

The background features a light blue color palette with abstract, flowing, translucent blue lines that create a sense of movement and depth. On the left side, there is a vertical band of a fine, light blue dotted pattern. The overall aesthetic is clean, modern, and evocative of sound waves or fluid motion.

**LOSS &**

THE  
SOUNDS  
OF

**LIFE**

**EARLY IN THE MORNING OF THE FIRST DAY OF THE WEEK, WHILE IT WAS STILL DARK, MARY MAGDALENE CAME TO THE TOMB AND SAW THAT THE STONE HAD BEEN TAKEN AWAY FROM THE TOMB. SHE RAN TO SIMON PETER AND THE OTHER DISCIPLE, THE ONE WHOM JESUS LOVED, AND SAID, "THEY HAVE TAKEN THE LORD FROM THE TOMB, AND WE DON'T KNOW WHERE THEY'VE PUT HIM."**

**John 20:1-9**

**PETER AND THE OTHER DISCIPLE LEFT TO GO TO THE  
TOMB. THEY WERE RUNNING TOGETHER, BUT THE  
OTHER DISCIPLE RAN FASTER THAN PETER AND WAS  
THE FIRST TO ARRIVE AT THE TOMB.  
BENDING DOWN TO TAKE A LOOK, HE SAW THE LINEN  
CLOTHS LYING THERE, BUT HE DIDN'T GO IN.  
FOLLOWING HIM, SIMON PETER ENTERED THE TOMB  
AND SAW THE LINEN CLOTHS LYING THERE.**

John 20:1-9

**HE ALSO SAW THE FACE CLOTH THAT HAD BEEN ON  
JESUS' HEAD. IT WASN'T WITH THE OTHER CLOTHES  
BUT WAS FOLDED UP IN ITS OWN PLACE.  
THEN THE OTHER DISCIPLE, THE ONE WHO ARRIVED  
AT THE TOMB FIRST, ALSO WENT INSIDE.  
HE SAW AND BELIEVED.  
THEY DIDN'T YET UNDERSTAND THE SCRIPTURE THAT  
JESUS MUST RISE FROM THE DEAD.**

