

“Practice Resurrection”



A SENDING BLESSING



As Christ burst forth from the tomb,
may new life burst forth from us
and show itself in acts of love
and healing to a hurting world.

And may the same Christ,
who lives forever
and is the source of our new life,
keep your hearts rejoicing
and grant you peace,
this day and always.

In the name of God the Creator, Jesus the
Savior, and the Holy Spirit the Sustainer.

AMEN.



Practice Resurrection: Plant something today. Every spring, new life bursts forth from the ground and the trees around us, a visual, physical reminder of God’s resurrection power.

“OUR LORD HAS WRITTEN THE PROMISE OF RESURRECTION, NOT IN BOOKS ALONE, BUT IN EVERY LEAF IN SPRINGTIME.”

-MARTIN LUTHER

Prayer: May each new blossom be a sign to me of Christ’s victory over death. AMEN.

INTRODUCTION



“Manifesto: The Mad Farmer’s Liberation Front,” a famous poem by renowned poet Wendell Berry ends with two simple words: “Practice Resurrection.”

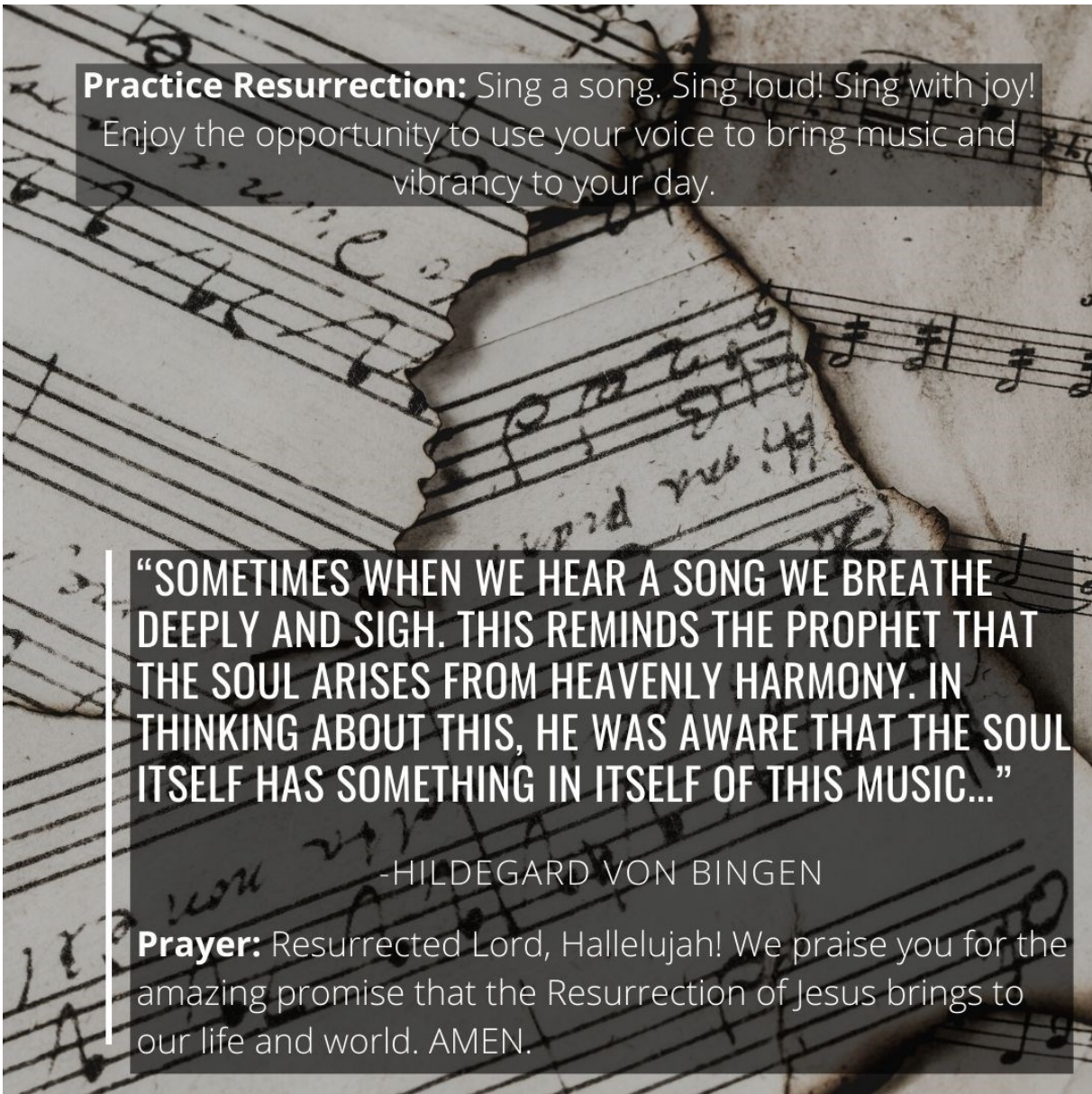
What a straight-forward, yet beautiful instruction. Rather than seeing resurrection as a complex, theological idea, Berry invites us to see the resurrection as something that we can practice everyday.

This devotional contains 35 simple ways that you can practice resurrection during this Easter season. Each page contains a Resurrection Practice, a prayer, and a quote, all working together to highlight the simple and profound ways that the promises of Christ’s Resurrection break into our life each and every day.

I designed this devotional so that you can meditate on a single quote, prayer, and practice every weekday of the Easter season, but please feel free to make your way through this book at your own pace. Above all, may the promises of this Resurrection Season bring new life to you.

Peace and Grace,

Pastor Nate




Practice Resurrection: Sing a song. Sing loud! Sing with joy! Enjoy the opportunity to use your voice to bring music and vibrancy to your day.

"SOMETIMES WHEN WE HEAR A SONG WE BREATHE DEEPLY AND SIGH. THIS REMINDS THE PROPHET THAT THE SOUL ARISES FROM HEAVENLY HARMONY. IN THINKING ABOUT THIS, HE WAS AWARE THAT THE SOUL ITSELF HAS SOMETHING IN ITSELF OF THIS MUSIC..."

-HILDEGARD VON BINGEN

Prayer: Resurrected Lord, Hallelujah! We praise you for the amazing promise that the Resurrection of Jesus brings to our life and world. AMEN.




Practice Resurrection: Forgive yourself. We all can be so hard on ourselves; clinging to past mistakes, past shame, past guilt. We read in John's Gospel, "if the Son sets you free, then you are free indeed." Allow yourself to experience the freedom Christ makes possible today and always.

"I AM A BROKEN PERSON AND A RESURRECTION PERSON"

-ANNE LAMOTT

Prayer: Into your hands, O Lord, I commend my past mistakes. Teach me to move forward with compassion for myself. AMEN.



Practice Resurrection: Care for a friend in need. We all know someone who might need a listening ear or additional attention. Sometimes, the simple kindness of another can bring hope in completely unexpected ways.

“WE PROCLAIM THE RESURRECTION OF CHRIST WHEN HIS LIGHT ILLUMINATES THE DARK MOMENTS OF OUR EXISTENCE”

-POPE FRANCIS

Prayer: May the light of Christ be in the heart of each to whom I speak and in the mouth of each who speaks unto me. AMEN.

