



# EASTER TO TRINITY SUNDAY

JOURNEY WITH US FROM EASTER TO TRINITY SUNDAY

5 April - 31 May 2026

WEEK 1 – 5 APRIL	Jesus Has Risen
WEEK 2 – 12 APRIL	Jesus Appears to His Disciples
WEEK 3 - 19 APRIL	On the road to Emmaus
WEEK 4 - 26 APRIL	The Good Shepherd and His sheep
WEEK 5 – 3 MAY	Jesus is the way to the Father
WEEK 6 – 10 MAY	Jesus promises the Holy Spirit
Ascension Day May 14, 2026	
WEEK 7 – 17 MAY	Jesus Prays for His Disciples
WEEK 8 – 24 MAY	Jesus appears to His Disciples
WEEK 9 – 31 MAY	The Great Commission



## HOME GROUPS AND CLASSES GUIDE:

1. Open in Worship and Prayer: this is to invite God into the meeting. For example, you can light a candle, sing together, or use a YouTube Hymn or song.
2. Open your Bibles and read the Bible verses for this week (take turns?) see below.
3. Reflect on the Bible verses and the reflection written by a Minister or Lay Preacher.
4. Connect with each other and take the reflection deeper by answering the Questions.
5. Works out: What have we learned that we can apply in our lives in this session? Keep each other accountable for promises made or important steps taken. Pray for and over each other (after taking prayer requests).

## WORSHIP SONG:

I Stand in Awe of You - <https://youtu.be/BmZTz5H49zw?si=IMYqwjvwulzekdki>

# WEEK 1

## SUNDAY - April 5

### Bible Readings



Acts 10:34-43  
 Psalm 118:1-2, 14-24  
 Colossians 3:1-4  
**Matthew 28:1-10**

Matthew 28:1-10 New International Version

### Jesus Has Risen

**28** After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. <sup>2</sup> There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. <sup>3</sup> His appearance was like lightning, and his clothes were white as snow. <sup>4</sup> The guards were so afraid of him that they shook and became like dead men. <sup>5</sup> The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. <sup>6</sup> He is not here; he has risen, just as he said. Come

and see the place where he lay. <sup>7</sup> Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."<sup>8</sup> So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. <sup>9</sup> Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. <sup>10</sup> Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

### SCRIPTURE REFLECTION:

**Written by: Rev Hilton Volkwyn**

The ultimate proof of Jesus' divinity and victory over death is His resurrection....The tomb is empty, the mission is fulfilled ...now we are asked to go and proclaim the RISEN KING!

From our reading in Matthew's Gospel, it is obvious that the two Mary's knew that Jesus had died on the Cross. They had seen it happening with their own eyes. They also knew that Jesus wasn't properly prepared for burial according to Jewish custom. St Mark, the gospel writer, tells us that the Marys and Salome took spices early on the Sabbath to go and anoint Jesus' body (Mark 16:1). According to the Jewish custom in Jesus' day the spices were to formally anoint his body as an act of love, devotion, and respect. We know that Jesus was buried in haste before the Sabbath, so the women intended to complete the proper burial rituals which were not done on the day of His crucifixion. But going there, they weren't expecting to see Jesus alive. They came with the intention of anointing a dead body but instead witnessed a miracle. A violent earthquake occurred, the stone was rolled away, and the angel of the Lord appeared, shining with heavenly glory.

Then the angel gives them this message: "*Do not be afraid... He is not here; for He is risen, as He said.*" They were even invited to see that the tomb was empty. They are the first witnesses to the empty tomb. However, what the resurrection did was it validated every promise Jesus made. The angel invited them to "*Come, see*". They witnessed evidence of divine truth - and then to "*Go, quickly tell*" the good news. The women then go and look for the disciples to tell them the truth Jesus had been trying to get them to hear and understand over the three years he walked with them. But on the way they meet Jesus and they fall down in worship clasping the Lord's feet. And he again sends them to the disciples.

True worship begins when we encounter the living Christ... I guess that is why Jesus chose faithful, humble women to first declare His victory. And that instruction is not only to the women to "*Go, quickly tell*"... "*Go and tell*" is still the mission of the Church today. Are we willing to be His messenger?

However, I think that often there are things that halt or hold us back from 'going and telling.' Is it that we are fearful? Fear is a real thing. The women were frightened almost paralysed by all that was taking place in front of them. Even when they saw the risen Christ they were told "*Don't be afraid...*"

Yet we need to hear what the Apostle Paul says to the believers in Rome... "*The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, He will give life to your mortal bodies by this same Spirit living within you.*" — (Romans 8:11)

If there was ever a verse that captures the heartbeat of the Christian life, it is this one. Paul is reminding believers that the same Holy Spirit who raised Jesus Christ from the grave now lives in every believer. This is not poetic language. It is also not theological metaphor. This is reality... we need to hear resurrection power resides in you. And for that reason, we need not live in fear. Sadly, far too many Christians live like spiritual paupers when, in truth, they are heirs of divine power. We often walk in weakness when God has given us His strength. We struggle with sin, fear, and discouragement, forgetting that the Spirit of the Living God dwells within us.

Charles Stanley once said, "*The Holy Spirit's power is the key to victorious Christian living. Without Him, we are powerless; with Him, we are unstoppable.*"

Stanley is right. Too many believers try to live the Christian life in their own strength - through willpower, not Spirit power. But victory comes only through surrender to the indwelling Spirit. If you are in Christ, the Spirit is not a visitor - He is a resident. He does not come and go; He dwells. So, we are reminded through

celebrating the resurrection of Christ that we are never alone, never abandoned, never powerless. So let us be reminded that we are not alone, don't have reason to be fearful and go out and tell the world to good news of Christ risen and living in us.

## GROUP QUESTIONS :

1. What are your fears... emotionally, physically and spiritually?
2. What are the stones that need to be rolled away for you?
3. Are you still looking for life among the dead, trying to find hope in worldly places?
4. Who do I need to share this Good News with?

## DAILY MEMORY VERSE AND PRAYER

### MONDAY, April 06

Exodus 14:14 – *“The Lord will fight for you; you need only to be still.”*

**Prayer:** Lord, teach me to trust You and be still when life feels overwhelming. Amen.

### TUESDAY, April 07

Exodus 15:2 – *“The Lord is my strength and my defence; he has become my salvation.”*

**Prayer:** Father, be my strength today and fill my heart with songs of gratitude. Amen.

### WEDNESDAY, April 08

Matthew 28:6 – *“He is not here; he has risen, just as he said.”*

**Prayer:** Risen Lord, renew my hope and help me live in the joy of Your resurrection. Amen.

### THURSDAY, April 09

Psalms 16:11 – *“You make known to me the path of life; you will fill me with joy in your presence.”*

**Prayer:** God, guide my steps and let me find true joy in walking with You. Amen.

### FRIDAY, April 10

1 Corinthians 15:3-4 – *“Christ died for our sins according to the Scriptures... he was buried, that he was raised on the third day according to the Scriptures.”*

**Prayer:** Jesus, thank You for Your sacrifice—help me live each day in the light of Your saving grace. Amen.

### SATURDAY, April 11

John 20:18 – *“Mary Magdalene went to the disciples with the news: ‘I have seen the Lord!’”*

**Prayer:** Lord, give me courage to share the good news of Your living presence. Amen.

## FAMILY TIME

**Scripture: Matthew 28:1–10 (NIV) Jesus Has Risen**

**Read the Scripture Together** Read Matthew 28:1–10 aloud.

*(You can let different family members read different verses.)*

### What Happened That Morning?

Very early on Sunday, Mary Magdalene and the other Mary went to the tomb. Suddenly, there was a violent earthquake! An angel of the Lord rolled the stone away and sat on it. The guards were terrified. The angel said, *“Do not be afraid... He is not here; He has risen!”* The women ran to tell the disciples — and on the way, **Jesus met them!** They fell at His feet and worshipped Him.

### Big Idea for the Season

**Easter begins a journey.**

From Resurrection Sunday all the way to Trinity Sunday, we celebrate:

-  Jesus is alive (Easter)
-  Jesus reigns as King (Ascension)
-  The Holy Spirit comes to help us (Pentecost)
-  God is Father, Son, and Holy Spirit (Trinity Sunday)

This whole season reminds us:

**The story didn't end at the cross. It began at the empty tomb.**

### **For Younger Children (3–9 years)**

#### **Simple Discussion Questions**

- Why were the women going to the tomb?
- What surprised them?
- What did the angel say?
- How do you think they felt when they saw Jesus?
- What would you do if you saw the risen Jesus?

#### **Activity Idea**

Draw the empty tomb.

Then write or say: **“Jesus is alive!”**

You can even practice shouting it joyfully together!

#### **Simple Truth**

Because Jesus is alive:

- We don't have to be afraid.
- Jesus is always with us.
- We can tell others the good news!

### **For Teens (10+ years)**

#### **Deeper Discussion Questions**

- Why do you think the angel's first words were, *“Do not be afraid”*?
- What fears do people still carry today that the resurrection speaks into?
- The women were the first witnesses. Why is that significant in that culture?
- Why do you think Jesus chose to meet them while they were on their way to obey Him?
- What does it mean to truly live as if Jesus is alive?

#### **Reflect Together**

The resurrection is not just a happy ending as it changes everything:

- If Jesus defeated death, what does that mean for suffering?
- If Jesus is alive, what does that mean for our purpose?
- If Jesus reigns, who is truly in control of our future?

#### **Connecting to the Season: Easter to Trinity**

Here's how this passage connects to the weeks ahead:

**Easter – Jesus is Alive** The tomb is empty. Death is defeated.

**Ascension – Jesus is King** The risen Jesus later ascends and reigns (Matthew 28 ends with “All authority in heaven and on earth...”).

**Pentecost – We Are Not Alone** The same Jesus who rose sends the Holy Spirit to empower His followers.

#### **Trinity Sunday – Who Is This God?**

We celebrate one God:

- Father who planned salvation
- Son who accomplished salvation
- Spirit who applies salvation

The resurrection reveals the heart of the Triune God — love that conquers death.

#### **Family Application**

Ask together:

- Where do we need resurrection hope in our family?
- Is there something that feels “dead” — a dream, relationship, courage?

- How can we live this week like resurrection people?

Encourage each family member to finish this sentence:

***“Because Jesus is alive, I will...”***

### **Closing Prayer**

“Risen Jesus, thank You that the tomb is empty.

Thank You that You are alive today.

Help us not to live in fear.

Help us to tell others the good news.

Father, Son, and Holy Spirit,

teach us to trust You and follow You.

Amen.”

***“Both faith and fear demand you to believe in something you cannot see. You choose’***