



**“Love is My Religion”**  
**Easter Sunday**  
**April 12, 2020**  
*At-Home Self-Led Script*

*Play some favorite Easter music as you prepare your Easter breakfast. Then sit down together to eat and share this story of hope and love.*

*[Here is a link](#) to an Easter traditional favorite: “Christ the Lord has Risen Today”*

**Leader:** After the events of Holy Week, the disciples are devastated. They are in the midst of full-blown grief and disbelief. Into the heart of that grief came a stunning revelation—life had overcome death. Love had won out over violence. God’s faithfulness would build them up once again. God’s love will bind them together. Is this possible in our lives? Today’s worship will say, “Yes, it can! Come and see! Live and love! This is the heart of the matter!” Christ is risen! Let the people say, “Christ is risen indeed!” **Christ is risen indeed!**

**The Hope and Love-Filled Story**

**Reader:** One of the scriptures for this year’s Easter selections is from the book of Jeremiah. The people of Jeremiah’s time were going through trauma. Jeremiah was frustrated with their behavior for many chapters but ultimately his tone changes and he prophesies God’s promise that they will be built back up from the devastation they have endured. They will again feel joy and they will begin to plan for the future again, planting vineyards on the hills even in the midst of exile and pain. Here these words of promise:

*At that time, declares the Lord,  
I will be the God of all the families of Israel,  
and they will be my people.*

*The Lord proclaims:  
The people who survived the sword  
found grace in the wilderness.*

*As Israel searched for a place of rest,  
the Lord appeared to them from a distance:  
I have loved you with a love that lasts forever.  
And so with unfailing love,  
I have drawn you to myself.*

*Again, I will build you up,  
and you will be rebuilt, virgin Israel.  
Again, you will play your tambourines  
and dance with joy.*

*Again, you will plant vineyards  
on the hills of Samaria;  
farmers will plant and then enjoy the harvests.*

*The time will come when  
the watchmen shout from  
the highlands of Ephraim:  
“Get ready! We’re going up to Zion  
to the Lord our God!” - Jeremiah 31: 1-6*

### **A Prayer**

*(based on Jeremiah 31)*

God of new dawns, new awakenings, new life,  
we hear your voice this morning saying,  
“I have loved you, my people, with an everlasting love.  
With unfailing love I have drawn you to myself.”  
On this Easter day, you tell us we will be rebuilt and made new.  
In gratitude we hear you, Living God, and we believe you.  
And so we will celebrate the gift of new life in Christ,  
even in the midst of fear.  
You give us eyes to see through tears,  
songs to sing with throats tight with emotion.  
We know you help the weary rise up out of the ashes.  
Give us the courage to be your light and hope in this world today.  
**Amen.**

### **Song and Signs of Love**

*“Love is My Religion.”*

<https://www.youtube.com/watch?v=K5Wk-7-bLRM>

*As the song plays, take photos with your hands in a heart shape and send to those with whom you want to share an Easter message of love. Social media works too!*

### **Matthew scripture with “Worry Stone” invitation**

*Reader:* In the account of the resurrection in the Gospel of Matthew, after the stone is rolled away from the tomb, the angel sits on the stone and gives the women this message, “Don’t be afraid.” Throughout the Season of Easter, we invite you to use a “worry stone,” which is a stone you carry about with you to rub when you are feeling anxious or worried. We encourage you to find a stone and paint or draw a heart on it. It will remind you of this angel’s message which Jesus then repeats, “Do not be afraid.” Hear this wonderful message now from Matthew 28:1-10:

*After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary came to look at the tomb. Look, there was a great earthquake, for an angel from the Lord came down from heaven. Coming to the stone, he rolled it away and sat on it. Now his face was like lightning and his clothes as white as snow. The guards were so terrified of him that they shook with fear and became like dead men. But the angel said to the women, “Don’t be afraid. I know that you are looking for Jesus who was crucified. He isn’t here, because he’s been raised from the dead, just as he said. Come, see the place where they laid him. Now hurry, go and tell his disciples, ‘He’s been raised from the dead. He’s going on ahead of you to Galilee. You will see him there.’ I’ve given the message to you.”*