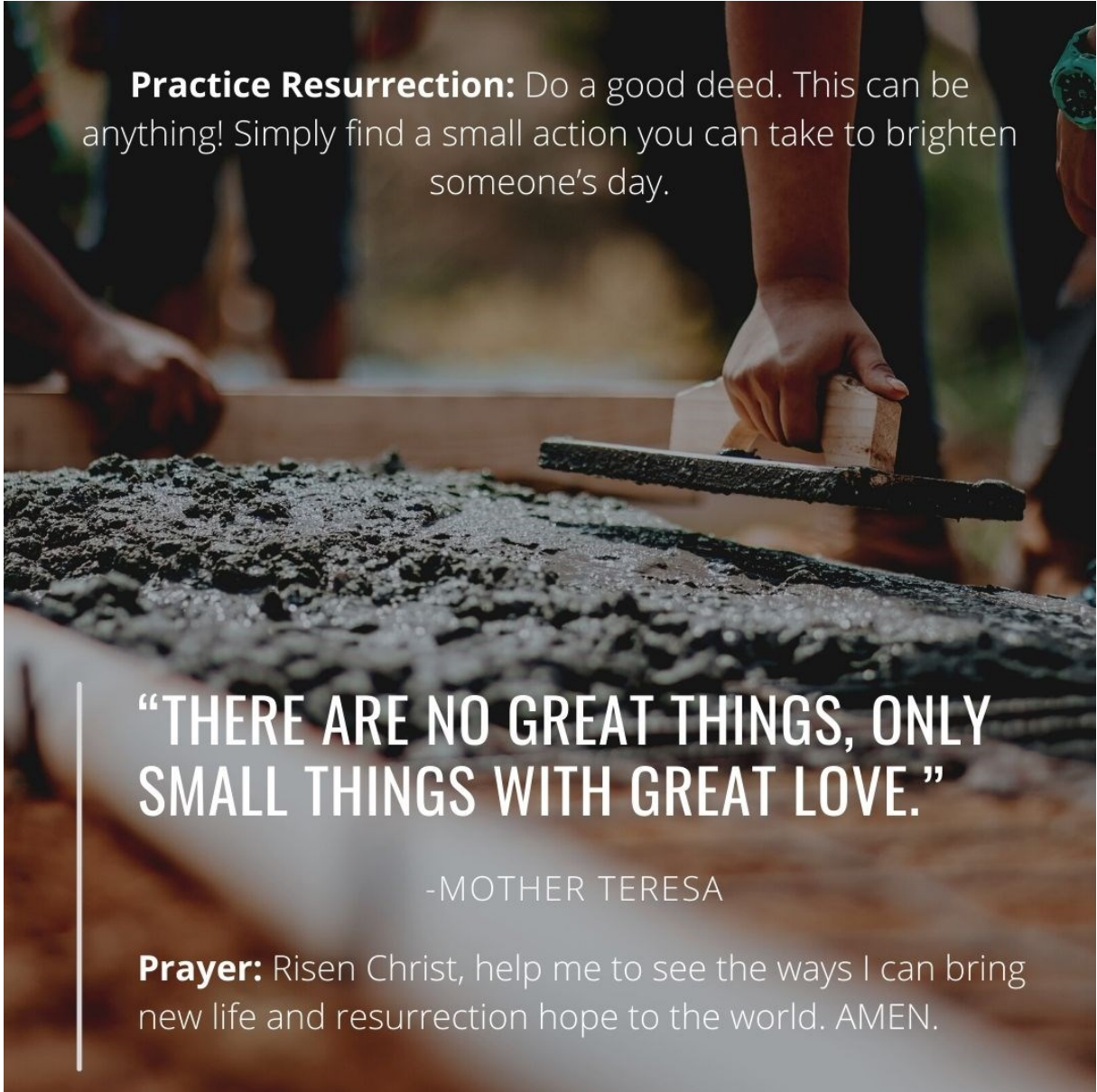


Practice Resurrection: Clean up. Take time today to clean a room in your house or clean up a local park or public space. When you have completed your work, take a step back and appreciate the new life brought to that space.

“WE MET TO HOLD A MEMORIAL SERVICE BY PICKING UP [A LOCAL PARK]. THEN, IN THE HOPE OF THE RESURRECTION WE PLANTED AZALEAS AND WATER OAKS AND FILLED A SANDBOX WITH FOUR TONS OF SAND. AT THE END OF THE DAY OUR EASTER SUNDAY CLOTHES WERE COVERED WITH DIRT. WE HELD HANDS AND SAID TO EACH OTHER WHAT THE CHURCH HAS BEEN SAYING FOR CENTURIES: ‘HE IS RISEN. HE IS RISEN INDEED!’

-TROY BRONSINK

Prayer: Thank you God, for the gift of your resurrection and all the subtle ways we see new life in our world. AMEN.



Practice Resurrection: Do a good deed. This can be anything! Simply find a small action you can take to brighten someone's day.

"THERE ARE NO GREAT THINGS, ONLY SMALL THINGS WITH GREAT LOVE."

-MOTHER TERESA

Prayer: Risen Christ, help me to see the ways I can bring new life and resurrection hope to the world. AMEN.



Practice Resurrection: Enjoy a good meal. Eat slowly. Savor the flavors and the company around the table. Throughout the history of the Christian faith, the Sacred Meal of Holy Communion has been a reminder of Christ's resurrection. How do you sense Christ's presence in a meal today?

"EVERY MEALTIME IS AN OPPORTUNITY TO BE ON THE LOOKOUT FOR CHRIST TO REVEAL HIMSELF IN SURPRISING WAYS."

-MARGRET FEINBERG

Prayer: Mighty God, enliven our senses to know your nourishing presence among us now. AMEN.

Practice Resurrection: Intentionally listen to a favorite song, beginning to end without interruption or distraction. Music is able to move us in ways we can't fully describe. How does the experience of listening to a favorite song connect you with God?

"THE ONLY PROOF HE NEEDED FOR THE EXISTENCE OF GOD WAS MUSIC."

-KURT VONNEGUT

Prayer: Holy God, may the beauty of melody & harmony, tenor & alto, soprano & bass, put us in touch with You. AMEN.

Practice Resurrection: Grieve. While grief can often feel like something negative, the process of grieving can be deeply healing. Allow yourself to grieve a loss in your life and invite God to bring healing and hope to your pain.

"GRIEF IS PART OF THE PROCESS, HARDSHIP IS PART OF THE PROCESS. NOSTALGIA AND MEMORIES ARE PART OF THE PROCESS. AND WE TAKE ALL OF THAT WITH US AS WE COME OUT OF THE TOMB...CHRIST IS WITH US AS WE CHOOSE LIFE, HELPING US TO WALK OUT OF OUR TOMBS IN ALL THAT THAT MEANS"

-BROTHER THOMAS SSF

Prayer: Healing God, comfort our sorrow, heal our pain, and teach us to trust your promises of new life. AMEN.

Practice Resurrection: Write your gratitude. Take out a piece of paper or a journal and write down your blessings. What fills your heart with gratitude? Where has God been working in your life?

“LET THE RESURRECTION JOY LIFT US FROM LONELINESS AND WEAKNESS AND DESPAIR TO STRENGTH AND BEAUTY AND HAPPINESS.”

-FLOYD TOMKINS

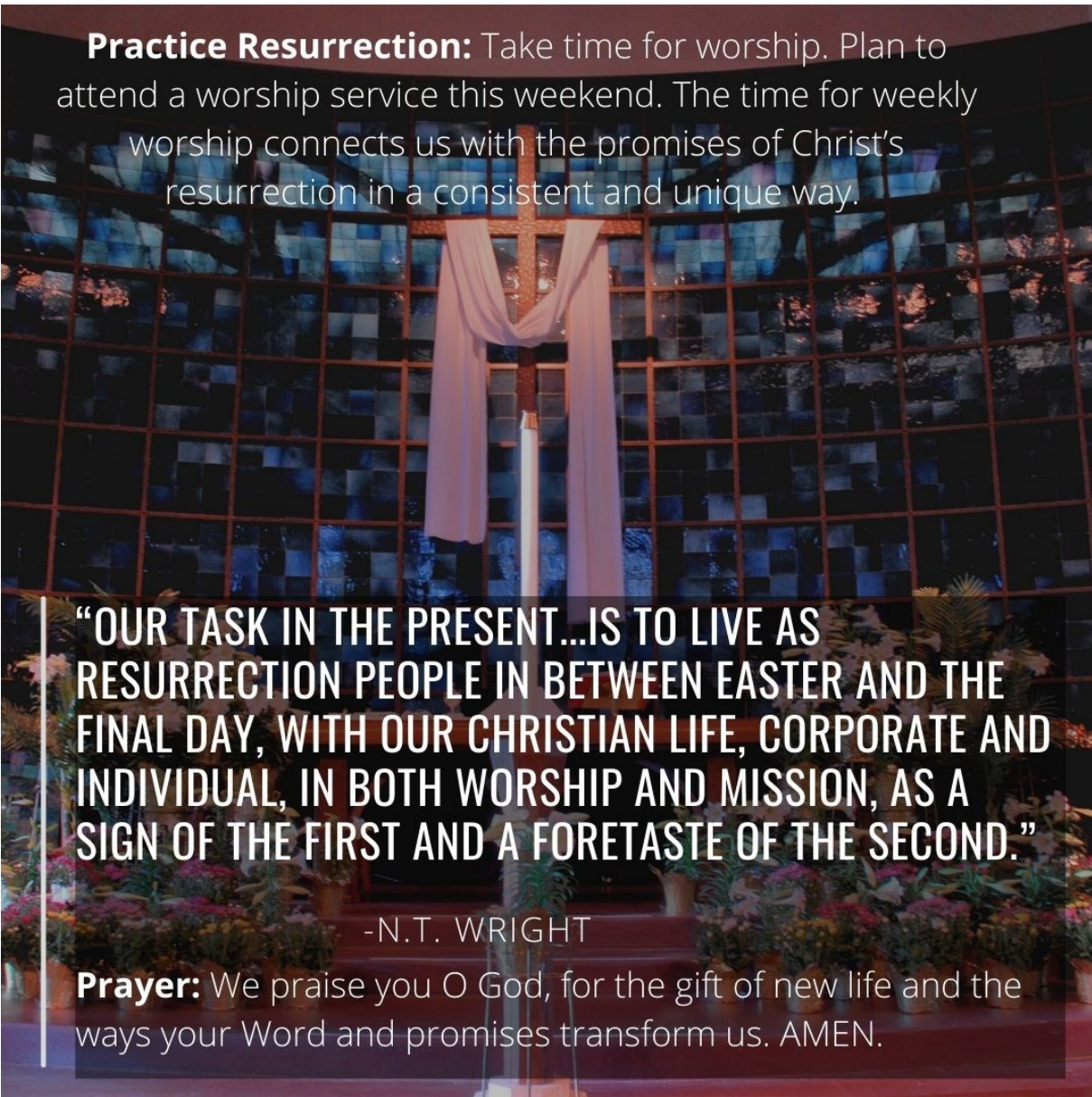
Prayer: Thank you God for all of life's blessings. AMEN.

Practice Resurrection: Sit and absorb a favorite piece of artwork. Perhaps you have a piece of artwork in your house you love, or there is a famous work of art that you could look up online. However you find it, take a long time noticing the details of the piece and let it be an avenue into prayer.

“YOU COULD SAY THE HIGHEST FORM OF THEOLOGY IS ART OR THE BEST KIND OF ART IS DEEPLY THEOLOGICAL.”

