



## Resources for Easter 2 (23-29 April 2017)

### Explore & respond: Pray

#### Meditation script for In the room with Jesus

*Read the meditation slowly, pausing where indicated:*

'Imagine that you are one of Jesus' disciples. Jesus was crucified last week but he rose from the dead and appeared to you in this very room. He is alive! How do you feel?

*Pause.*

Thomas wasn't there to see Jesus and he doesn't believe that it's true. How do you feel?

*Pause.* You are sitting inside the same room with Thomas and the others. The doors are locked and you are waiting for something to happen. How do you feel?

*Pause.*

Suddenly Jesus appears before you. There is something different about him, but it's definitely him. He speaks. 'Peace be with you', he says. How do you feel?

*Pause.*

He asks Thomas to put his fingers into the wounds in his hands and his side. How do you feel?

*Pause.*

'Do not doubt but believe', Jesus says. Thomas cries out, 'My Lord and my God!' How do you feel?

*Pause.*

Jesus says to you all, 'Blessed are those who believe without seeing'. How do you feel?

*Pause.*

We are going to leave the room now. You can open your eyes'.