*With great fear and excitement, they hurried away from the tomb and ran to tell his disciples. But Jesus met them and greeted them. They came and grabbed his feet and worshipped him. Then Jesus said to them, “Don’t be afraid. Go and tell my brothers that I am going into Galilee. They will see me there.”*

*Take some time to create your stone after you finish your breakfast—while you listen to some great music—whatever makes your heart glad.*

### **Invitation to the Easter Season Series**

*Leader:* Many people do not know that Easter is not just a day. Easter is a season of eight Sundays that last from today until Pentecost Sunday, a time when we celebrate the Spirit of Christ in the church as the presence of Jesus’ work ongoing in the world. During the Easter Season, we will continue to hear more about Jesus’ message of what is truly the “heart of the matter” in our lives. We will gather each week around a meal. You can make the meal and have it ready on your tables just in time for worship. We will incorporate eating together as we “break bread” and break open the Word of God and break open our lives with each other. Think about “gathering” with family or friends over FaceTime or Zoom to share with each other each week.

And remember this:

God is always with you. No matter what you face,  
no matter what trials or hardships come your way,  
God is right beside you, raising your very life,  
guiding and directing your path.

So, acknowledge your fear and your worry  
and know it is as true and holy as any feeling,  
including joy and hope and love.

Take heart, my friends! This is the heart of the matter.

Let the people say, **Amen!**

**“With Glad Hearts”**  
**Second Sunday of Easter**  
**April 19, 2020**  
*At-Home Self-Led Script*

**Gather**

*Begin to gather the people who will share this with you (in your home or on FaceTime or Zoom), get your food and drink and jam out to our theme song!*

*“Love is My Religion”*

*<https://www.youtube.com/watch?v=K5Wk-7-bLRM> or download at iTunes.*

**SPEND TIME**

*Leader:* Easter is not just a day. It is a whole season of time when we remember that Jesus’ Spirit lives on in each one of us. In the Bible, the early church was described in this way:

*“Day by day, as they **spent much time together** in the temple, they **broke bread at home** and ate their food with glad and generous hearts, **praising God and having the goodwill** of all the people.” (Acts 2: 46-47a)*

So over the next few weeks, we are following our ancestor’s traditions. We are creating a “temple” of worship in our hearts whether we can be physically together or not. By sharing in words and music and breathing and eating and moving together, we will stay connected. The earliest Christians worshiped in their homes before they had churches, and so will we, until we can meet again in our sanctuaries. Because at the “heart of the matter,” we are connected through the Spirit that makes us one in love.

**Opening Act of Centering Our Hearts as One**

We are going to center our hearts as one to begin.  
Let’s take a deep breath together *[everyone breathes together].*

I invite you to place your hand on your heart and  
let’s lightly tap together in a slow heartbeat rhythm  
*[Do this for a bit and then continue speaking as the heartbeat tapping continues]...*

Holy Living God,

Heartbeat of Creation,  
help us to take this time to center on you,  
for you made us,  
you gave us life,  
and you continue to be with us  
every moment...

*[wait a couple of beats]*

every breath...

*[wait a couple of beats]*

every step.

*[the heartbeat tapping fades away]*

Hear this assurance from God:

*[sing to the tune of Amazing Grace... if you aren't comfortable singing it, you can say it]*

**Be still, O heart, you're not alone,**

**your beat is shared with me.**

**Come now, and calm, and center here,**

**you're mine, secure and free.**

Let's take another deep breath, making sure our shoulders and any tension we feel in  
our bodies is letting go with the breath. *[Pause to do so]*

Let's take another one. *[Pause to do so]*

We have been holding back our touch with those not in our inner family circle for a while  
now. And so we pick up our heart stone, sometimes called a "worry stone," and let our  
touch on its surface remind us that God's touch is within us, between us, and around us.

