APRIL 2026

SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

Happy Easter and welcome to this week's Prayer at Home!

This week, we reflect on the wonderful story of Jesus' Resurrection in Matthew 28:1–10. After His death, the women went to the tomb and found it empty. An angel told them, "He has been raised from the dead and now he is going ahead of you to Galilee. There you will see him. Behold, I have told you."

This moment reminds us that Jesus is alive and always with us, guiding us and going before us in our lives. As parents, you have the beautiful opportunity to share this story of hope and joy with your children, helping them understand that the Resurrection is not just something that happened long ago, but a promise that God is always present, leading us and comforting us every day.

Through prayer, reflection, and family conversation, we can help children recognise the joy of Easter, the victory of life over death, and the love of Jesus that surrounds us now and always.

Have a blessed and joyful Easter!

Mrs Linda Payne
Executive Headteacher

Easter Sunday



Gather Together

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



Listen

3. Read from the scripture, a quote from St.Matthew 28:1-10



"He has been raised from the dead and now he is going ahead of you to Galilee. There you will see him. Behold, I have told you."

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Reflect

4. Spend a moment reflecting on the Gospel of Matthew 28:1–10.
After Jesus died on the cross, His friends were very sad and afraid. Early on the first day of the week, some women went to His tomb and found it empty. An angel told them something amazing:
"He has been raised from the dead and now he is going ahead of you to Galilee. There you will see him. Behold, I have told you."
This story reminds us that Jesus didn't stay in the tomb. He is alive! And even more, He goes ahead of us — guiding us, loving us, and waiting for us in our lives every day.
As parents, you can share with your children that the Resurrection is a promise that God's love is stronger than anything, even death. We may not always see Jesus with our eyes, but through prayer, kindness, and faith, we can experience His presence in our hearts and in our families.
The Resurrection invites us — parents and children alike — to live with hope, courage, and joy, knowing that Jesus has overcome everything and is always going before us.

Pray

5. Spend a minute in complete stillness and quiet, reflecting and then say the prayer below together.

Dear Jesus,
Thank You for coming back to life and showing us that You are alive!
Help us to remember that You go ahead of us every day, guiding us, loving us, and watching over our families.
Open our hearts to see You in our prayers, in our family, and in the people around us.
Give us courage, joy, and hope, so we can follow You and share Your love with others.
Amen.



Living out the Message

6. Here are some examples of how children can live out this scripture:

Trust Jesus is Always With You. Just as He went ahead of the disciples, Jesus goes before you every day.

- Pray every morning and ask Jesus to guide you through your day.
- Remember that He is with you even when you feel scared or alone.

Look for Jesus in Everyday Life. Even if we cannot see Him, Jesus is all around us.

- Be kind and helpful to family and friends.
- Notice the beauty of God's creation — flowers, animals, or a sunny day.

Share Joy and Hope. The women at the tomb ran to share the good news. Children can share Jesus' love too.

- Tell a friend or family member about Jesus' love.
- Draw a picture or make a card for someone who needs encouragement.

Follow Jesus' Example. Jesus' Resurrection reminds us to live with courage and love.

- Forgive someone who hurt you.
- Help at home without being asked.
- Pray for people who are sick, sad, or in need.

Living out this story means trusting Jesus, noticing His presence, sharing His love, and bringing joy to others — just like the women who ran to tell everyone, "He is risen!"