

EASTER REFLECTIONS

Holy Thursday

**Jesus, today I choose to be with You.
To pause, to be still, to remain close.
In the quiet, You give Yourself completely,
not with words alone, but with a love that stays.
Teach me to spend time with You today,
not out of duty, but from the desire to be near.
May my life begin to reflect that love,
not only in what I say,
but in how I live, how I choose, how I give.
You showed us how to love the Father,
with trust, with surrender, with everything.
Help me to love in that same way,
so that my life quietly speaks of You.
And I bring before You the people in my life.
My family, those closest to me.
The people I work with each day.
The friends I meet along the way.
And those I find difficult to love.
Hold them in Your care.
Bless them with Your peace.
Teach me to love each one with patience and truth.
You knelt, You served, You stayed.
Show me what it means to love one another,
not only when it is easy,
but in moments that are challenging and demanding.
Give me a heart that does not turn away,**

that remains steady, gentle, and faithful,
even when it costs.

Jesus, as I stay with You,
teach me to live like You. Amen.

Good Friday

A contemplative meditation on the Seven Last Utterances of Jesus,

spoken in suffering and stripped of all comfort, are not distant religious phrases. They are deeply human words that reach into the complexity of our lives.

“Father, forgive them, for they know not what they do.” In a world where offence is easily taken and rarely let go, these words stay with us. We remember what has hurt us. We go over things again in our minds. Some wounds stay longer than we expect. Yet here, forgiveness is not weakness. It is a quiet strength. It does not deny the pain, but it refuses to let the pain shape everything. And if we are honest, there is also within us a quiet need to be forgiven. We know we have failed too, sometimes without seeing it clearly. These words meet us there, gently.

“Today you will be with me in paradise.” These words are spoken to someone who has nothing left. No time to make things right, no way to prove himself. Only a simple turning. This touches that place in us where we feel we are not enough. It reminds us that we are not loved because we are perfect, but because we are seen. Even at the edge of everything, something remains open.

“Behold your mother... behold your son.” At a time when many feel alone, even in the middle of busy lives, this moment feels close to us. We are not meant to live without connection. There is a deep need in each of us to be known and to belong. These words remind us that love is often very ordinary. It is in staying, in noticing, in being there when it would be easier not to be.

“My God, my God, why have you forsaken me?” There are moments when this cry becomes our own. Times when life feels empty or unclear, when prayer feels unanswered. This is vulnerable faith, hope against hope, even when there seems to be no hope. It is not neat or certain. It is simply real. Yet even here, the cry is still turned towards God. That in itself is trust.

“I thirst.” Beneath the noise of daily life, there is something deeper in us. As Saint Augustine said, our hearts are restless until they rest in God. We look in many places, often without realising it, but something remains unsettled. This thirst is not something to ignore. It is a quiet sign pointing us back to where we belong.

“It is finished.” These are not words of defeat, but of completion. In a world that keeps asking more of us, these words feel almost unfamiliar. They remind us that life is not measured by how much we do, but by how we love. There is something peaceful in that.

“Father, into your hands I commend my spirit.” In the end, everything becomes trust. We try to hold things together, to stay in control, but life does not always allow that. To place ourselves into God’s hands is not giving up. It is allowing ourselves to be held.

These last words are not only spoken at the end of a life. They are words for the middle of ours. They meet us in our weakness, in our longing, in our need to be forgiven and to forgive. They remind us that even in our darkest moments, we are not alone. God is there, quietly present, holding us when we feel we cannot go on. And even when hope feels very small, we are still invited to hope against hope, to trust that love remains. We can always go back to God, who never grows tired of forgiving, whose mercy does not run out, and who loves us.

Holy Saturday

Holy Saturday is a day of waiting.

It is the quiet space between the grief of Good Friday and the joy of Easter morning.

Christ lies in the tomb, and the world seems still.

His followers are left with uncertainty, questions, and a heavy sense of loss.

We know that feeling well in our own lives, the times when hope feels distant, when answers do not come, and when the path ahead is unclear.

This day reminds us that waiting is not wasted.

Silence is not emptiness.

Even when it seems that nothing is happening, God is quietly at work.

Life is turning beneath the surface, unseen, shaping what is yet to come.

Holy Saturday invites us to sit with the unknown, to hold our questions without needing to solve them, and to trust that transformation is happening even when we cannot see it.

It is a day to be present, to watch and to wait, not out of despair, but in humble faith.

Even in darkness, something is stirring.

The stone has not yet been moved, but resurrection is already beginning.

Prayer

Lord,

hold me in this quiet.