As close and real as this object is in our hands right now,  
is how close Love is to us always.

Let us imagine letting go of our worries for now into God's heart of love.

We offer a prayer song of letting go:

*[sing to the tune of Amazing Grace... if you aren't comfortable singing it, you can say it]*

**Into your care, we offer now,**

**our worries, fears and strife.**

**We turn to you and know you're near—**

**Your light, our love and life.**

Let's light our candles now and set our heart worry stones next to it.

*[Light the candle/candles you have on your table  
and put your stone(s) around the base of it]*

**BREAK BREAD**

**Blessing the Meal**

**Leader:** We have gathered with food to nourish our bodies even as we nourish our souls together in worship. This is very much what our spiritual ancestors did as they gathered in those early days in houses. They would bring what they had and share with each other. It's no wonder that "pot luck" is in our Christian DNA! Let us pray this "repeat after me prayer"...

Holy Peace-Giver,  
**Holy Peace-Giver** *[continue to repeat the next lines in this way]*

We gather in your name...  
invited by Jesus...  
bound together with your Spirit...  
in union with each other...

Feed our bodies and our spirits...  
with your comforting presence...  
so that we might be your comfort to others...

Bless this food...  
and break open our hearts...  
Bless this drink...  
and pour out your love...  
Amen...

And now I invite you to pick up a plate of food or a cup of drink on the table and let us say the one word that is at the heart of the matter in every blessing we do at our tables, repeating after me...

*[with gusto]*  
"Grateful!"  
"Grateful!"

Let us begin to "break bread" while we "break open the Word" in our scriptures.

*[begin to serve and eat as the next scriptures and thoughts are shared]*

## **Breaking Open the Word with Scripture**

**Leader:** This week we read a passage from the account of the Acts of the Apostles that is a wonderful encouragement and reminder that death never is the last word:

**Reader:** God raised him up! God freed him from death's dreadful grip, since it was impossible for death to hang on to him. David says about him,  
I foresaw that the Lord was always with me;  
because he is at my right hand I won't be shaken.  
Therefore, my heart was glad

and my tongue rejoiced.  
Moreover, my body will live in hope,  
because you won't abandon me to the grave,  
nor permit your holy one to experience decay.  
You have shown me the paths of life;  
your presence will fill me with happiness. Acts 2: 24-28

*Leader:* The "David" referenced in this passage is the Psalmist, and the quote is from the 16th Psalm:

*Reader:* You, Lord, are my portion, my cup;  
you control my destiny.  
The property lines have fallen beautifully for me;  
yes, I have a lovely home.  
I will bless the Lord who advises me;  
even at night I am instructed  
in the depths of my mind.  
I always put the Lord in front of me;  
I will not stumble because God is on my right side.  
That's why my heart celebrates and my mood is joyous;  
yes, my whole body will rest in safety  
because you won't abandon my life to the grave;  
you won't let your faithful follower see the pit.  
You teach me the way of life.  
In your presence is total celebration.  
Beautiful things are always in your right hand. *Psalm 16: 5-11*

*Leader:* It may feel odd to have moved into the season of Easter, a season of celebration, in the midst of these difficult times. Perhaps it is an opportunity to really take into consideration that, at the heart of our Christian faith, we are called to live our lives in the belief that death is not the final word. This is why Christians are called "Easter People." The tomb becomes the womb of new life. What would we do differently if we really believed that we are loved beyond all endings? That there was nothing to fear?

Today we imagine Jesus at our "right hand," counseling us throughout our days, with these words, "Peace be with you." This is what he did when he appeared to the disciples after his resurrection. They were in a locked room, fearing for their lives. Sound familiar? Let's let Jesus speak these words to us as well. Here is how the story from the Gospel of John goes:

*Reader:* "It was still the first day of the week. That evening, while the disciples were behind closed doors because they were afraid... Jesus came and stood among them. 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 [Abba, God] sent me, so

*I am sending you.” Then he breathed on them and said, “Receive the Holy Spirit.” - John 20: 19-22*

**Leader:** Two things Jesus wanted the disciples to have in their moment of fear was peace and the Spirit. “Taking a breather” is one way to see what Jesus offered to them. He wanted them to take his breath so that they would feel his spirit living in them.

## Action Response

**Leader:** I invite you to lean over and whisper toward someone, “Peace be with you.” If you have several people around the table, let it go around like when we play “tele- phone,” passing it around to the next person when it gets to you. If you are alone, text someone right now that you want to share this with, or if you don’t usually use text, plan to call when this worship is over and tell someone, “Peace be with you.” *[pause to allow time to whisper]*

## Breaking Open our Lives with Discussion

**Leader:** Our theme scripture says, “they ate their food with glad and generous hearts.” One way we can be glad and generous is to share about how we are finding strength, hope, love and peace in these days. This is part of “breaking bread” with each other as we break open our hearts to one another as well. This week, since Jesus has said he wants us to feel peace, let’s talk about peace.

Think about what sights, sounds, words, and actions, (nature, birds, taking a walk, for example) are things that act in your life as a “voice in your ear”

that says, “Peace be with you.”

When have you felt peace this week?

Or if you haven’t experienced much peace,  
what do you have in your memory as something that brings you peace?

Let’s take some time at our tables to talk about this question.

We’ll take \_\_\_ minutes to talk.

*[If you are doing this as a personal meditation, you can journal about these questions]*

## Breaking Open our Hearts with Prayer

*“Give Peace to Every Heart (Da Pacem Cordium)”*

<https://www.youtube.com/watch?v=hMo-HSq388E>

**Leader:** It is difficult in this moment not to be near some of the people we love and might be worried about. Take a moment and say out loud the names of people you wish were right there next to you at your table today. As we name them, they are present with us in our hearts.

*[pause a minute to do so]*

We also want to call to mind, the people we cannot name, whose names we do not know. But we know they need our prayers and God's comfort.

*This list could be read by several voices in attendance:*

For those who have lost loved ones  
For those who are sick and recovering  
For those who are caring for loved ones who are sick at home  
For those who are caring for persons in medical care  
For those who are separated from loved ones  
For those who are feeling alone and isolated  
For those who are helping and are so very tired  
For those who are struggling to find friends, food, and comfort  
For those who are afraid

*[add other categories as feels right for you]*

*Leader:* Let us take another breath of Spirit as our "Amen." We know that God sends out our prayers and the Spirit, Breath of God, is blowing from within us outward, as a Spirit of Compassion and Presence. *[pause for a deep breath]*

## **PRAISE GOD!**

It is time to praise God and raise our endorphin levels to improve our heart-health, both physically and spiritually! So whether your "dance" is in your bed, in your chair, or all over the living room, it's time for the Easter Season Dance Party! If you are going to dance standing up, go ahead and get ready. And let's start with this affirmation, repeating after me *[with some energy!]*:

We know Jesus is present among us... *[repeat]*  
even in this very home... *[repeat]*

We will not let fear be louder than love... *[repeat]*  
but with glad hearts and rejoicing souls... *[repeat]*  
we will sing God's praise... *[repeat]*  
for we are Easter People...! *[repeat]*

Let's get on the Peace Train!  
Dance Party!

*[start the music and jam out]*

**Cat Steven's "Peace Train"**

[https://www.youtube.com/watch?v=vjUyM\\_xd6IA](https://www.youtube.com/watch?v=vjUyM_xd6IA)

## HAVE GOODWILL

That was great! I hope you feel some good vibes right now. So while we have our energy up, let's decide to send some energy out to the world that needs it! What message does the world need? Perhaps you will decide to create a way to let more and more people know the message of Christ, "You are not alone. I am here. Peace be with you." What can we do to create more peace in our household, in our family, in our relationships with those we cannot be with right now? How can we offer peace to those who are working so hard right now? How can we offer peace to those who feel no peace or comfort? Make your own plan today.