-MARK SCANDRETTE

Prayer: Creative Spirit, thank you for the beauty of this world that gives expression to your promises of love. AMEN.

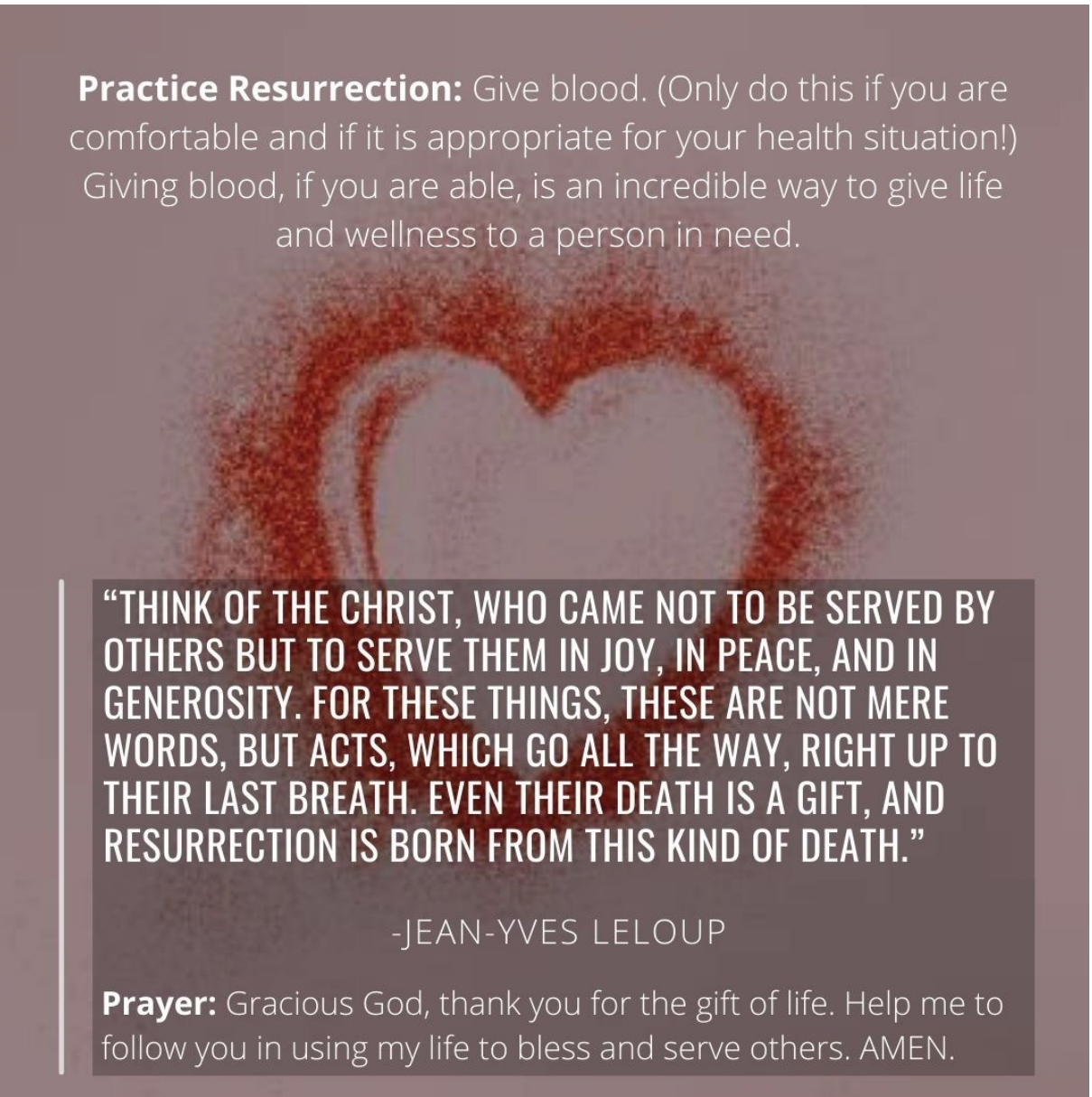


Practice Resurrection: Take time for worship. Plan to attend a worship service this weekend. The time for weekly worship connects us with the promises of Christ's resurrection in a consistent and unique way.

"OUR TASK IN THE PRESENT...IS TO LIVE AS RESURRECTION PEOPLE IN BETWEEN EASTER AND THE FINAL DAY, WITH OUR CHRISTIAN LIFE, CORPORATE AND INDIVIDUAL, IN BOTH WORSHIP AND MISSION, AS A SIGN OF THE FIRST AND A FORETASTE OF THE SECOND."

-N.T. WRIGHT

Prayer: We praise you O God, for the gift of new life and the ways your Word and promises transform us. AMEN.



Practice Resurrection: Give blood. (Only do this if you are comfortable and if it is appropriate for your health situation!) Giving blood, if you are able, is an incredible way to give life and wellness to a person in need.

"THINK OF THE CHRIST, WHO CAME NOT TO BE SERVED BY OTHERS BUT TO SERVE THEM IN JOY, IN PEACE, AND IN GENEROSITY. FOR THESE THINGS, THESE ARE NOT MERE WORDS, BUT ACTS, WHICH GO ALL THE WAY, RIGHT UP TO THEIR LAST BREATH. EVEN THEIR DEATH IS A GIFT, AND RESURRECTION IS BORN FROM THIS KIND OF DEATH."

-JEAN-YVES LELOUP

Prayer: Gracious God, thank you for the gift of life. Help me to follow you in using my life to bless and serve others. AMEN.

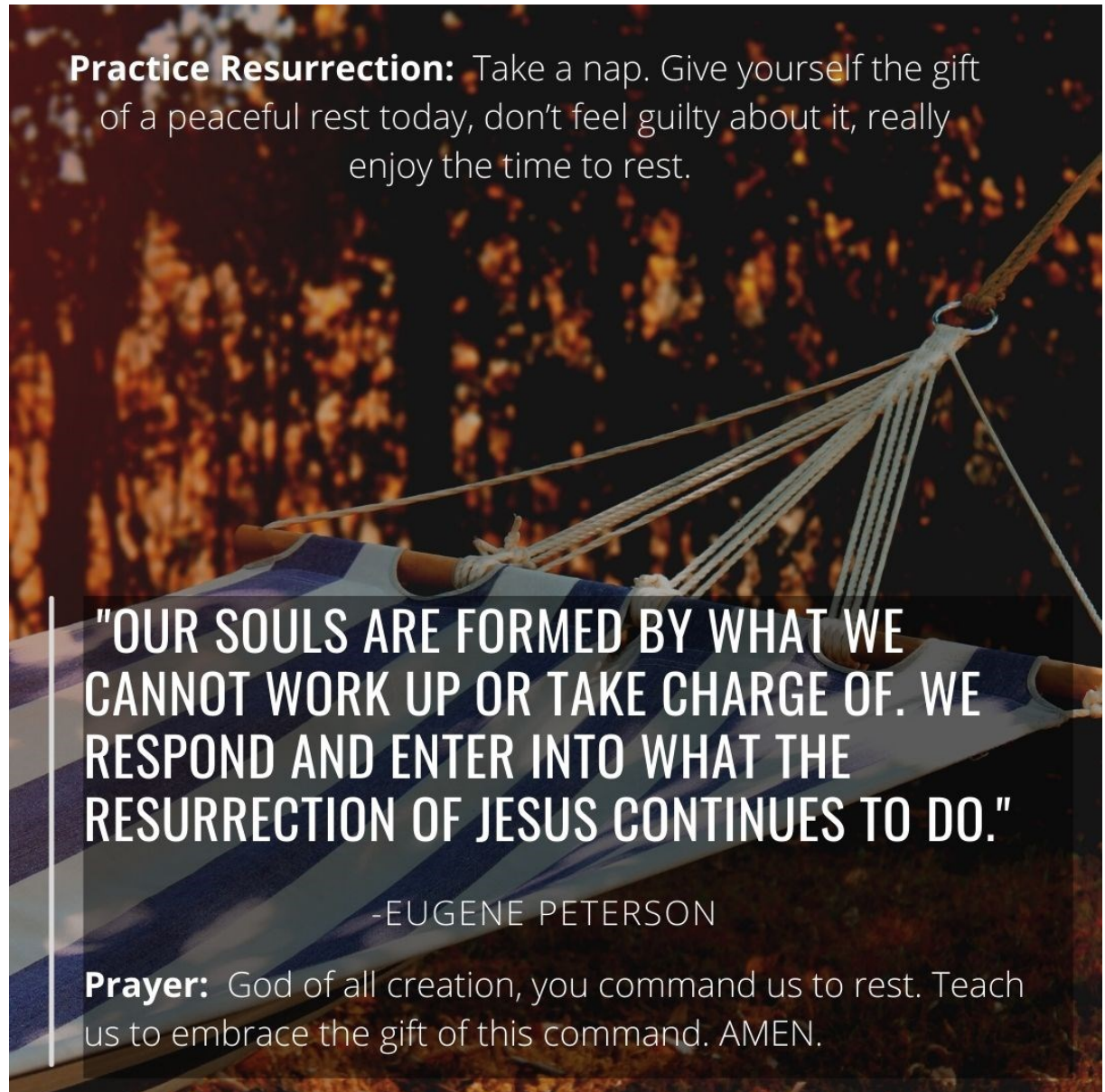


Practice Resurrection: Volunteer. Find an opportunity to volunteer your time and use your gifts and abilities to bring life and possibility to a cause.

