose from the Easter Day activities in this resource to celebrate the resurrection!

COLORING PAGES





# EARTH

THEN THE  
LORD GOD  
FORMED  
MAN FROM  
THE DUST OF  
THE GROUND &  
BREATHED  
INTO HIS NOSTRILS  
THE BREATH  
OF LIFE, & THE  
MAN BECAME  
A LIVING  
BEING.

Genesis 2:7 NRSVue

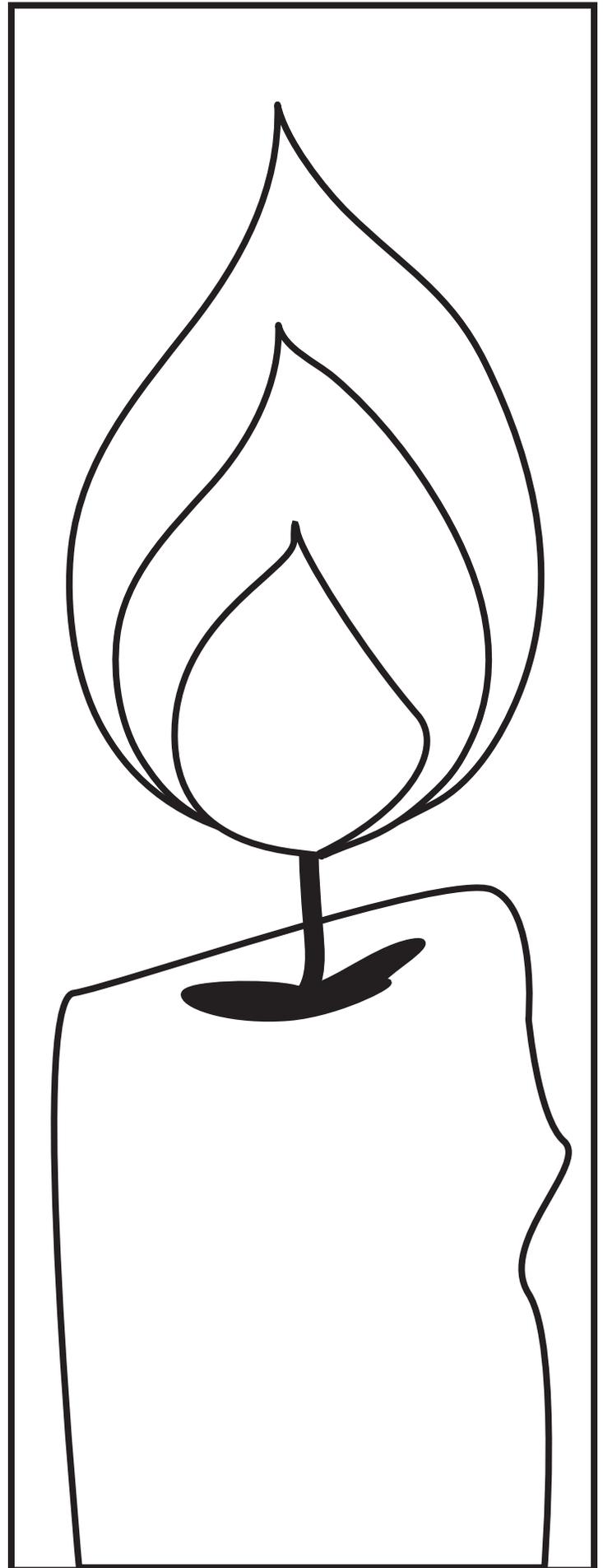
# FIRE

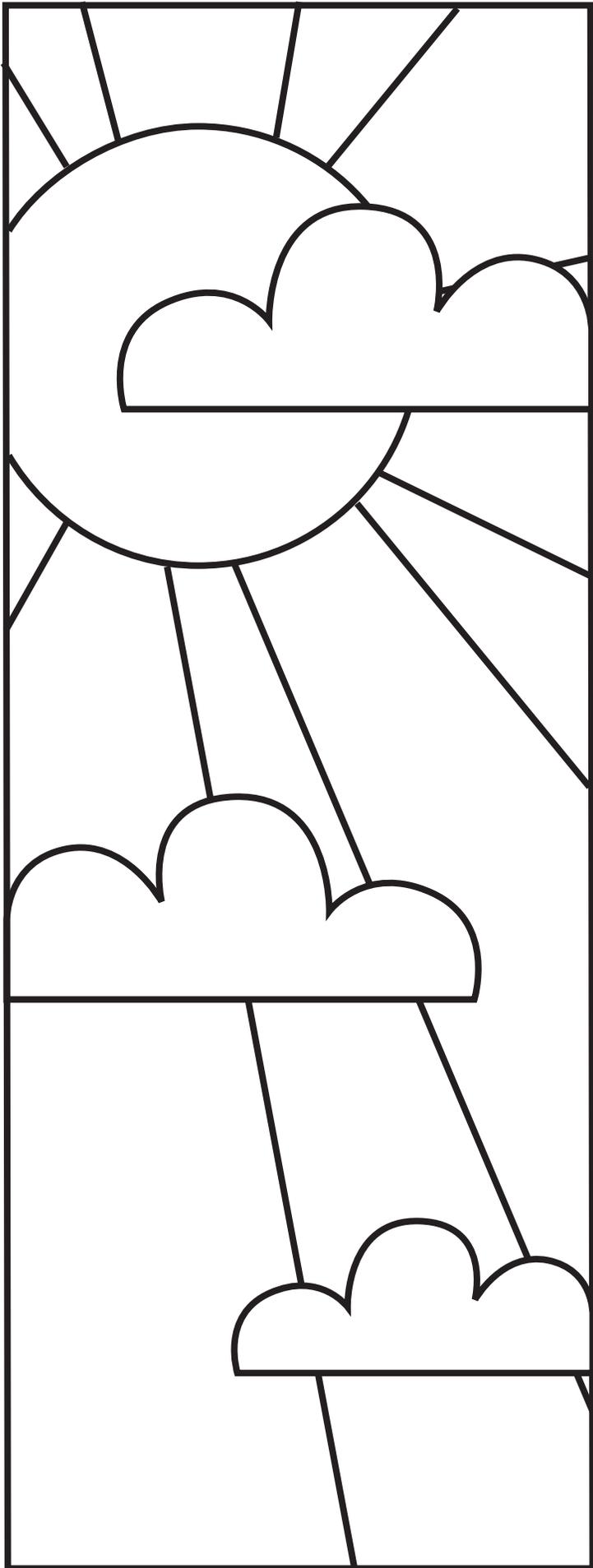
○ LORD, open my  
lips, & my mouth  
will **DECLARE**  
**YOUR PRAISE.**

For you have  
**NO DELIGHT**  
**IN SACRIFICE;**  
if I were to give  