Teach me to stay present when I cannot understand your ways.

**Give me patience to wait without needing answers,
and courage to trust that even hidden, you are at work.**

**Let me feel your presence in the stillness,
and believe that new life is quietly forming within and around me.**

**Prepare my heart for the light that is coming,
and help me carry this hope into the days ahead. Amen.**

Easter

Christ is Risen! Alleluia!

Called by Name

Let us enter this time of quiet reflection, where the joy, hope, and love of Easter can be received anew in our heart.

Christ is risen. His light breaks gently into our lives, bringing hope where there is weariness, peace where there is fear, and love that renews all things. This is not a distant truth, but a living presence, quietly drawing near.

Wherever we find yourself today, we are welcome. There is no need to prepare or to have everything in place.

Come as you are.

This is a space of stillness. Pause, breathe, and allow the Risen Lord to meet us in the truth of our present moment.

As we begin, let the noise of the day fall away. Become aware that we are not alone. Christ is here.

This is a time to listen more than to speak, and to receive more than to do. Through these Easter encounters, we are invited to recognise His presence in our own life.

May this be a sacred pause for us.

A moment of quiet grace.

A gentle meeting.

The Living Mystery of Easter

Easter is not simply a memory of the past. It is a living mystery that reaches into the present moment.

The risen Jesus continues to seek the human heart.

He meets His disciples not in perfection, but in their most fragile places. In grief that feels overwhelming. In fear that closes doors. In doubt that unsettles. In disappointment that dims hope. In failure that wounds deeply.

These encounters are not distant. They reveal a love that still seeks, still speaks, and still transforms.

What happened then is not over. It continues now, quietly and personally, in every heart open to Him.

Mary Magdalene at the Tomb

Called by Name

Scripture Reading John 20:16

“Jesus said to her, ‘Mary.’ She turned toward him and cried out, ‘Rabboni!’”

Biblical meaning

Mary is overcome with sorrow and does not recognise Jesus at first. It is when He speaks her name that everything changes. The resurrection is deeply personal. Jesus knows each person and calls them in love.

Meaning for us today

At times life can feel empty or confusing. We may not see where God is. Yet He is closer than we realise. He calls us personally, as one deeply known and loved.

Prayer

Lord, in the quiet places of my heart, call me by name.

When I feel lost or alone, help me to recognise Your voice.

Turn my sorrow into hope and my confusion into trust.

Let me know that I am seen and loved by You. Amen.

The Disciples in the Locked Room

Peace in Fear

Scripture Reading John 20:19

“Jesus came and stood among them and said, ‘Peace be with you.’”

Biblical meaning

The disciples are afraid and hiding. Jesus comes to them and brings peace. He does not condemn their fear, but meets them with understanding.

Meaning for us today

We all carry fears we keep hidden. Yet nothing can keep Christ away. He comes gently into those places and offers a peace the world cannot give.

Prayer

Jesus, You know the fears I carry within me.

Come into those hidden places and bring Your peace.

Help me to trust that You are with me even when I am afraid.

Calm my heart and give me courage to live in Your presence. Amen.

Thomas

From Doubt to Faith

Scripture Reading John 20:27 to 28

“Put your finger here; see my hands... stop doubting and believe.”

Thomas said to him, “My Lord and my God.”

Biblical meaning

Thomas struggles to believe. Jesus meets him in that struggle and invites him closer. Faith grows through encounter.

Meaning for us today

We may carry questions or uncertainty. This does not separate us from God. Christ meets us there and gently leads us towards deeper faith.

Prayer

Lord, You see the questions in my heart.

Do not let my doubts draw me away from You.

Instead, let them lead me closer to You.

Help me to trust and to believe more deeply. Amen.

The Road to Emmaus

Hearts Made Alive Again

Scripture Reading Luke 24:30 to 31

“He took bread, gave thanks, broke it and gave it to them. Then their eyes were opened and they recognised him.”

Biblical meaning

The disciples are discouraged and leaving. Jesus walks with them, though they do not recognise Him. He is revealed in the breaking of bread.

Meaning for us today

At times we may feel disheartened or without direction. Yet Christ walks beside us, even when we are unaware. He is found in the ordinary moments of our life.

Prayer

Stay with me, Lord,

when I feel uncertain or disheartened.

Walk beside me in my daily life.

Open my eyes to see You in the simple moments.

Let my heart be renewed by Your presence. Amen.

Scripture Reading John 21:17

“Jesus said, ‘Do you love me?’... ‘Feed my sheep.’”

Biblical meaning

Peter had denied Jesus, yet he is not rejected. Jesus invites him to love again and gives him a mission. Love restores what failure has broken.