“WE DEMONSTRATE THE POWER OF GOD’S REDEMPTION OF THE WORLD IN HOW WE LIVE AND LOVE. PRACTICING RESURRECTION IS OBEYING JESUS’S CALL TO LOVE OUR NEIGHBORS AND OUR ENEMIES.”

-CARRIE WOODWARD

Prayer: Holy Spirit, show me how to use my gifts for the benefit of God’s mission. AMEN.

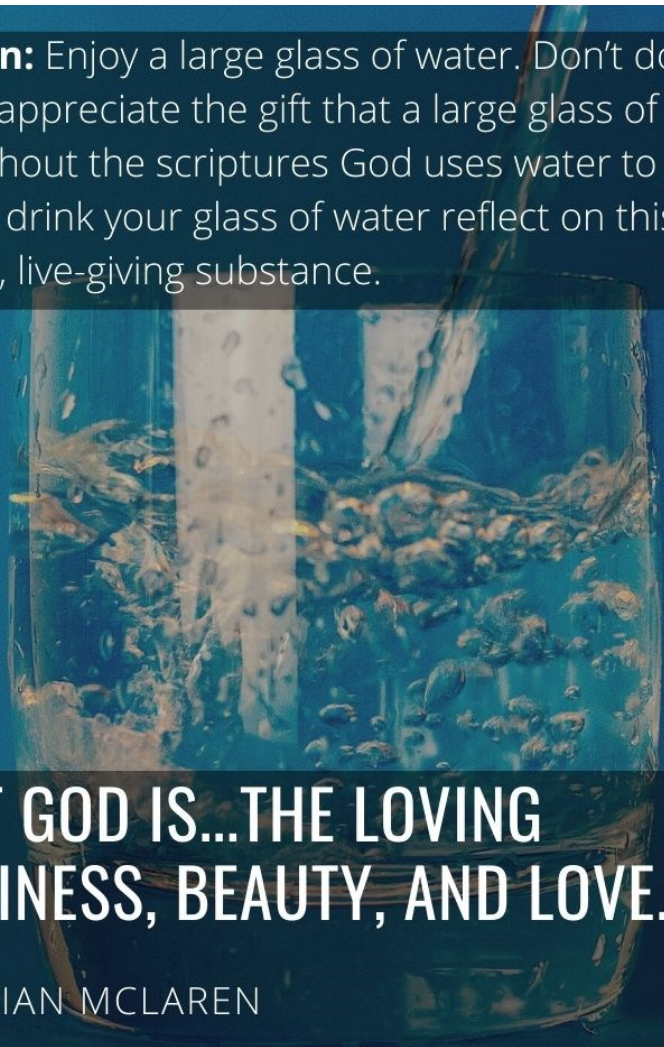


Practice Resurrection: Take a nap. Give yourself the gift of a peaceful rest today, don’t feel guilty about it, really enjoy the time to rest.

“OUR SOULS ARE FORMED BY WHAT WE CANNOT WORK UP OR TAKE CHARGE OF. WE RESPOND AND ENTER INTO WHAT THE RESURRECTION OF JESUS CONTINUES TO DO.”

-EUGENE PETERSON

Prayer: God of all creation, you command us to rest. Teach us to embrace the gift of this command. AMEN.

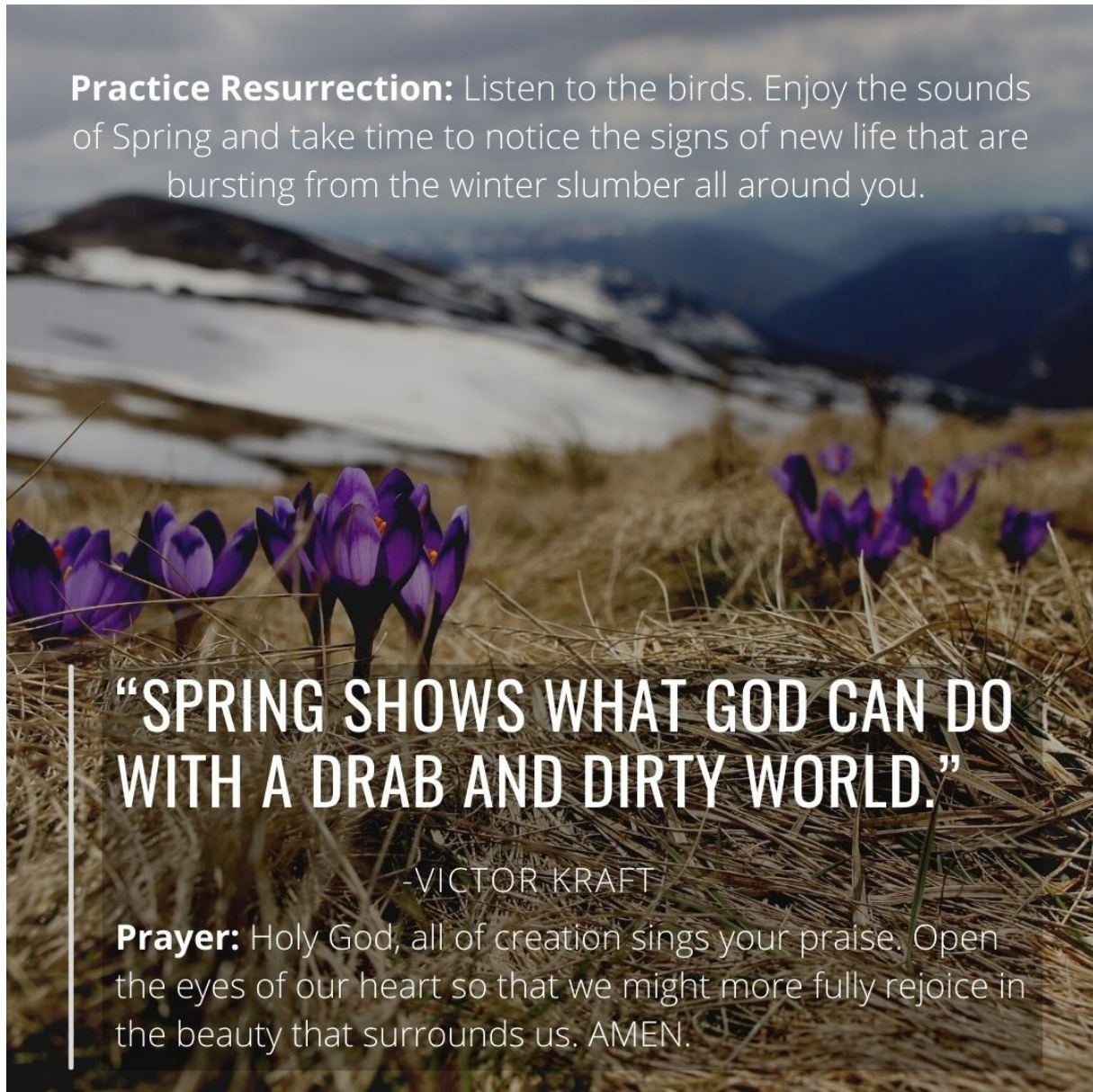


Practice Resurrection: Enjoy a large glass of water. Don't do anything else, simply appreciate the gift that a large glass of water can be. Throughout the scriptures God uses water to bring salvation. As you drink your glass of water reflect on this simple, live-giving substance.

**“THE SPIRIT OF GOD IS...THE LOVING
WATER OF HOLINESS, BEAUTY, AND LOVE.”**

-BRIAN MCLAREN

Prayer: Thank you God for the history and stories of our faith and for the gift of water. AMEN.