### **Benediction**

*(based on Psalm 16)*

As we close this time together, remember:  
God is always with you. No matter what you face,  
no matter what trials or hardships come your way,  
God is right beside you, whispering "Peace be with you,"  
guiding and directing your path.  
So do not live in fear, but in joy.  
Take heart! This is the heart of the matter.  
**Amen.**

**“Straight from the Heart”**  
**Third Sunday of Easter**  
**April 26, 2020**  
*At-Home Self-Led Script*

**Gather**

*Begin to gather the people who will share this with you (in your home or on FaceTime or Zoom), get your food and drink and jam out to our theme song!*

*“Love is My Religion”*

*<https://www.youtube.com/watch?v=K5Wk-7-bLRM> or download at iTunes.*

**SPEND TIME**

*Leader:* We continue with our Easter Season because Easter isn't just one day. It is the message of God's desire for us to live fully every day. The early church practiced their hope in this way:

*“Day by day, as they **spent much time together** in the temple, they **broke bread at home** and ate their food with glad and generous hearts, **praising God and having the goodwill** of all the people.” (Acts 2: 46-47a)*

We create a “temple” of worship in our hearts that connects us across boundaries, distance and time. But as we share this worship, we will stay connected. At the “heart of the matter,” we are connected through the Spirit that makes us one in love.

**Opening Act of Centering Our Hearts as One**

We are going to center our hearts as one to begin.  
Let's take a deep breath together *[everyone breathes together]*.

I invite you to place your hand on your heart and  
let's lightly tap together in a slow heartbeat rhythm  
*[Do this for a bit and then continue speaking as the heartbeat tapping continues]...*

Holy Living God,  
Heartbeat of Creation,  
help us to take this time to center on you,  
for you made us,  
you gave us life,  
and you continue to be with us  
every moment...

*[wait a couple of beats]*

every breath...  
*[wait a couple of beats]*  
every step.  
*[the heartbeat tapping fades away]*

Hear this assurance from God:  
*[sing to the tune of Amazing Grace... if you aren't comfortable singing it, you can say it]*  
**Be still, O heart, you're not alone,  
your beat is shared with me.  
Come now, and calm, and center here,  
you're mine, secure and free.**

Let's take another deep breath, making sure our shoulders and any tension we feel in our bodies is letting go with the breath. *[Pause to do so]*  
Let's take another one. *[Pause to do so]*

Let us pick up our heart stone, sometimes called a "worry stone," and let our touch on its surface remind us that God's touch is within us, between us, and around us.  
As close and real as this object is in our hands right now, is how close Love is to us always.  
Let us imagine letting go of our worries for now into God's heart of love.  
We offer a prayer song of letting go:

*[sing to the tune of Amazing Grace... if you aren't comfortable singing it, you can say it]*  
**Into your care, we offer now,  
our worries, fears and strife.  
We turn to you and know you're near—  
Your light, our love and life.**

Let's light our candles now and set our heart worry stones next to it.  
*[Light the candle/candles you have on your table  
and put your stone(s) around the base of it]*

## **BREAK BREAD**

### **Blessing the Meal**

**Leader:** We're going to share a story today about another meal that Jesus attended. Because it happened in an unexpected way, listen for how people didn't recognize him at first. It took sitting down to the table for people to realize that Christ was with them still. Every time we gather around a table, we can recognize that Christ is with us, inside each one of us every time we love each other by sharing food together. Let us pray this "repeat after me prayer"...

Holy and Surprising God,  
**Holy and Surprising God**, *[continue to repeat the next lines in this way]*  
We gather in your name...  
invited by Jesus...  
bound together with your Spirit...  
in union with each other...

Feed our bodies and our spirits...  
with your comforting presence...  
so that we might be your comfort to others...

Bless this food...  
and break open our hearts...  
Bless this drink...  
and pour out your love...  
Amen...

