

RAISE  
A  
HALLE  
LUJAH

WEEK TWO

EASTER  
PACKAGE



# RAISE A HALLE LUJAH DAY AE DPE NS UN SO SG

[19 April 2020] Sunday Gospel - John 20:19-31

In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you. 'As the Father sent me, so am I sending you.' After saying this he breathed on them and said: 'Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained.'

Thomas, called the Twin, who was one of the Twelve, was not with them when Jesus came. When the disciples said, 'We have seen the Lord', he answered, 'Unless I see the holes that the nails made in his hands and can put my finger into the holes they made, and unless I can put my hand into his side, I refuse to believe.' Eight days later the disciples were in the house again and Thomas was with them. The doors were closed, but Jesus came in and stood among them. 'Peace be with you' he said. Then he spoke to Thomas, 'Put your finger here; look, here are my hands. Give me your hand; put it into my side. Doubt no longer but believe.' Thomas replied, 'My Lord and my God!' Jesus said to him: 'You believe because you can see me. Happy are those who have not seen and yet believe.'

There were many other signs that Jesus worked and the disciples saw, but they are not recorded in this book. These are recorded so that you may believe that Jesus is the Christ, the Son of God, and that believing this you may have life through his name.



# RAISE A HALLE LUJAH REFLECTION

## Reflection

I find it quite interesting that we are in a similar predicament as the disciples in today's Gospel - locked behind closed doors. The "circuit breaker" has made the past two weeks different for many of us - adjusting to home-based learning or working from home, not being able to meet up with friends and not being able to receive the sacraments. We feel trapped, lonely and unsettled. Perhaps it's even difficult to celebrate this season of Easter. Where is the joy and freedom amidst all that we are facing? How is it possible for Jesus to be real and alive in such a crisis? Just like Thomas, we too have missed the Risen Christ.

In the Gospel today, we see that it is Jesus who reaches out and meets his disciples where they are at, not just once but twice! Jesus does not abandon us in our fears and doubts. He desires to bring us peace and hope amidst all the uncertainty that we are facing. Even in our struggle to trust, Jesus invites us to place our hand into his side so that we too may believe and have life in him. It is there, in his glorious wounds, that we encounter the great love and mercy that God has for us.



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REFLECTION

Today, we celebrate Divine Mercy Sunday too. Let us continue to entrust ourselves and this Covid-19 situation to the mercy of God. We know that He will not leave us in these trying times. Even in this crushing and pressing, God is bringing new wine out of us. He is creating new opportunities for us to love and appreciate those around us, especially our families. It is with this hope that we can continue to live joyfully amidst the darkest of times. Today, we boldly claim that our fears and doubts do not have a hold on us because Jesus Christ is truly alive! Alleluia, alleluia!



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# REFLECTIONS QUESTIONS

- 1) During this “circuit breaker”, what are some areas that you have been struggling with?
- 2) How is Jesus inviting you to proclaim that He is your Lord and your God over these struggles?
- 3) What are 3 truths you want to claim today?



# RAISE A HALLE LUJAH PRAYER OF THE WEEK

## Litany of Trust

From the belief that I have to earn Your love  
Deliver me, Jesus.

From the fear that I am unlovable  
Deliver me, Jesus.

From the false security that I have what it takes  
Deliver me, Jesus.

From the fear that trusting You will leave me more  
destitute  
Deliver me, Jesus.

From all suspicion of Your words and promises  
Deliver me, Jesus.

From the rebellion against childlike dependency on You  
Deliver me, Jesus.

From refusals and reluctances in accepting Your will  
Deliver me, Jesus.



# RAISE A HALLE LUJAH PRAYER OF THE WEEK

From anxiety about the future  
Deliver me, Jesus.

From resentment or excessive preoccupation with the  
past  
Deliver me, Jesus.

From restless self-seeking in the present moment  
Deliver me, Jesus.

From disbelief in Your love and presence  
Deliver me, Jesus.

From the fear of being asked to give more than I have  
Deliver me, Jesus.

From the belief that my life has no meaning or worth  
Deliver me, Jesus.

From the fear of what love demands  
Deliver me, Jesus.

From discouragement  
Deliver me, Jesus.



# RAISE A HALLE LUJAH PRAYER WEEK OF THE

That You are continually holding me, sustaining me,  
loving me  
Jesus, I trust in You.

That Your love goes deeper than my sins and failings  
and transforms me  
Jesus, I trust in You.

That not knowing what tomorrow brings is an invitation  
to lean on You  
Jesus, I trust in You.

That You are with me in my suffering  
Jesus, I trust in You.

That my suffering, united to Your own, will bear fruit in  
this life and the next  
Jesus, I trust in You.

That You will not leave me orphan, that You are  
present in Your Church  
Jesus, I trust in You.



# RAISE A HALLE LUJAH PRAYER OF THE WEEK

That Your plan is better than anything else  
Jesus, I trust in You.

That You always hear me and in Your goodness  
always respond to me  
Jesus, I trust in You.

That You give me the grace to accept forgiveness and  
to forgive others  
Jesus, I trust in You.

That You give me all the strength I need for what is  
asked  
Jesus, I trust in You.

That my life is a gift  
Jesus, I trust in You.

That You will teach me to trust You  
Jesus, I trust in You.



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INVITATION

## Living in Truth

This week, get creative and design your own unique truth jar! Remember those truths you wrote? Drop them in and each day, add a couple of truths that you want to claim to your jar. Whenever you feel you need some truth spoken in your life, pray and grab one from your jar. Allow the Lord to breathe His peace upon you :)