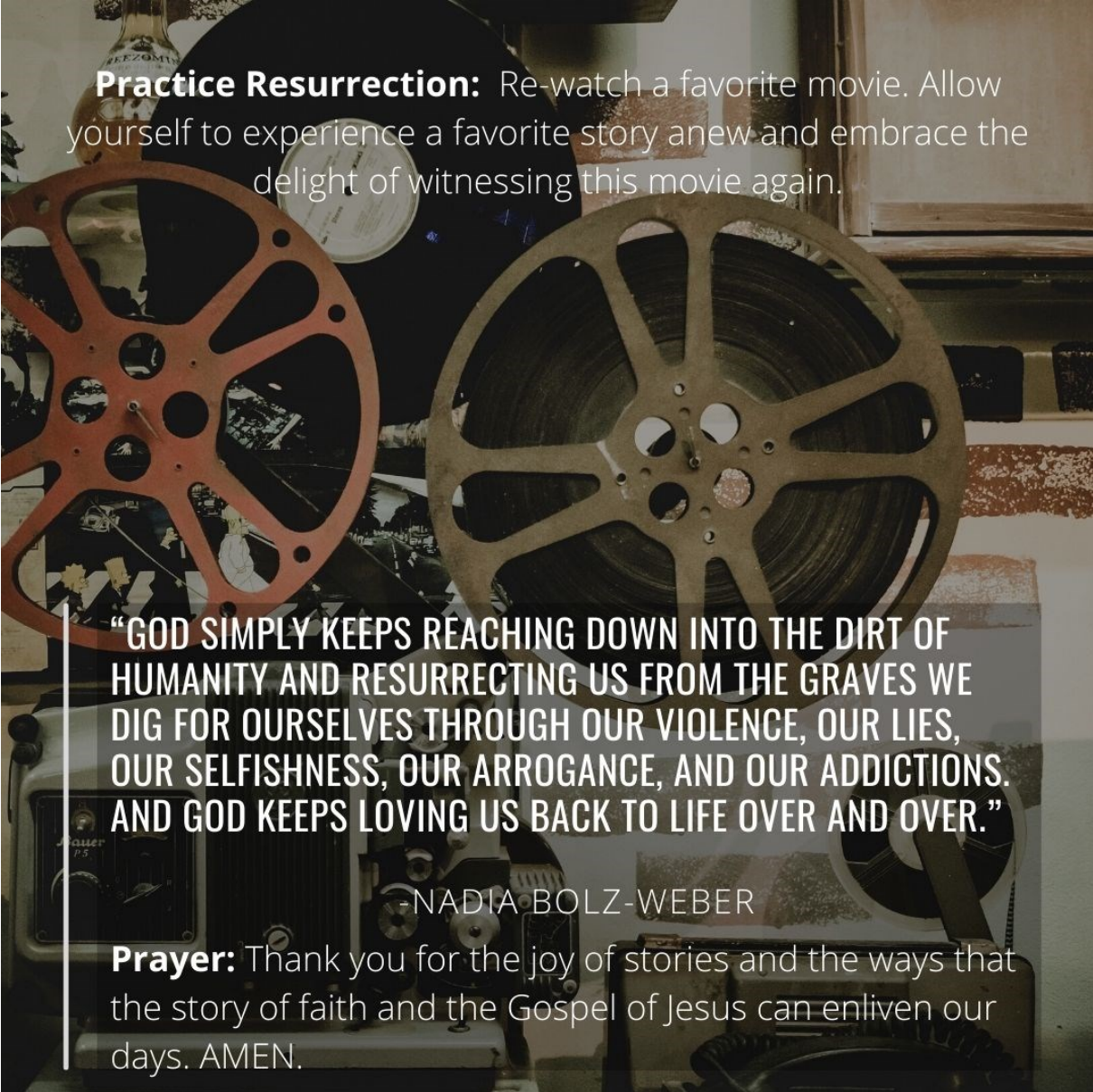


Practice Resurrection: Listen to the birds. Enjoy the sounds of Spring and take time to notice the signs of new life that are bursting from the winter slumber all around you.

**“SPRING SHOWS WHAT GOD CAN DO
WITH A DRAB AND DIRTY WORLD.”**

-VICTOR KRAFT

Prayer: Holy God, all of creation sings your praise. Open the eyes of our heart so that we might more fully rejoice in the beauty that surrounds us. AMEN.

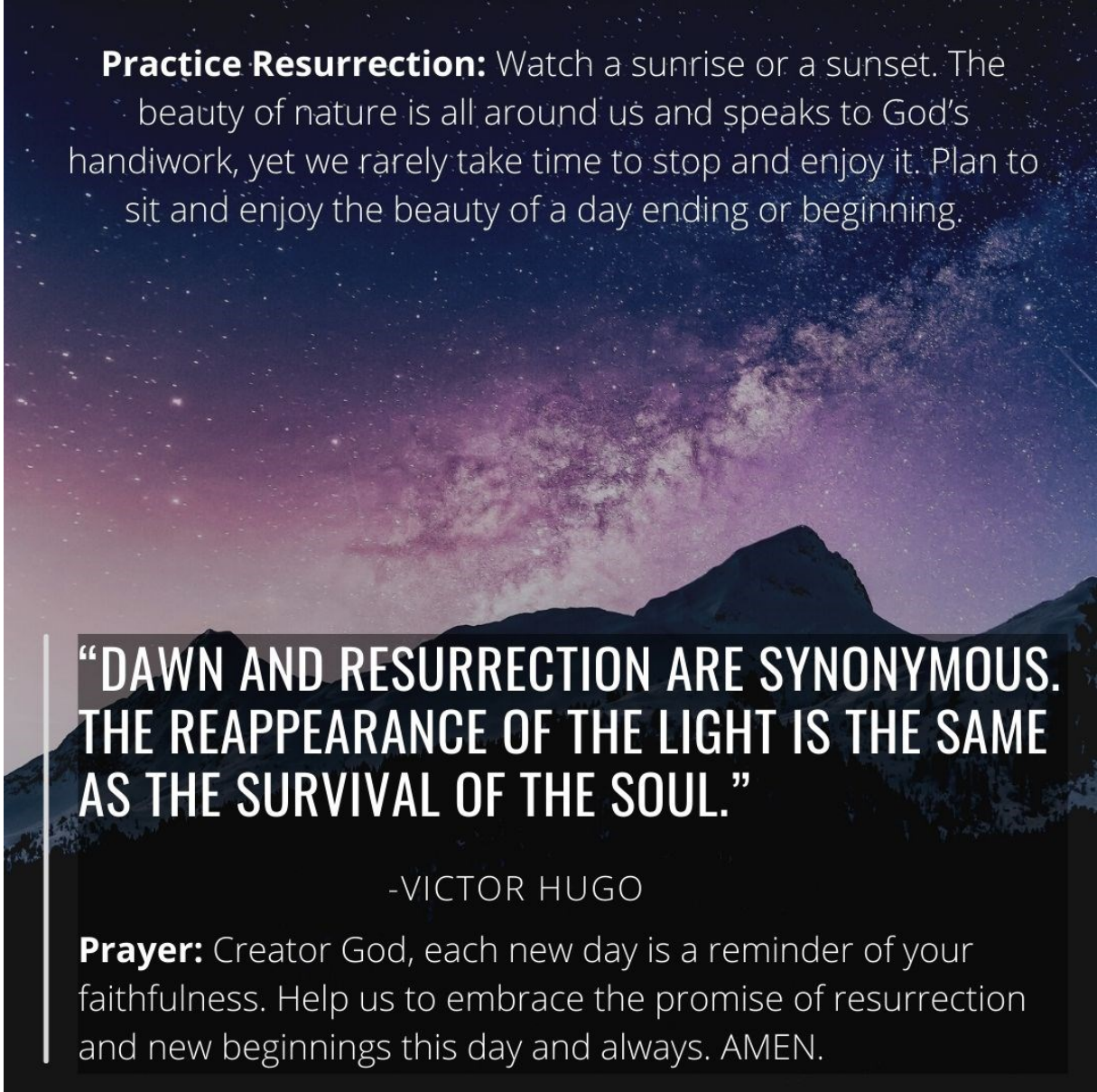


Practice Resurrection: Re-watch a favorite movie. Allow yourself to experience a favorite story anew and embrace the delight of witnessing this movie again.

“GOD SIMPLY KEEPS REACHING DOWN INTO THE DIRT OF HUMANITY AND RESURRECTING US FROM THE GRAVES WE DIG FOR OURSELVES THROUGH OUR VIOLENCE, OUR LIES, OUR SELFISHNESS, OUR ARROGANCE, AND OUR ADDICTIONS. AND GOD KEEPS LOVING US BACK TO LIFE OVER AND OVER.”

-NADIA BOLZ-WEBER

Prayer: Thank you for the joy of stories and the ways that the story of faith and the Gospel of Jesus can enliven our days. AMEN.




Practice Resurrection: Watch a sunrise or a sunset. The beauty of nature is all around us and speaks to God's handiwork, yet we rarely take time to stop and enjoy it. Plan to sit and enjoy the beauty of a day ending or beginning.

“DAWN AND RESURRECTION ARE SYNONYMOUS. THE REAPPEARANCE OF THE LIGHT IS THE SAME AS THE SURVIVAL OF THE SOUL.”

-VICTOR HUGO

Prayer: Creator God, each new day is a reminder of your faithfulness. Help us to embrace the promise of resurrection and new beginnings this day and always. AMEN.

