



## Preparing for the Mass of Sunday 5<sup>th</sup> April 2026

### Easter Sunday — John 20:1-9

#### Relax

Make the Sign of the Cross † and remain still for a minute of settling silence. Then read the Gospel — preferably aloud and slowly — paying attention to any words that stand out to you.



#### Read

#### This Sunday's Gospel : THE EMPTY TOMB



It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb' she said 'and we don't know where they have put him.' So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, running faster than Peter, reached the tomb first; he bent down and saw the linen cloths lying on the ground, but did not go in. Simon Peter who was following now came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in; he saw and he believed. Till this moment they had failed to understand the teaching of scripture, that he must rise from the dead.

**Did any words or phrases stand out to you in the Gospel? If so, take a few moments to meditate on them.**

#### Reflect

Now read the Gospel again and consider what the Lord might be saying to you, or asking of you, through it. Then continue by reading Fr Henry Wansbrough's reflection...



There are several accounts in the various gospels of the discovery of the empty tomb. The slight variations between them show all the marks of oral tradition, for in genuine oral tradition each 'performance' is different. Different people tell the story slightly differently, stressing different aspects. This story in John's Gospel stresses the proof that the tomb really was empty, for the apostles examine the evidence carefully. Other accounts concentrate less on the evidence and more on the message, that the disciples will meet the Risen Lord in Galilee. It was important to establish that the tomb was empty, to prevent the charge that the meetings with the Risen Christ were simply ghost-appearance accounts. Apart from the proof that this was a real, living and bodily person, these encounters stress two factors, the power of the Risen Christ and the commission given to the disciples. The disciples are to go out into the whole world and spread the message, always accompanied by and strengthened by Christ himself. In this account Simon Peter is clearly the senior, the authority figure, to whom the Beloved Disciple defers. But it is the love of the Beloved Disciple which immediately brings Peter to faith. **If Jesus were not risen, how would my life be different? What is the best way in which I can 'proclaim the Good News' of Christ's resurrection?**

*Dom Henry Wansbrough OSB*

#### Rest

Now call to mind the Lord's love for you, remembering that through this scripture the Lord is truly present. Then silently and prayerfully listen for God's voice and rest in God's love.



#### Respond & Request

Thank God for any insight you may have received, and respond by asking the Holy Spirit to bless you with a spiritual gift or help you to grow in a particular fruit of the Spirit. You might pray for wisdom, courage, faithfulness, self-control, patience, generosity, joy, kindness, love, peace, faith, chastity - or another grace - to help you live out your faith this week.



#### Remember

This Wednesday's word for our families is **EASTER**  
(To see the Family Version, please visit: [wednesdayword.org](http://wednesdayword.org))



**As you pray for your loved ones, please remember to pray for the Church and for the families connected to our schools.**

*St Joseph, Patron Saint of Families and Protector of the Church, pray for us. Mary, Star of Evangelisation, pray for us. Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.*



### First Reading: *Peter Instructs Cornelius*



#### Acts 10:34. 37-43

**Peter addressed Cornelius and his household: 'You must have heard about the recent happenings in Judaea; about Jesus of Nazareth and how he began in Galilee, after John had been preaching baptism. God had anointed him with the Holy Spirit and with power, and because God was with him, Jesus went about doing good and curing all who had fallen into the power of the devil. Now I, and those with me, can witness to everything he did throughout the countryside of Judaea and in Jerusalem itself: and also to the fact that they killed him by hanging him on a tree, yet three days afterwards God raised him to life and allowed him to be seen, not by the whole people but only by certain witnesses God had chosen beforehand. Now we are those witnesses - we have eaten and drunk with him after his resurrection from the dead - and he has ordered us to proclaim this to his people and to tell them that God has appointed him to judge everyone, alive or dead. It is to him that all the prophets bear this witness: that all who believe in Jesus will have their sins forgiven through his name.'**

*Peter was speaking to Cornelius. Cornelius was the Roman centurion who already revered God and had had a vision that he should invite Peter to come and instruct him. Peter emphasises that Jesus was a real human being; he went about bringing God's peace to everyone he could meet; nevertheless, he was executed as a criminal; so God reacted by raising him from death to a life that was totally new; this was the fulfilment of all the promises made to Israel, bringing to completion God's plan in creation. Life moved into a new gear. Peter goes on to state that God has appointed the Risen Jesus to judge the living and the dead. The Jews expected that at the end of time, at the completion of all things, God would come to set everything to rights, to judge things according to their true worth. Now Peter says that Jesus is the one who will be this judge. Jesus is the Lord who will bring all things to completion and to judgment. By his rising from the dead Jesus is given supreme authority over the whole world. In Paul's words, Jesus was 'constituted Son of God in power' by the resurrection.*

**Do I really believe that Jesus is 'Son of God in power' by his resurrection? Do I act as though I believed it?**



### Second Reading: *New Life in Christ*



#### Colossians 3:1-4

**Since you have been brought back to true life with Christ, you must look for the things that are in heaven, where Christ is sitting, at God's right hand. Let your thoughts be on heavenly things, not on the things that are on the earth, because you have died, and now the life you have is hidden with Christ in God. But when Christ is revealed - and he is your life - you too will be revealed in all your glory with him.**

*This reading is the visible tip of an iceberg, because much more lies below the surface! Paul here tells us that all our interest must be in heavenly things, the things of Christ, because we share Christ's life. What is more, this life is no ordinary life. What does all this mean? We share Christ's life because faith in Christ means that we put all*

*our trust and hope in Christ. We have been baptised into Christ, that is, by baptism we have been dipped into Christ as into a river, and come up soaked in and dripping with Christ. I am growing into Christ, to share his inheritance, his status as Son of God. The well-spring of my life is no longer the ordinary, natural life which enables me to live, breathe, digest, feel, see, sing and play, love and hate. It is the Spirit of Christ which spurs me to generosity, service, kindness, self-control, peace and openness. This life, says Paul, is still hidden, and will be fully manifested only at the coming of Christ. But if I am to be true to my profession of faith in baptism, the principles on which I operate must be those of this risen life of Christ, here and now.*

**What should I do this Easter to prove to myself that I live with the new life of Christ?**

**“ It is the Spirit of Christ ”  
which spurs me on.**

**The Wednesday Word: Connecting Home, School and Parish through the Word of God**