a burnt offering,  
you would not be  
pleased.

The sacrifice  
acceptable to  
God is a broken  
spirit; a broken &  
contrite heart, ○  
**GOD, YOU WILL**  
**NOT DESPISE.**

Psalms 51:15-17 NRSVue





# AIR

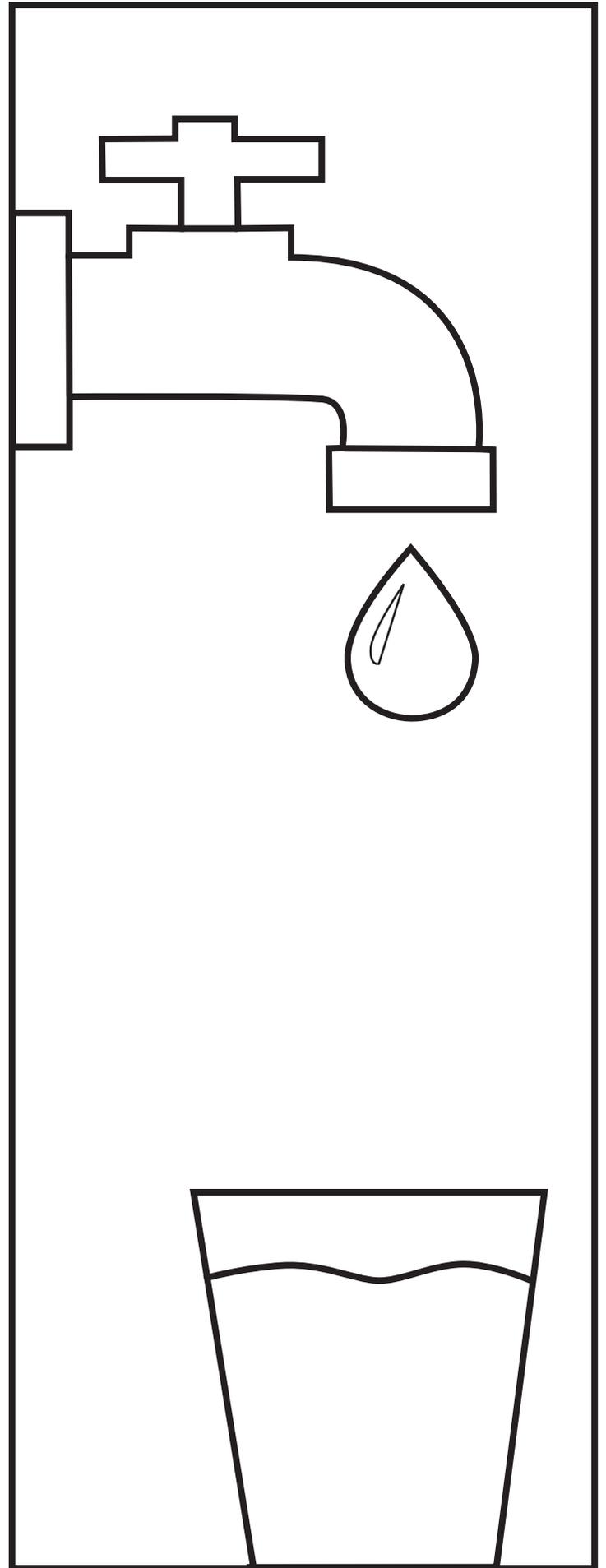
THEN AFTERWARD  
I WILL POUR  
OUT MY SPIRIT  
ON ALL FLESH;  
YOUR SONS & YOUR  
DAUGHTERS SHALL  
PROPHECY, YOUR  
OLD MEN SHALL  
DREAM DREAMS,  
& YOUR YOUNG MEN  
SHALL  
SEE VISIONS.  
EVEN ON THE MALE &  
FEMALE SLAVES,  
IN THOSE DAYS I WILL  
POUR OUT MY  
SPIRIT. Joel 2:28-29 NRSVue