Meaning for us today

Our mistakes do not define us. There is always the possibility of renewal. Christ invites us not only to be forgiven, but to begin again with purpose.

Prayer

Lord Jesus,

You know my weaknesses and my failures.

Yet You still invite me to love You.

Restore my heart and renew my strength.

Help me to begin again and to live with purpose. Amen.

Conclusion

Each of these encounters is more than a story. It is an invitation.

The risen Christ still meets people today.

He calls, comforts, understands, walks beside, and restores. He meets us where we are.

Final Prayer

Risen Lord,

You are alive and present with me now.

Come into my life as You came to Your disciples.

Call me, comfort me, guide me, and restore me.

Let this Easter be a true meeting with You.

Remain with me always. Amen.

Easter Monday

The Disciples in the Locked Room

Peace in the middle of fear

Scripture Reading John 20:19

“Jesus came and stood among them and said, ‘Peace be with you.’”

A meditation

The doors were locked for a reason.

Fear does that. It makes us withdraw. It makes us hide. It tells us to stay quiet and protect ourselves.

That has not changed.

Today the locked room may not be physical.

It can be the constant noise of life, the pressure to keep going, the need to appear fine when inside you feel uncertain or overwhelmed.

The disciples were not strong in that moment.

They were afraid and unsure of what would come next.

And Jesus did not wait for them to become brave.

He came anyway.

Right into the middle of their fear.

Not with judgement. Not with disappointment.

But with peace.

A peace that does not depend on everything being resolved.

A peace that comes even when life feels unclear.

Meaning for us today

We do not have to have everything together before God comes to us.

We do not need to hide our fears or pretend we are stronger than we feel.

Whatever our locked room is, that is where He enters.

Quietly. Gently. Faithfully.

He meets us as we are and says,

“Peace be with you.”

Prayer

Jesus, You know the fears I carry within me.

Come into the places I keep hidden.

Bring Your peace into my thoughts and my heart.

Help me to trust that You are with me, even when I feel afraid.

Give me calm in the midst of noise and courage to live in Your presence.

Amen.

Easter Tuesday

Mary at the Empty Tomb

Called by name in the garden

Scripture Reading John 20:11–18

“Jesus said to her, ‘Mary.’

She turned and said to him in Hebrew, ‘Rabboni,’ which means Teacher.”

Meditation

The morning is quiet.

The tomb is empty.

And Mary Magdalene stands outside, weeping.

Grief does that.

It keeps us searching for what we have lost.

It makes it hard to see hope, even when it is already near.

She does not recognise the One standing beside her.

She thinks the story has ended.

Then Jesus Christ speaks just one word: her name. “Mary.”

Everything changes at that moment.

She is no longer lost.

She is known.

The Resurrection becomes personal.

Not distant. Not abstract.

But spoken directly to one human heart.

Today, the world moves quickly and can feel impersonal.

It is easy to feel unseen, forgotten, or just one among many.

Yet the risen Christ still calls each person by name.

Not in noise, but in quiet moments.

Not to the crowd, but to us.

When love speaks our name, recognition begins.

Hope begins. Mission begins.

Meaning for us today

We are not invisible.

We are not forgotten.

We are known and loved.

**And like Mary, we are gently sent
to carry hope into the lives of others.**

Prayer

Lord Jesus,

when I feel lost or unseen, call me by name.

**Help me to recognise Your presence
in the ordinary moments of my life.**

**Give me a heart that listens, a faith that responds,
and a life that brings hope to others. Amen.**

Easter Wednesday

**Let us take a moment to reflect on the road to Emmaus, where the disciples
walked in doubt and disappointment yet discovered Christ walking with them.**

The Road to Emmaus

Hearts Made Alive Again

Scripture Reading Luke 24:30–31

“He took bread, gave thanks, broke it and gave it to them. Then their eyes were opened and they recognised him.”

Biblical Meaning

The disciples walk away from Jerusalem, weighed down by disappointment and confusion. Jesus joins them, not forcing recognition, but listening, guiding, and revealing truth gently. Only in the simple act of breaking bread do their eyes open and their hearts awaken. What seemed lost was with them all along.

Meaning for Us Today

Even in doubt, worry, or weariness, Christ walks beside us. We may not always notice Him, but He is present in quiet moments, simple acts of kindness, and shared life. By opening our hearts, we can see His presence, find hope, and allow our spirits to be renewed.

Prayer

Stay with me, Lord,

When I feel uncertain or downhearted.

Walk beside me in my daily life.