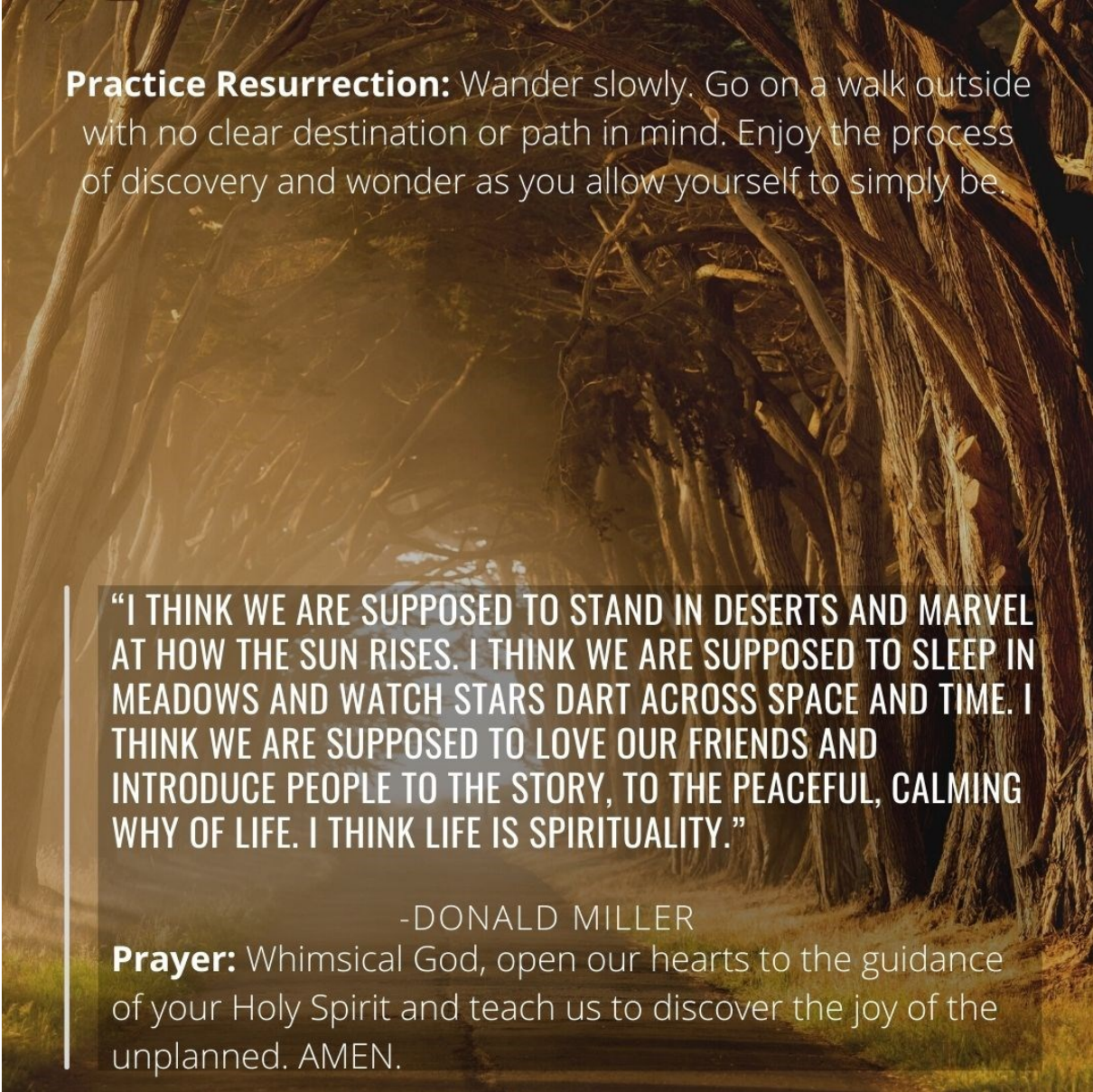
A silhouette of a person in a yoga pose (Urdhva Dhanurasana) against a sunset background. The person is standing on their right leg, with their left leg bent and their arms reaching up to their feet. The background shows a sunset over a body of water with a dark, silhouetted shoreline in the distance.

Practice Resurrection: Stretch. Be careful, don't push yourself too hard, but take a moment to stretch and to feel your body growing and strengthening through this simple practice.

"MY LIFE DEPENDS ON ENGAGING THE MOST ORDINARY PHYSICAL ACTIVITIES WITH THE MOST EXQUISITE ATTENTION I CAN GIVE THEM... WHAT IS SAVING MY LIFE NOW IS BECOMING MORE FULLY HUMAN, TRUSTING THAT THERE IS NO WAY TO GOD APART FROM REAL LIFE IN THE REAL WORLD."

-BARBARA BROWN TAYLOR

Prayer: Thank you God for our bodies. For their strength and flexibility and for sustaining these bodies, each day of our life. AMEN.


A photograph of a path leading through a dense forest of fallen, bleached tree trunks. The path is made of dirt and small stones, and the surrounding trees are tall and thin, with their trunks leaning at various angles. The lighting is soft and warm, suggesting a late afternoon or early morning setting.

Practice Resurrection: Wander slowly. Go on a walk outside with no clear destination or path in mind. Enjoy the process of discovery and wonder as you allow yourself to simply be.

"I THINK WE ARE SUPPOSED TO STAND IN DESERTS AND MARVEL AT HOW THE SUN RISES. I THINK WE ARE SUPPOSED TO SLEEP IN MEADOWS AND WATCH STARS DART ACROSS SPACE AND TIME. I THINK WE ARE SUPPOSED TO LOVE OUR FRIENDS AND INTRODUCE PEOPLE TO THE STORY, TO THE PEACEFUL, CALMING WHY OF LIFE. I THINK LIFE IS SPIRITUALITY."

-DONALD MILLER

Prayer: Whimsical God, open our hearts to the guidance of your Holy Spirit and teach us to discover the joy of the unplanned. AMEN.

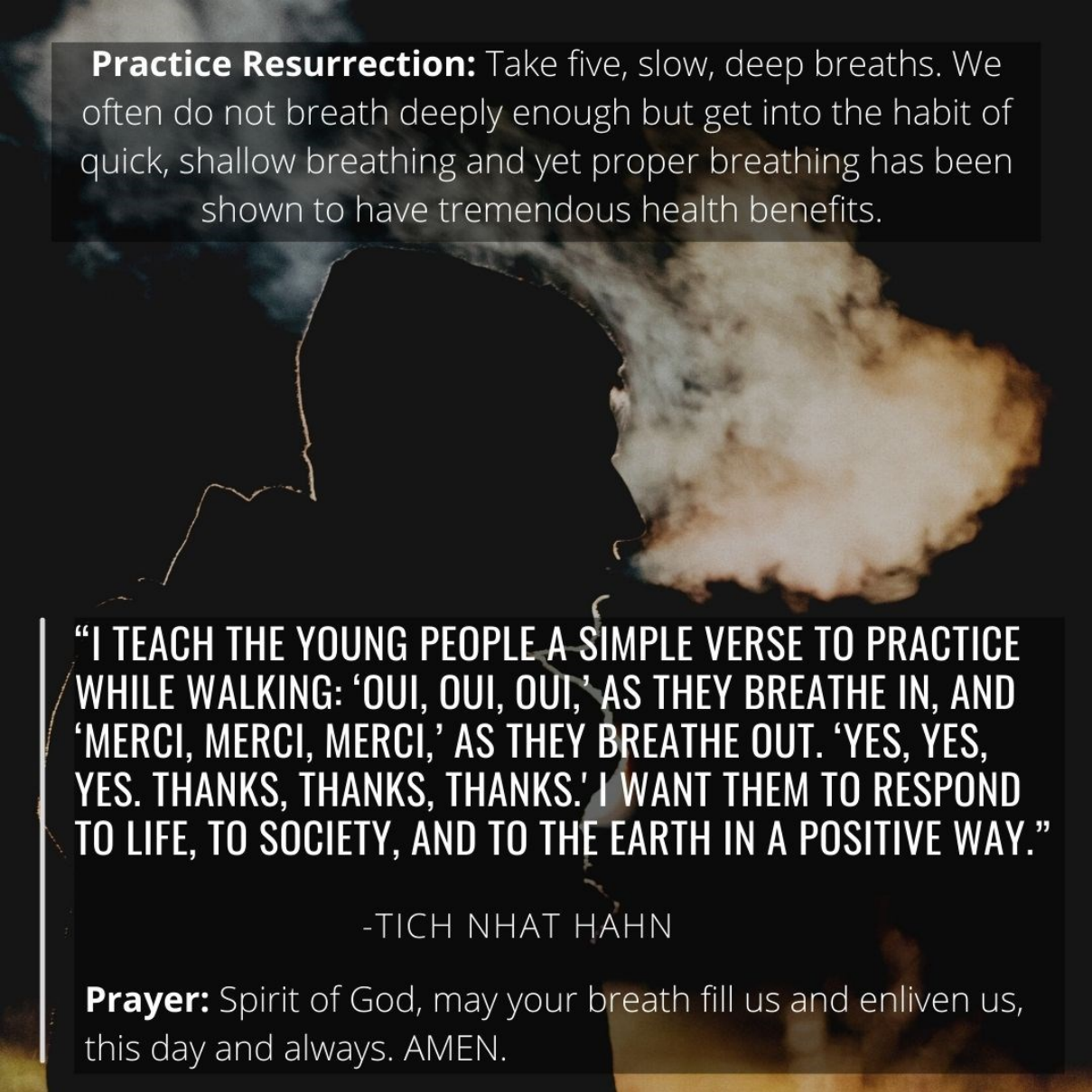


Practice Resurrection: Cook something and give it to a friend or neighbor. Food has a powerful way of creating community and fostering friendships. Today, make something for others and rejoice in the ways that this unexpected gift can bring joy to someone else's life.

“DEATH AND RESURRECTION ARE WHAT THE STORY IS ABOUT AND HAD WE BUT EYES TO SEE IT, THIS HAS BEEN HINTED ON EVERY PAGE, MET US, IN SOME DISGUISE, AT EVERY TURN, AND EVEN BEEN MUTTERED IN CONVERSATIONS BETWEEN SUCH MINOR CHARACTERS (IF THEY ARE MINOR CHARACTERS) AS THE VEGETABLES.”

-C.S. LEWIS

Prayer: The disciples recognized the Risen Jesus when he broke bread. May we come to see the face of Christ in one another as we share food together. AMEN.