# WATER

THE LORD WILL  
GUIDE YOU  
CONTINUALLY  
& SATISFY YOUR  
NEEDS IN PARCHED  
PLACES

& MAKE YOUR  
BONES STRONG,  
& YOU SHALL  
BE LIKE A WATERED  
GARDEN,  
LIKE A SPRING OF  
WATER WHOSE  
WATERS  
NEVER FAIL.

Isaiah 58:11 NRSVue



# MAUNDY THURSDAY RITUALS

## You will need:

- Towels.
- Large bowl or tub filled with warm water for foot washing.
- A Bible, *The Peace Table: A Storybook Bible*, *Shine On: A Story Bible* or *Resplandece*
- A simple meal, perhaps soup and bread.

## Prepare:

1. Set the table for the meal and have everything ready to go before you begin the ritual.
  - If you have been using the Lenten centerpiece, place that in the middle of your table and light the candle.
  - Consider making this feel like a special meal. Maybe in your household this means it's candlelit or maybe you'll use special dishes.
2. If your household enjoys background music, turn on some soft music or use this [Maundy Thursday Meal playlist: https://bit.ly/4qax2gi](https://bit.ly/4qax2gi)

## Foot washing

During the meal with his disciples, Jesus washed their feet. He told them that they should serve one another in this way. We do it together to remember Jesus' example.

1. Set the scene: In Jesus' time, people wore sandals. Roads were made of dirt, not paved like they are now. Imagine: If you were wearing sandals and walking on dirt roads all day, what would your feet look and feel like at the end of the day? They'd be pretty dirty and gross! Usually, a servant of the house would have the job of washing everyone's feet. Imagine the disciples' surprise when Jesus washed their feet instead!
2. Read John 13:3-17. Use *Shine On* (p. 260), *Resplandece* (p. 260) or *The Peace Table* (p. 270), for young children. Or if you read it earlier in Lent, retell the story in your own words.
3. Your turn! Wash the feet of others in your household. If you are alone in your home, consider doing a different act of service.
  - There's no science to washing feet, so do this however it works for you, but it is certainly easier to do if the person whose feet are being washed is seated. Take turns washing one another's feet. Young children may want to do it repeatedly. Let them lead the way.
  - If the moment feels right, spend some time noticing how you feel. What was it like to have someone else wash your feet or to wash someone else's feet? Were you uncomfortable? Was it gross? Was it interesting? Did it tickle? Wonder: Did the disciples and Jesus feel any of the things you're feeling?

## Meal

After Jesus surprised the disciples and showed them this way of service, they continued eating together.

1. Read Matthew 26:17-30. Use *Shine On* (p. 264), *Resplandece* (p. 264) or *The Peace Table* (p. 274) for young children. This wasn't just a happy meal together. Some betrayal was creeping its way in. Notice that discomfort and let it be on your mind as you eat together, even if it's not part of the conversation. Even when Jesus knew betrayal and death were coming, he still served and fed his friends. Notice that hope and remind yourself of it as you eat together.
2. Eat your meal together, knowing that there are going to be some difficult times before the joy of Easter morning.

