

Easter: carry the joy into daily life

Use one pair of activities each week. This is a flexible home plan. Check local observances and Mass times with your parish, including the Ascension.

Week 1 / Begin with the Resurrection

☐ **Read John 20:1-18**

Notice the people in the story and the movement from sorrow toward hope.

☐ **Celebrate simply**

Share a meal, flowers or a family walk within your means.

Week 2 / Receive and share peace

☐ **Read John 20:19-23**

Bring places of fear and conflict into prayer.

☐ **Choose a peaceful response**

Listen before answering one difficult conversation.

Week 3 / Walk together

☐ **Read Luke 24:13-35**

Notice how Jesus accompanies the disciples on the road.

☐ **Make time to listen**

Walk, sit or call someone who would welcome company.

Week 4 / Care for those who care

☐ **Pray for caregivers**

Remember family members, professionals and parish visitors.

☐ **Offer practical support**

Ask whether an errand, meal or brief break would help.

One thing to carry into the next week

Easter: carry the joy into daily life

Continue at your own pace. These are invitations, not a test to complete.

Week 5 / Remain in love

☐ **Read John 15:1-8**

Reflect on the habits and relationships that nourish your faith.

☐ **Keep one prayer habit**

Choose a realistic rhythm for the week ahead.

Week 6 / Encourage

☐ **Send honest encouragement**

Name something specific you appreciate in another person.

☐ **Remember Baptism**

Find your baptismal date if known, or pray in gratitude for the gift of faith.

Week 7 / Prepare for Pentecost

☐ **Read Acts 2:1-11**

Ask the Holy Spirit to guide your words and choices.

☐ **Choose your next act of service**

Plan one useful action to carry beyond the season.

One thing to carry into the next week
