

# Easter

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## *Have a Family Sunrise Breakfast*

Getting up before dawn to watch the sunrise is a special treasure that is not easily forgotten in life. This Easter morning tradition of a sunrise breakfast creates a sacred space in which memories are cultivated for life. Some families already have this tradition and gather together in community for a sunrise service. For those who don't, however, why not do it at home? Breakfast can be as simple or elaborate as you wish. The most important element is simply gathering together as a family and enjoying the time together.

### **Designed for All Ages**

#### **Materials**

1. Breakfast foods
2. Printout of John chapter 20:1–18 (a link to the printout is available at [www.traci-smith.com/resources](http://www.traci-smith.com/resources))

**Time Investment:** 1 hour

#### **How To**

1. The night before, set the table. If possible, consider setting up outside on a balcony or deck, or near a window to see the sunrise. Also, prepare as much of breakfast ahead of time as possible as well.
2. Plan to wake everyone in time to be ready at the table about 10–15 minutes before sunrise.
3. Serve breakfast and have everyone seated. Begin with a prayer of your own or use this one: *“God of darkness and light, we give you thanks for this Easter morning. As we sit here in the dark, we are*

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*excited to experience resurrection in a new way as the sun rises and light fills the sky. Help us to have a meaningful breakfast together as a family. Amen.”*

4. Begin to eat breakfast together and have someone read the John passage slowly and deliberately.

5. Notice the first line: “Early on the first day of the week, while it was still dark...” (20:1a, NRSV). Notice if it is still dark outside, and notice that this is how it was outside when Mary went to the tomb. Ask “*How do you think Mary felt when she went to the tomb in the dark?*” If you are able to eat outside, notice what sounds you hear. Is it quiet? Is it noisy?

6. Enjoy breakfast together and notice as it gets brighter and day breaks. Share any thoughts and experiences that come to mind. Ask questions that occur to you or use one (or more) of the following:

- *What part of the story is most interesting to you or sticks out the most?*
- *Does the light happen all at once, or does it seem to get light outside gradually? What does this tell us about the resurrection?*
- *In the story, Mary calls Jesus a teacher. How is Jesus a teacher to you?*
- *How do you think people felt when they realized that Jesus was alive?*