Open my eyes to see You in simple moments.

Renew my heart with Your presence.

Amen.

Easter Thursday

From Fear to Faith:

Encountering the Living Christ

We are drawn into a quiet and deeply personal encounter with the risen Christ. It is not a moment of complete clarity or certainty, but one in which hearts are still unsettled, searching for meaning after all that has unfolded. Into this fragile space, Christ comes gently. He does not come with reproach or judgement, but with a gift of peace that meets us where we are.

Scripture Reading Luke 24:36, 38

“Peace be with you. Why are you so agitated, and why are these doubts rising in your hearts?”

Biblical Meaning

The disciples are gathered together, carrying confusion, fear and uncertainty. The events they have witnessed have shaken their understanding and left them searching for truth. It is into this very space that Jesus enters. His presence is calm and reassuring, and his first words are not of correction but of peace.

He does not reject their doubts or dismiss their fear. Instead, he meets them with patience and compassion. By showing them his wounds and opening the Scriptures to them, he helps them to see that suffering and resurrection are not separate, but deeply united within God's loving plan. In his presence, fear begins to give way to understanding, and doubt slowly opens into faith.

Meaning for Us Today

In our own lives, we too experience moments of uncertainty and questioning. We may struggle to understand where God is or what he is doing. Yet the risen Christ comes to us just as he came to the disciples. He enters our confusion with gentleness and speaks peace into our hearts.

He does not ask for perfect faith or complete understanding. Instead, he invites us to trust that he is present, even when we cannot see clearly. His peace has the power to quiet our fears and to guide us forward, one step at a time.

Prayer

Risen Lord,

You come to me in my uncertainty

and speak peace into my heart.

Remain with me in my doubts

and gently lead me into deeper trust.

Open my heart to recognise your presence

in the quiet moments of my life.

May your peace calm my fears

and your love guide my steps each day.

Amen.

Easter Friday

Theme: Recognising Jesus in the Ordinary Moments of Life

Introduction

In the busyness and uncertainty of life, we often feel like the disciples working hard yet finding little fulfilment.

Yet the risen Jesus stands quietly on the shore of our lives, waiting to be recognised.

Take a few moments today to pause, reflect, and encounter him in the ordinary moments of your day. He is closer than you think.

Scripture Reading

(John 21:1 to 14)

Jesus showed himself again to the disciples. It was by the Sea of Tiberias.

Simon Peter said, "I am going fishing." They went out but caught nothing that night.

At daybreak, Jesus stood on the shore, though the disciples did not realise that it was Jesus.

He said, "Throw the net out to starboard and you will find something."

They cast the net, and it was so full of fish they could not haul it in.

The disciple Jesus loved said, "It is the Lord."

Jesus said to them, "Come and have breakfast."

Then he took the bread and gave it to them, and the same with the fish.

Biblical Meaning

This Gospel reveals a deep truth of the Resurrection.

The disciples return to their former way of life, uncertain and searching. Their efforts without Jesus bring no result, showing the limits of human effort without grace.

Jesus appears not in splendour but in simplicity, standing quietly on the shore. Recognition comes through trust, obedience, and love.

The shared meal points towards the Eucharist, where Christ continues to feed and strengthen his people.

This passage reminds us that the risen Lord is present, guiding, providing, and inviting us into communion with him.

Meaning for us Today

In today's complex and demanding world, many experience fatigue, uncertainty, and a sense of emptiness despite their efforts.

We may work hard and still feel unfulfilled. We may search for meaning yet struggle to find it.

This Gospel speaks directly to our lives.

Jesus meets us in our ordinary routines, even in our failures and doubts. When we listen to him and trust his word, our emptiness can be transformed.

He invites us not simply to do more, but to remain with him, to trust him, and to receive from him.

Even in the simplest moments of life, he is present.

Today, he says to you,

Come and have breakfast.

Come and rest. Come and be renewed. Come and begin again.

Prayer

Lord Jesus,

you stand on the shore of my life, even when I do not recognise you.

In my moments of emptiness and struggle,

teach me to listen to your voice and to trust your guidance.

Open my eyes to see you in the ordinary moments of my day,

in my work, my relationships, and my challenges.

Fill my heart with your presence and your peace.

Nourish me and strengthen me,

so that I may begin again with hope. Amen.

Easter Saturday

From disbelief to mission: encountering the Risen Christ in an uncertain world

Introduction

There are moments in life when hope feels distant, when even good news is hard to believe.

The disciples themselves struggled to accept the Resurrection. They doubted, hesitated, and wrestled with uncertainty just as we do today. Yet it was precisely in that fragile space that Christ came to them and changed everything.

