

Resurrection Prayers

Apr 2, 2010

by [Joyce Rupp](#)

So they left the tomb quickly with ... great joy, and ran to tell his disciples (Mt 28:8)

Risen One, Bringer of Joy, plant the seeds of great gladness deep in the soil of my being. May I enjoy life, begin each day with enthusiasm, and become ever more aware of you.

And the women came to him, took hold of his feet, and worshiped him (Mt 28:9)

Risen One, Beloved, draw me ever nearer to you. I offer you my love and devotion. I embrace you and bow to your beauty. May I commit my entire life ever more fully to you.

Mary Magdalene went out and told those who had been with him, while they were mourning and weeping. But when they heard that he was alive and had been seen by her, they would not believe it (Mk 16:10-11)

Risen One, Truth-Bringer, open my heart to hear your voice. May I listen deeply even when tears of sorrow moisten my heart. Erase my resistance to the surprising ways you choose to enter my life.

They found the stone rolled away from the tomb ... (Luke 24:2)

Risen One, Tomb-Opener, you are the power I need. Roll away the stones of unloving. Push back the rocks of discontent. Shove aside the boulders of worry. Untomb me and set me free.

“Why do you look for the living among the dead? He is not here, but he has risen. Remember how he told you, while he was still in Galilee, that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again.” Then they remembered his words ... (Lk 24:5-8)

Risen One, Carrier of Memories, you have revealed many things to me through events and people, in the pages of scripture, and in the quiet of my heart. Carry me back to savor your revelations.

But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened (Lk 24:12)

Risen One, Source of Amazement, I run to the tomb of life, I hurry to see for myself. When I look with eyes of faith, I am amazed at what I find. That which seems dead and forsaken fills with wisdom and teachings for my life.

Jesus himself came near and went with them ... And he said to them, “What are you discussing with each other while you walk along?” (Lk 24:15-17)

Risen One, Full of Compassion, you are with me as I walk the continuing road of sorrow and joy. You listen to my longing. You fill me with the strength of your loving nearness.

He walked ahead as if he were going on. But they urged him strongly saying, "Stay with us ..." So he went in to stay with them (Lk 24:28-29)

Risen One, Trusted Companion, I desire to be with you. Stay with me. Your presence nourishes my hunger. Your love feeds my desire for goodness. Stay with me. Stay with me.

Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread (Lk 24:35)

Risen One, Sacred Teacher, you send me forth with blessing. You bid me tell the powerful story of your risen life. May I tell this story again and again through the witness of my life, by the quality of my love, and by the courage of my words.

All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers (Acts 1:14)

Risen One, Core of Community, whenever we gather, you are with us. Whenever we gather, the ancestors are near. Whenever we gather, you make of our hearts one heart. Risen One, we welcome you into our midst.

From *Out of the Ordinary: Prayers, Poems and Reflections for Every Season* by Joyce Rupp