## Closing Words

If you want to wrap up your time together, these words may be helpful: "We have remembered the meal Jesus shared with his disciples and his service to them, as he prepared for what he knew was to come. We now continue in Holy Week, moving toward Jesus' death, which we will remember tomorrow on Good Friday. On Sunday, we will emerge from the depths into new life."

## Prayer

Pray the Lord's Prayer together from Matthew 6:9-13 or in your familiar words.

# GOOD FRIDAY RITUAL

This ritual is designed to take you through the story of Jesus' death. If you have young children, you may want to use the modified ritual.

This ritual follows the rhythms and candle-extinguishing of the Tenebrae service that is observed in many different Christian traditions on Good Friday. It is a way of telling the story and seeing the Light of the World grow dimmer and dimmer — a visual reminder of the grief of Jesus' death.

**Materials:** Your six Lenten candles, a lighter or matches, a Bible, a drab cloth

**Begin** by gathering around your Lenten centerpiece and lighting all six candles .

**Read** John 18:1-12.

**Extinguish** one candle.

**Read** John 18:15-27.

**Extinguish** the second candle.

**Read** John 19:6-16.

**Extinguish** the third candle.

**Read** John 19:17-18.

**Extinguish** the fourth candle.

**Read** John 19:25-30.

**Extinguish** the fifth candle.

**Read** John 19:38-42.

**Extinguish** the final candle, and place the cloth on your centerpiece.

Say together: "This is an account of the death of Jesus, the Messiah, the son of God."



## Modification for young children

**Begin** by gathering around your Lenten centerpiece and lighting all seven candles.

**Read** the account of Jesus' arrest and trial in *Shine On* (p. 267), *Resplandece* (p. 267), *The Peace Table* (p. 277) or another story Bible.

**Extinguish** three candles.

**Read** an account of Jesus' death in *Shine On* (p. 269), *Resplandece* (p. 269), *The Peace Table* (p. 279) or another story Bible.

**Extinguish** the remaining three candles and place the cloth on your centerpiece.

Say together: "When Jesus died, the whole earth was broken and sad."

# EASTER SUNDAY RITUAL IDEAS

## ***Alleluia! It's Resurrection Day!***

**Gather with people of God to celebrate!**

### **Sunrise ritual**

- Wake up just before dawn. Check to see what time sunrise is in your area, and get your household up 10-15 minutes before sunrise.
- Grab your Bible, bundle up and go outside. If you can't go outside, go to an east-facing window.
- Turn on this [Easter season playlist \(https://bit.ly/3YwO6P\)](https://bit.ly/3YwO6P) and watch for the sunrise.
- Read John 20:1-18 as the sun comes up. Read it a couple of times, maybe taking turns reading it or acting out the story. This story is in *Shine On* (p. 272), *Resplandece* (p. 272) and *The Peace Table* (p. 282), but it would be good to read it at least once from the Gospel of John!
- Celebrate! Shout "Alleluia!" Make some noise, sing a song, dance or run laps around your yard or block. Get silly and joyful in whatever way works for you!
- If you followed yesterday's prompt and didn't turn on any lights, it's time to break your light fast.

### **Other celebration ideas**

- **Symbolic egg hunt:** If you have children celebrating with you today, it could be fun to fill eggs with the symbols of Easter (see below) and let each child find one egg with each symbol. Come back together to see if you can all figure out what the meaning of each symbol is. It's helpful to have three different colors of eggs, one for each symbol, so that each child can find one of each color.
  - Symbol 1: Seeds, to be planted in the spring. We bury the seed in the ground, and we don't see signs of it for a while. Then, it sprouts and bears good things. This can remind us of how Jesus died and was buried but rose to new life.
  - Symbol 2: A rock. This reminds us of the stone placed in front of Jesus' tomb that was rolled away. If you want some extra fun, paint your rocks today.
  - Symbol 3: An empty egg. When Jesus' friends came to care for his body, the tomb was empty!
- **Resurrection rolls:** As you make these, tell the story of Jesus' body being prepared for burial, then placed in a tomb. When they come out of the oven, marvel at the "empty tomb". This recipe for resurrection rolls (<https://lilluna.com/resurrection-rolls/>) uses store-bought dough, but you can make them with simple homemade bread dough.
- **New life treasure hunt:** Go exploring in your yard or a nearby park or trail. Take pictures or field notes or draw the signs of new life you see.
- **Coloring page (p. 9):** Enjoy and share it with someone else.