And now I invite you to pick up a plate of food or a cup of drink on the table and let us say the one word that is at the heart of the matter in every blessing we do at our tables, repeating after me...

*[with gusto]*  
“Grateful!”  
“Grateful!”

Let us begin to “break bread” while we “break open the Word” in our scriptures.

*[begin to serve and eat as the next scriptures and thoughts are shared]*

## Breaking Open the Word with Scripture

*Leader:*

Here is how the story of Jesus’ surprise visit on the road and at the dinner happened. Imagine yourself walking down the road and a stranger comes along...

*Reader:* On that same day, two disciples were traveling to a village called Emmaus, about seven miles from Jerusalem. They were talking to each other about everything that had happened. While they were discussing these things, Jesus himself arrived and joined them on their journey. They were prevented from recognizing him.

He said to them, “What are you talking about as you walk along?” They stopped, their faces downcast.

The one named Cleopas replied, "Are you the only visitor to Jerusalem who is unaware of the things that have taken place there over the last few days?"

He said to them, "What things?"

They said to him, "The things about Jesus of Nazareth. Because of his powerful deeds and words, he was recognized by God and all the people as a prophet. But our chief priests and our leaders handed him over to be sentenced to death, and they crucified him. We had hoped he was the one who would redeem Israel. All these things happened three days ago. But there's more: Some women from our group have left us stunned. They went to the tomb early this morning and didn't find his body. They came to us saying that they had even seen a vision of angels who told them he is alive. Some of those who were with us went to the tomb and found things just as the women said. They didn't see him."

Then Jesus said to them, "You foolish people! Your dull minds keep you from believing all that the prophets talked about. Wasn't it necessary for the Christ to suffer these things and then enter into his glory?" Then he interpreted for them the things written about himself in all the scriptures, starting with Moses and going through all the Prophets.

When they came to Emmaus, he acted as if he was going on ahead. But they urged him, saying, "Stay with us. It's nearly evening, and the day is almost over." So he went in to stay with them. After he took his seat at the table with them, he took the bread, blessed and broke it, and gave it to them. Their eyes were opened and they recognized him, but he disappeared from their sight. They said to each other, "Weren't our hearts on fire when he spoke to us along the road and when he explained the scriptures for us?"

They got up right then and returned to Jerusalem. They found the eleven and their companions gathered together. They were saying to each other, "The Lord really has risen! He appeared to Simon!" Then the two disciples described what had happened along the road and how Jesus was made known to them as he broke the bread. - Luke 24:13-35

*Leader:* After Christ was no longer with his disciples in the flesh, several letters began to circulate, making the rounds to the early Christian communities. This one is from a letter called "First Peter" that is recorded in our New Testament. It reminds people that the story of Jesus is about new birth for all people, and we are to be seeds of God's life-giving love.

*Reader:* Christ was chosen before the creation of the world, but was only revealed at the end of time. This was done for you, who through Christ are faithful

to the God who raised him from the dead and gave him glory. So now, your faith and hope should rest in God.

As you set yourselves apart by your obedience to the truth so that you might have genuine affection for your fellow believers, love each other deeply and earnestly. Do this because you have been given new birth—not from the type of seed that decays but from seed that doesn't. This seed is God's life-giving and enduring word.

*Leader:* Jesus' table ministry was a preeminent way that he showed and shared a depth of love unseen in his time. He ate and spent time with those considered unworthy of his attention. Even in his post-resurrection appearances, it was in the breaking of bread that he was "recognized"—perhaps because so many times in his ministry, it was at tables that he invited people to open up and share "straight from the heart"—getting right to the heart of the matter. As we gather this day, we remember that, at the heart, his message was unconditional love. To offer ourselves "straight from the heart" is the seed he planted in us, and this is the growth we must continue to nurture.