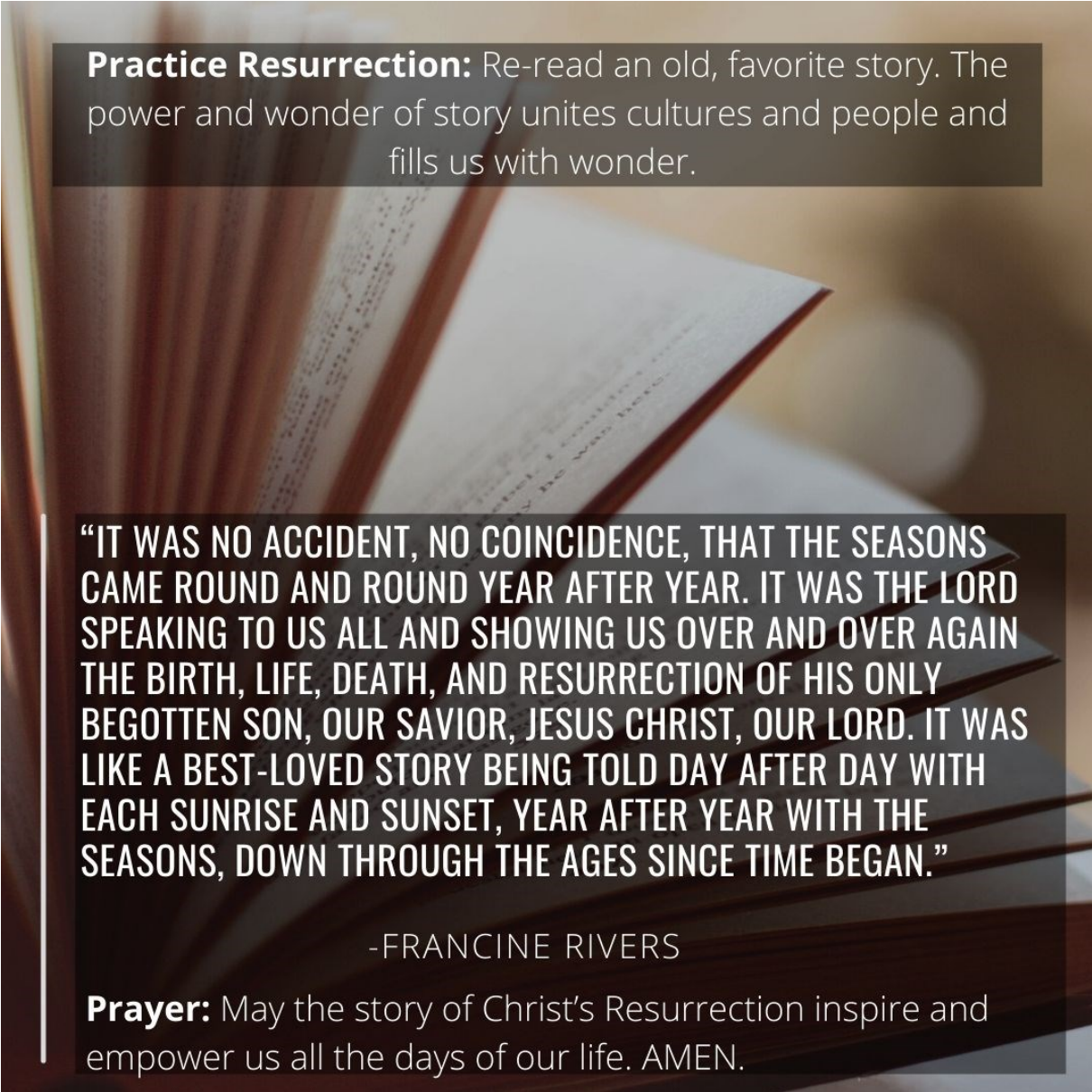


Practice Resurrection: Take five, slow, deep breaths. We often do not breathe deeply enough but get into the habit of quick, shallow breathing and yet proper breathing has been shown to have tremendous health benefits.

“I TEACH THE YOUNG PEOPLE A SIMPLE VERSE TO PRACTICE WHILE WALKING: ‘OUI, OUI, OUI,’ AS THEY BREATHE IN, AND ‘MERCİ, MERCİ, MERCİ,’ AS THEY BREATHE OUT. ‘YES, YES, YES. THANKS, THANKS, THANKS.’ I WANT THEM TO RESPOND TO LIFE, TO SOCIETY, AND TO THE EARTH IN A POSITIVE WAY.”

-TICH NHAT HAHN

Prayer: Spirit of God, may your breath fill us and enliven us, this day and always. AMEN.




Practice Resurrection: Re-read an old, favorite story. The power and wonder of story unites cultures and people and fills us with wonder.

“IT WAS NO ACCIDENT, NO COINCIDENCE, THAT THE SEASONS CAME ROUND AND ROUND YEAR AFTER YEAR. IT WAS THE LORD SPEAKING TO US ALL AND SHOWING US OVER AND OVER AGAIN THE BIRTH, LIFE, DEATH, AND RESURRECTION OF HIS ONLY BEGOTTEN SON, OUR SAVIOR, JESUS CHRIST, OUR LORD. IT WAS LIKE A BEST-LOVED STORY BEING TOLD DAY AFTER DAY WITH EACH SUNRISE AND SUNSET, YEAR AFTER YEAR WITH THE SEASONS, DOWN THROUGH THE AGES SINCE TIME BEGAN.”

-FRANCINE RIVERS

Prayer: May the story of Christ's Resurrection inspire and empower us all the days of our life. AMEN.




Practice Resurrection: Give away a bag of unneeded items. We often have far more stuff than we need. Take time today to fill a bag with unwanted clothes or other items and donate them to an organization that can use them to bless others.

“WE COULD NOT BECOME LIKE GOD, SO GOD BECAME LIKE US. GOD SHOWED US HOW TO HEAL INSTEAD OF KILL, HOW TO MEND INSTEAD OF DESTROY, HOW TO LOVE INSTEAD OF HATE, HOW TO LIVE INSTEAD OF LONG FOR MORE.”

-RACHEL HELD EVANS

Prayer: All that we have God, you have given to us. May we learn to bless others as we have been blessed. AMEN.

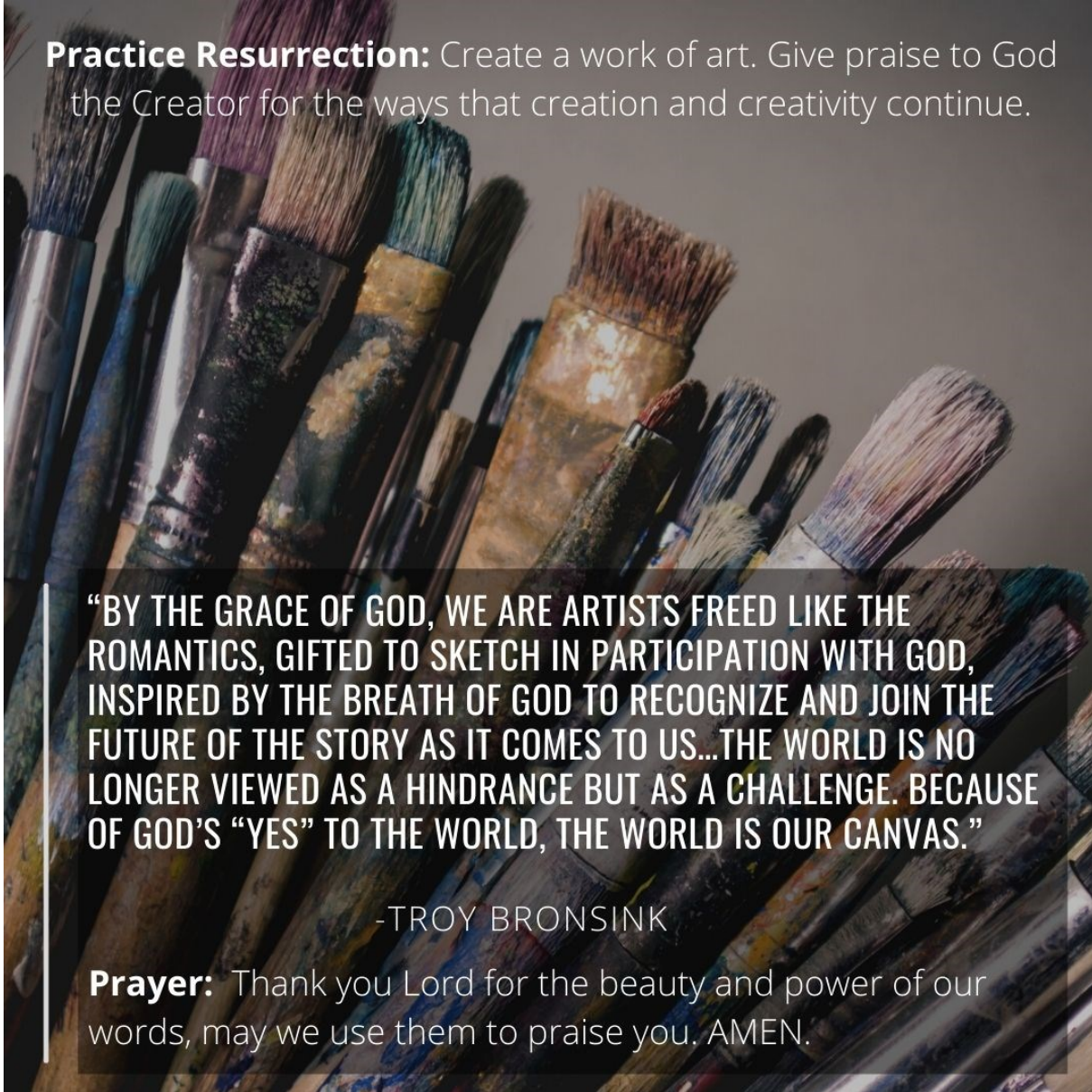


Practice Resurrection: Slowly drink a favorite beverage. Slow down and really enjoy a cup of coffee, tea, or other favorite beverage. Enjoy the wonders of taste and the simple blessings of life. AMEN.

