

Reflection Guide: Easter Thoughts – 1 of 5

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Video: A Few Minutes with Father John
Easter Thoughts – Part 1 of 5

Link: <https://youtu.be/nlw0GdjwQQ>

Text: Matthew 28:1-4 (The Message)

28¹⁻⁴ After the Sabbath, as the first light of the new week dawned, Mary Magdalene and the other Mary came to keep vigil at the tomb. Suddenly the earth reeled and rocked under their feet as God's angel came down from heaven, came right up to where they were standing. He rolled back the stone and then sat on it. Shafts of lightning blazed from him. His garments shimmered snow-white. The guards at the tomb were scared to death. They were so frightened, they couldn't move.



Summary: Today Father John talks about our fears and how we can confront them. He points out that Jesus had a lot to fear, and yet Jesus met his fears with love.

Questions for Reflection:

- Father John listed a number of things that people might be afraid of. What are some of the things that you fear?
- What kind of steps do you take when you're feeling fear and anxiety that can help you overcome those feelings?
- Most of the fears that Father John talked about that Jesus may have had were what we might today call social anxieties. This is a common kind of anxiety many of us have—we are anxious about how we fit in or how we are accepted (or not) by others. Why do you think this is a common worry that people have?
- When it comes to your fears, whatever they may be, why and how do you think meeting them with love could help you manage them?

Notes:
