



## EASTER

### Preparing

Remembering the pain, and deep sadness of  
Jesus' crucifixion

Remembering his body placed in the tomb  
with the stone sealing it.

Now the stone has moved  
The tomb is empty

Jesus is Alive!

Become aware of joy and hope this brings you

**Using this Candle Prayer Card**

In a quiet place, where you feel comfortable,  
place your night-light on a heat resistant  
surface. Fold this paper, lengthwise and then  
fold into three, placing it around the candle  
shown in the diagram to the left.

Light the candle. In the stillness and the  
silence, let the flame focus your thoughts and  
attention. Let your heart and mind become  
still. Rest in God's presence.

Use each of the sections in turn to give focus  
to your prayer.

### Remember

The Resurrection stories:

Mary at the Tomb

*Mary—Raboni*

The Disciples in the Upper Room

*My peace I give you*

The Disciples on the Emmaus Road

*Didn't our hearts burn*

Thank God for moments when you have  
known similar moments

### Praying

Risen Jesus

Help me to receive your resurrection Joy

To see the life in your eyes,

The look of delight on your face

As you invite me to share in your presence,  
your peace, your companionship.

May I be a sharer of your life, your peace and  
your presence to those I am with today

**Amen**



**Jesus Said:**  
*'I am the light of the world'*



This is based on an original idea of the  
Gloucester Diocese.

[www.hereford.anglican.org](http://www.hereford.anglican.org)