This Easter Saturday reflection invites you to pause, to enter that moment of doubt, and to discover how the Risen Christ meets us there not with judgement, but with a call to purpose.

If you are searching for meaning, clarity, or renewed hope, this meditation is for you.

Gospel Focus

“Go out to the whole world; proclaim the Good News to all creation.”

Mark 16:15

Biblical Meaning

In this passage, the Risen Jesus appears to his disciples who are struggling with disbelief. Despite hearing testimonies from those who had seen him, they could not accept the reality of the Resurrection.

Jesus does not abandon them in their doubt. Instead, he confronts their unbelief and then entrusts them with a mission of immense significance.

The command to “go out to the whole world” reveals two profound truths. First, the Resurrection is not a private consolation but a universal message meant for all humanity. Second, the mission is given not to perfect believers, but to those who are still learning to trust.

The Gospel shows us that faith is not the absence of doubt, but the willingness to move forward despite it.

Meaning for Us Today

We live in a world marked by uncertainty, rapid change, and deep questions about purpose and truth. Like the disciples, we often find ourselves torn between hope and hesitation.

This Gospel speaks directly into that tension. It reminds us that doubt does not disqualify us. Our questions, struggles, and even moments of disbelief are not obstacles to God’s work. They are often the very place where Christ meets us.

The modern person is constantly invited to seek certainty through control, success, or knowledge. Yet the Resurrection offers a different path. It invites us into trust, into relationship, and into a mission that gives life meaning beyond ourselves.

To “proclaim the Good News” today does not always mean speaking loudly. It can mean living with integrity in a confusing world, choosing hope when cynicism is easier, showing compassion when indifference is common, and remaining faithful when the future feels unclear.

Christ’s call is not postponed until we feel ready. It is given now, in the midst of our ordinary lives, our responsibilities, and our uncertainties.

Easter Saturday is a quiet day. It sits between the silence of the tomb and the joy of full resurrection proclamation. It is a space of waiting, reflection, and interior transformation.

In that quiet, Christ prepares us. Not by removing all doubt, but by giving us a purpose strong enough to carry us through it.

Prayer

Lord Jesus,

you came to your disciples in their doubt and confusion
and did not turn away from them.

Come also into the uncertainties of my life.

Meet me in my questions, my fears, and my searching.

Strengthen my faith, not by removing all struggle,
but by helping me to trust in your presence.

Teach me to live your Good News with courage and humility,
so that my life may reflect your hope in a world that longs for meaning.

Guide me to be faithful in small things,
steadfast in trials,

and open to your call each day.

You are risen, and you are with me.

Help me to believe, to live, and to go forth. Amen.

Divine Mercy Sunday

On this beautiful Sunday, the Church celebrates Divine Mercy Sunday, a day that reminds us that no matter how far we may wander, God’s mercy is always greater, always waiting, always calling us home.

Theme: Peace be with you Trust in Divine Mercy

Gospel Reading:

(John 20:19 to 31)

“Jesus came and stood among them and said, ‘Peace be with you.’

Then he said to Thomas, ‘Put your finger here and see my hands,

and bring your hand and put it into my side,

and do not be unbelieving, but believe.’

Thomas answered and said to him, ‘My Lord and my God!’”

Biblical Meaning:

In this Gospel, the risen Christ appears to His disciples, bringing peace where there was fear. He shows His wounds not as signs of defeat, but as living proof of love and mercy. Through Thomas, we see the struggle between doubt and faith, and we are reminded that Jesus meets us exactly where we are, even in our uncertainties.

Meaning for Us Today:

Like the disciples, we often live behind locked doors shaped by fear, doubt, pain, or guilt. Yet Jesus still comes to us, offering peace and inviting us to trust. Even when we struggle to believe, He does not turn away. Instead, He gently calls us closer.

This feast, inspired by the revelations to Saint Faustina Kowalska and established by Pope John Paul II, reminds us that God’s mercy is limitless. Today is an invitation to receive mercy through forgiveness, to trust more deeply in Jesus, and to extend mercy to others in our daily lives.

It is a day to begin again, knowing that we are never beyond God’s love.

Prayer:

Jesus, I trust in You.

Risen Lord, you come to us in our weakness and doubts,

bringing peace to our troubled hearts.

Help us to open the doors we have closed,

and to receive your mercy with humility and trust.

Teach us to be instruments of your mercy,

to forgive as we have been forgiven,

to love as we have been loved.

May your Divine Mercy renew our hearts today

and lead us always closer to you. Amen.

Jesus, I trust in You.!