



A Guide for Spiritual Formation

Theme of the month:	Tears, Ashes, & Trumpets
Text for the Week:	John 16:16-24
Message for the Week:	“From Lament and Mourning to Laughter and Joy”
Theme for the Week:	Christ’s resurrection brings laughter and joy

Easter Sunday

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

When was the last time that you laughed your heart out? What caused you to laugh so hard?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read [John 16:16-24](#) out loud.

What words, phrases, or ideas grabbed your attention and heart in these verses?

Respond / Reflect:

How assured are you that Jesus will have the last laugh?

When was the last time that you tasted the goodness of God?

What do you think the atmosphere in the upper was like when the disciples thought...

-Jesus was dead?

-When the women told them that Jesus was alive?

-When Jesus appeared in their midst?

Is it ever appropriate to laugh in a funeral home or at the bedside of a dying friend or loved one?

“Try It!”

This week, send an encouragement card or flowers to someone you know who needs the joy and hope of Easter.

Prayer:

Spend time in prayer regarding the things God revealed and that you discerned in your time with God today.

Also, spend time in prayer with/for the other people who are with you.

On this Easter Sunday, we invite you to pray this prayer:

Lord God, in this season of Lent, we have been looking forward to remembering Jesus' death and celebrating his resurrection. Today is Easter Sunday. We pray that your Spirit will renew us both today and this week as we celebrate these events and our awareness that Jesus' death and resurrection are a sure source of joy, hope, and life. During this Easter week, we long for your Spirit to both comfort and challenge us, to help us to become more holy and loving, and to bring us laughter and joy. In a world that does not understand repentance, we pray for new understanding, humility, patience, and discipline that will help us die to sin and live for Jesus each and every day. AMEN

Missional Practice for the Month:

During this week, we encourage you to prayer walk your neighborhood several times each week. As you walk through your neighborhood/community, pray for those who are living in each house you pass. Be open to any conversations with neighbors you may encounter along the way. Be open to ways to bring laughter and joy. To learn more about prayer walking click [HERE](#).

Covenant CRC - 7171 Willard Ave SE - Grand Rapids, MI 49548
info@covenant-crc.org | <https://covenant-crc.org/re-imagining-church/>