

## Connect Prayers for EASTER Day 3    **The Start: Fears Relieved**

**Prayer:** *We do not abandon ourselves to despair. We are the Easter people and 'Hallelujah!' is our song!*    (John Paul II)

**John 20: 19,20,22:** On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.... And with that he breathed on them and said, "Receive the Holy Spirit."

**Meditate:** We can understand why the disciples would be afraid, but note how Jesus dispels it all with his presence. What are some things connected to us, our life, our work where he can bring in Jesus to banish darkness?

### **The Middle:**

#### **Propaganda and Fear**

*What are some of the situations around us today where people can sense a different perspective on what is going on? Are we involved in unhealthy propaganda that perpetuates false impressions?*



### **The Middle: Let the Holy Spirit rule...**

*~In the light of John 20, take time to repeat this prayer ...*

Breathe in as you raise your hands, palms up: "Fill me, Holy Spirit"

Breathe out as you lower your hands, palms down: "Banish all my fears"