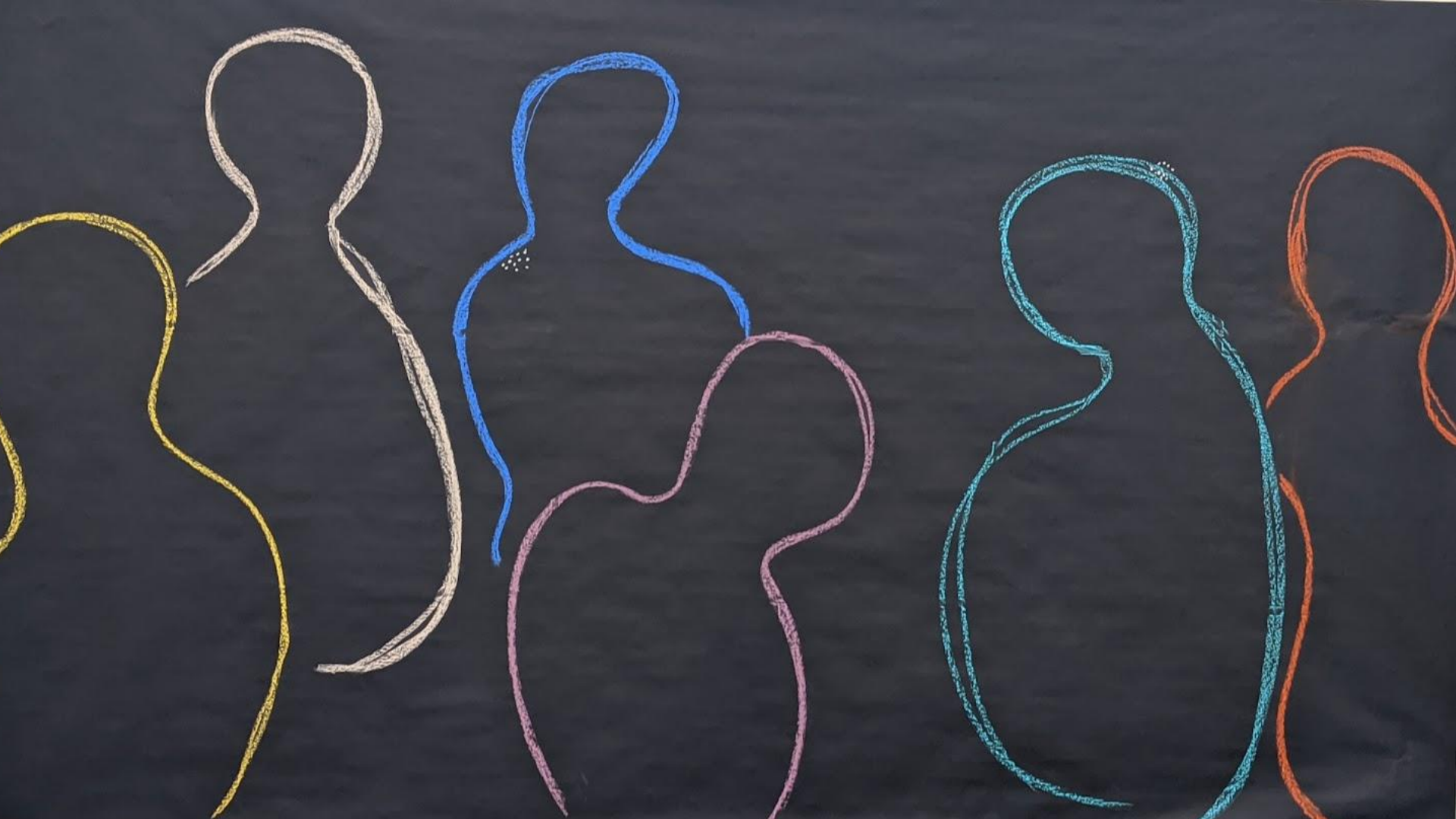
John 20:1-9

PROMPT

**WHAT LOSSES HAVE  
YOU EXPERIENCED  
OVER THE LAST 20  
MONTHS?**

PROMPT

**WHERE DO YOU FEEL  
THE GRIEF OF THESE  
LOSSES IN YOUR BODY?**





ACTION

**DRAW PINPRICKS  
AND/OR SWIRLS TO  
MARK THIS GRIEF**

LOCATE ON YOUR FIGURE



**JESUS APPEARS TO MARY  
MARY STOOD OUTSIDE NEAR THE TOMB, CRYING.  
AS SHE CRIED, SHE BENT DOWN TO LOOK INTO THE  
TOMB. SHE SAW TWO ANGELS DRESSED IN WHITE,  
SEATED WHERE THE BODY OF JESUS HAD BEEN, ONE  
AT THE HEAD AND ONE AT THE FOOT.  
THE ANGELS ASKED HER,  
“WOMAN, WHY ARE YOU CRYING?”**

John 20:13-16

**SHE REPLIED, "THEY HAVE TAKEN AWAY MY LORD,  
AND I DON'T KNOW WHERE THEY'VE PUT HIM."  
AS SOON AS SHE HAD SAID THIS, SHE TURNED  
AROUND AND SAW JESUS STANDING THERE, BUT  
SHE DIDN'T KNOW IT WAS JESUS.**

John 20:13-16

**JESUS SAID TO HER, "WOMAN, WHY ARE YOU  
CRYING? WHO ARE YOU LOOKING FOR?"  
THINKING HE WAS THE GARDENER, SHE REPLIED,  
"SIR, IF YOU HAVE CARRIED HIM AWAY, TELL ME  
WHERE YOU HAVE PUT HIM AND I WILL GET HIM."**

**JESUS SAID TO HER, "MARY."**

**SHE TURNED AND SAID TO HIM IN ARAMAIC,  
"RABBOUNI" (WHICH MEANS TEACHER).**

**John 20:13-16**

PROMPT

**IMAGINE THE SOUND OF  
JESUS CALLING YOUR  
NAME**

PROMPT

**AS YOU TURN IN YOUR  
GRIEF TO MEET JESUS'  
GAZE, WHERE IS HE?**

ACTION

**WRITE YOUR NAME ON  
YOUR PAPER.**

ACTION

**DRAW A PINPRICK OR A  
SWIRL TO INDICATE THE  
PRESENCE OF JESUS**

**MARY MAGDALENE LEFT AND ANNOUNCED TO THE DISCIPLES, "I'VE SEEN THE LORD." THEN SHE TOLD THEM WHAT HE SAID TO HER. JESUS APPEARS TO THE DISCIPLES IT WAS STILL THE FIRST DAY OF THE WEEK. THAT EVENING, WHILE THE DISCIPLES WERE BEHIND CLOSED DOORS BECAUSE THEY WERE AFRAID OF THE JEWISH AUTHORITIES, JESUS CAME AND STOOD AMONG THEM.**

John 20:18-23

**HE SAID, "PEACE BE WITH YOU." AFTER HE SAID THIS, HE SHOWED THEM HIS HANDS AND HIS SIDE. WHEN THE DISCIPLES SAW THE LORD, THEY WERE FILLED WITH JOY. JESUS SAID TO THEM AGAIN, "PEACE BE WITH YOU. AS THE FATHER SENT ME, SO I AM SENDING YOU." THEN HE BREATHED ON THEM AND SAID, "RECEIVE THE HOLY SPIRIT."**

John 20:18-23





PROMPT

**WRITE THE NAME OF  
ANOTHER ON YOUR  
PAPER, PRAYING FOR**

**THE PRESENCE OF GOD TO BE NEAR IN JOY, PEACE,  
AND LIFE**