“TASTE AND SEE THAT THE LORD IS GOD.”

-PSALM 34:8

Prayer: Creator God, you have blessed us with five senses to experience this world, help us to appreciate these simple gifts. AMEN.

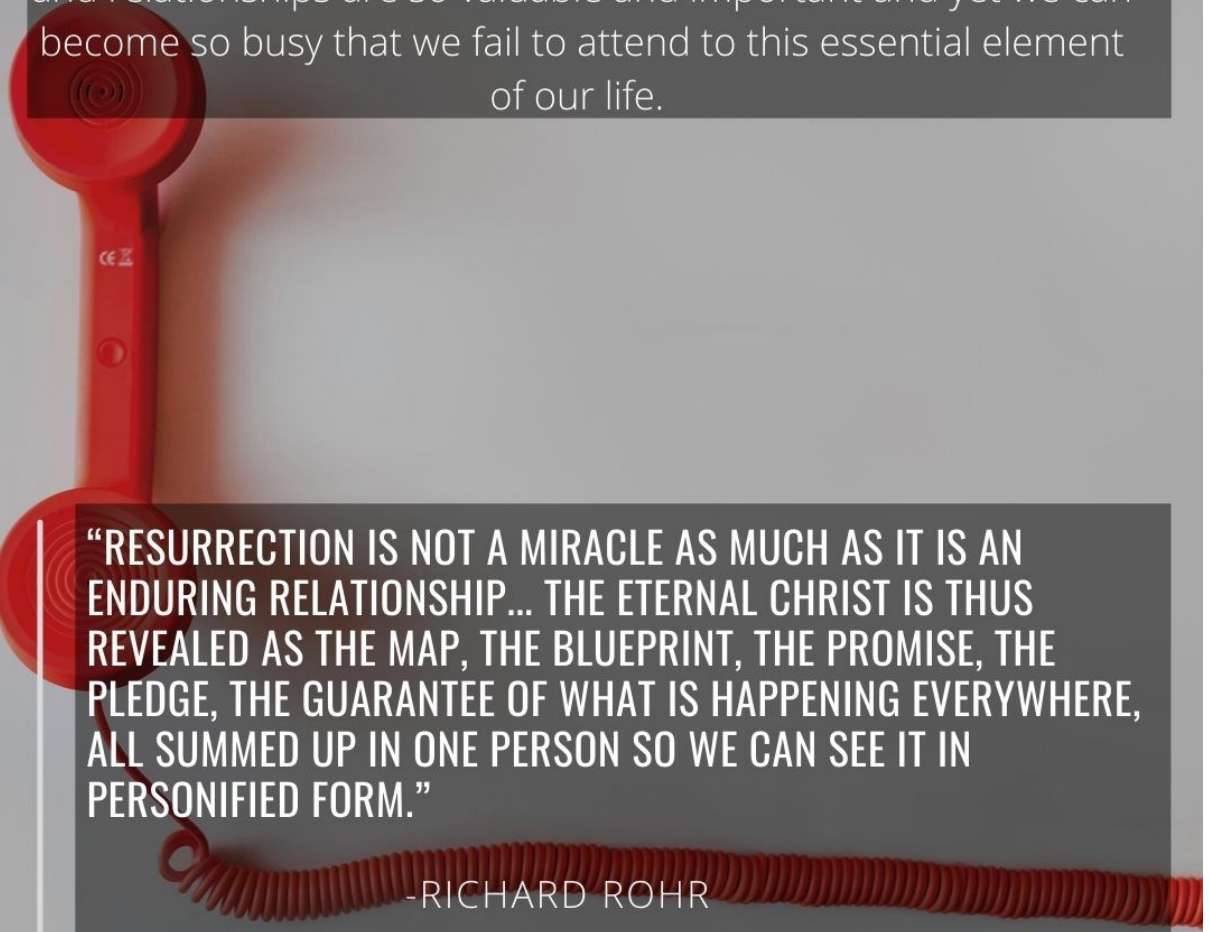


Practice Resurrection: Create a work of art. Give praise to God the Creator for the ways that creation and creativity continue.

“BY THE GRACE OF GOD, WE ARE ARTISTS FREED LIKE THE ROMANTICS, GIFTED TO SKETCH IN PARTICIPATION WITH GOD, INSPIRED BY THE BREATH OF GOD TO RECOGNIZE AND JOIN THE FUTURE OF THE STORY AS IT COMES TO US...THE WORLD IS NO LONGER VIEWED AS A HINDRANCE BUT AS A CHALLENGE. BECAUSE OF GOD’S “YES” TO THE WORLD, THE WORLD IS OUR CANVAS.”

-TROY BRONSINK

Prayer: Thank you Lord for the beauty and power of our words, may we use them to praise you. AMEN.



Practice Resurrection: Call an old friend. Human connection and relationships are so valuable and important and yet we can become so busy that we fail to attend to this essential element of our life.

“RESURRECTION IS NOT A MIRACLE AS MUCH AS IT IS AN ENDURING RELATIONSHIP... THE ETERNAL CHRIST IS THUS REVEALED AS THE MAP, THE BLUEPRINT, THE PROMISE, THE PLEDGE, THE GUARANTEE OF WHAT IS HAPPENING EVERYWHERE, ALL SUMMED UP IN ONE PERSON SO WE CAN SEE IT IN PERSONIFIED FORM.”

-RICHARD ROHR

Prayer: Holy God, thank you for the gift of our relationships. AMEN.


Practice Resurrection: Make a fire or light a candle. Gathering around a fire has long been a space for communities to gather, tell stories, and think deeply. Today, either with others or alone, take time in front of a fire to consider the gifts of God and the promises of the resurrection.



“WE NO LONGER BUILD FIREPLACES FOR PHYSICAL WARMTH, WE BUILD THEM FOR THE WARMTH OF THE SOUL; WE BUILD THEM TO DREAM BY, TO HOPE BY, TO HOME BY.”

-EDNA FERBER

Prayer: God of fire and flame, send your Holy Spirit to inspire and renew us. AMEN.




Practice Resurrection: Write your representatives. Research who your government representatives are and take time to write them an email about a subject you care about.

"YOU ARE CHRISTIAN ONLY WHEN YOU BELIEVE YOU HAVE A ROLE TO PLAY IN THE REALIZATION OF THE NEW KINGDOM, AND WHEN YOU URGE EVERYONE YOU MEET WITH HOLY UNREST TO MAKE HASTE SO THAT THE PROMISE MIGHT SOON BE FULFILLED."

-HENRI NOUWEN

Prayer: God, thank you for the gift of community. Help us all find ways to promote and care for the needs of others. AMEN.




Practice Resurrection: Walk or run. Get your heart rate up a little bit and give thanks to God for the life that is in your body.

"JESUS' SACRIFICE, DEATH, AND RESURRECTION UNLEASHED THE POWER AND FREEDOM TO LIVE IN THE WAY OF LOVE. THE GRACE OF GOD PROPELS US INTO NEW ACTIONS, THOUGHTS, CHOICES, AND HABITS. WE ARE INVITED AND EXPECTED TO RUN AND PLAY IN THE FREEDOM AND BEAUTY OF THE KINGDOM OF GOD."

-MARK SCANDRETTE

Prayer: Thank you God for the daily reminders of the vibrancy of our life. AMEN.



Practice Resurrection: Forgive someone else. Challenge yourself to let go of a grudge or some anger. Let God's promises of resurrection and new life take hold in you through the reconciliation of your relationship with another.

**“FORGIVENESS IS THE GIVING,
AND SO THE RECEIVING, OF LIFE.”**

-GEORGE MACDONALD

Prayer: Mighty God, may we extend forgiveness to others, just as you extend forgiveness to us. AMEN.




Practice Resurrection: Explore. Go on a walk or take a drive on a new path. The thrill and excitement of discovery remind us that God has promised to make all things new.

**“I PRAY YOU WOULD BE AN EXPLORER, YOU WOULD
RECOVER DELIGHT AND WONDER AND CURIOSITY
ABOUT YOUR FAITH, ABOUT GOD AND ABOUT THE
STORY WITH WHICH YOU CONTINUE TO WRESTLE.”**

-SARAH BESSEY

Prayer: Thank you God for the mystery and unexpected joys of this life. AMEN.



Practice Resurrection: Wash your face. Splash water on your face 3 times and remember the promises that God makes to us at our baptism – you are God’s Beloved Child and nothing that happens today can take that away from you.

“REMEMBER THAT OUR BAPTISM WAS A DEATH TO LIFE IN THIS WORLD AND A RESURRECTION INTO LIFE IN CHRIST.”

-ROMANS 6:3-4

Prayer: Saving God, you claim us as your children, may we never forget this identity. AMEN.



Practice Resurrection: Learn something new. Our minds are a gift from God and the ability to learn is a possibility each and every day of our life.

“THIS IS THE EASTER MESSAGE, THAT AWAKENING IS POSSIBLE, TO THE GOODNESS OF GOD, THE SACREDNESS OF HUMAN LIFE, THE SISTERHOOD AND BROTHERHOOD OF ALL.”

-ANNE LAMOTT

Prayer: Thank you God for our minds and for the chance to grow and learn. AMEN.