## Action Response

*Leader:* I invite you put both hands on your heart, close your eyes for just a moment, and think about a message of love. Then reach out and connect your hands with those who are with you, around or across the table. If you are alone, reach out your hands to your sides and imagine two people on either side of you who you want to offer love to right now. You can reach out with text or call later to let them know you were thinking of them at this moment. In this moment, we just let this gesture plant more seeds of love, straight from the heart. *[pause to allow time to do the gesture]*

## Breaking Open our Lives with Discussion

*Leader:* Our theme scripture says, "they ate their food with glad and generous hearts." One way we can be glad and generous is to share about how we are finding strength, hope, love and peace in these days. This is part of "breaking bread" with each other as we break open our hearts to one another as well. In this week's scripture, Jesus shared with people straight from his heart.

What have you found yourself saying to people "straight from the heart" in the last few weeks that you didn't say as much before?

Have you heard or seen something this week that felt loving?

Or if you can't think of something from this week, what do you have in your memory as something that was loving?

Let's take some time at our tables to talk about these questions.

We'll take \_\_\_ minutes to talk.

*[If you are doing this as a personal meditation, you can journal about these questions]*

## Breaking Open our Hearts with Prayer

“The Gift of Love”

<https://www.youtube.com/watch?v=jZza7fUXIP4>

*Leader:* It is difficult in this moment not to be near some of the people we love and might be worried about. Take a moment and say out loud *[or in chat/comments]* the names of people you wish were right there next to you at your table today. As we name them, they are present with us in our hearts.

*[pause a minute to do so]*

We also want to call to mind, the people we cannot name, whose names we do not know. But we know they need our prayers and God’s comfort.

*This list could be read by several voices in attendance*

*[feel free to adapt categories as needed from week to week]*

For those who have lost loved ones

For those who are sick and recovering

For those who are caring for loved ones who are sick at home

For those who are caring for persons in medical care

For those who are separated from loved ones

For those who are feeling alone and isolated

For those who are helping and are so very tired

For those who are struggling to find friends, food, and comfort

For those who are afraid

*[add other categories as feels right for your context]*

*Leader:* Let us take another breath of Spirit as our “Amen.” We know that God sends out our prayers and the Spirit, Breath of God, is blowing from within us outward, as a Spirit of Compassion and Presence.

## PRAISE GOD!

It is time to praise God and raise our endorphin levels to improve our heart-health, both physically and spiritually! So whether your “dance” is in your bed, in your chair, or all over the living room, it’s time for the Easter Season Dance Party! If you are going to dance standing up, go ahead and get ready. And let’s start with this affirmation, repeating after me *[with some energy!]*:

We know Jesus is present among us... *[repeat]*

even in this very home... *[repeat]*

We will not let fear be louder than love... *[repeat]*

but with glad hearts and rejoicing souls... *[repeat]*

we will sing God's praise... *[repeat]*  
for we are Easter People...! *[repeat]*

Let's dance and sing "Straight from the Heart!"  
*[start the music and jam out]*

**Bryan Adams "Straight from the Heart"**

<https://www.youtube.com/watch?v=-ebtjgK8NNU>

Sheet music: <https://www.musicnotes.com/sheetmusic/mtd.asp?ppn=MN0089813>

## HAVE GOODWILL

That was great! I hope you feel some good vibes right now. So while we have our energy up, let's decide to send some energy out to the world that needs it! What message does the world need? Perhaps you will decide to create a way to let more and more people know the message of Christ, "You are not alone. I am here. I love you straight from the heart." What can we do to create more love in our household, in our family, in our relationships with those we cannot be with right now? How can we offer love to those who are working so hard right now? How can we offer love to those who feeling short on love, peace or comfort? Make your own plan today.

### **Benediction**

*(based on Psalm 16)*

As we close this time together, remember:  
God is always with you. No matter what you face,  
no matter what trials or hardships come your way,  
God is right beside you, offering love straight from the heart,  
guiding and directing your path.  
So, acknowledge your fear and your worry  
and know it is as true and holy as any feeling,  
including joy and hope and love.  
Take heart! This is the heart of the matter.

**Amen.**

### **Postlude Jam**

*Curate some music your folks would love to hear.*