



LIVING THE JOY OF EASTER EVERY DAY

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Joy! We've sung it, proclaimed it, and celebrated it on Easter Sunday, but now what? As the lilies and Hallelujah Chorus fade, we may feel the return of tiredness, pressure, and even loneliness. But Easter is not a day; it is a season, and even more, it is a way of being. For church workers, who pour out so much of themselves for others, Easter joy must become something more than a sermon topic. It needs to be something we embody.

What does it look like to carry the joy of Easter in your bones? How can that joy not only sustain your own soul, but also overflow into your ministry and the lives you impact on?

Joy is not the absence of hardship. Joy is the presence of Christ in the midst of our humanity. When we tune into the risen Christ's ongoing presence, we begin to live out of secure attachment to God, what we might call a "safe haven." That grounding allows us to respond with love, compassion, and calm leadership even in moments of stress or conflict.

Here are seven short Easter devotions. Each paired with a simple emotional regulation or connection exercise. These are designed to help you reconnect with the source of joy that Easter brings.

1. Jesus Calls Your Name

Scripture: Jesus said to her, "Mary."
(John 20:16)

Reflection: The resurrected Jesus didn't give Mary a sermon, He gave her a name. Easter joy is personal. You are not a cog in the ministry machine. Jesus knows you by name, and He is tender toward your tears and burnout.

Practice: Name Your Emotion
Pause. What are you feeling right now? Sad? Grateful? Exhausted? Name the emotion out loud. Naming reduces reactivity and helps regulate our internal world.

2. The Doors Were Locked

Scripture: Jesus came and stood among them and said, "Peace be with you." (John 20:19)

Reflection: Joy shows up in locked rooms, just like Jesus did. When anxiety closes us off, His peace enters without condemnation.

Practice: Secure Base Visualization
Close your eyes and imagine Jesus standing beside you, saying "Peace be with you." Feel His steady presence. Let it ground you.

3. Touching the Wounds

Scripture: "Put your finger here; see my hands." (John 20:27)

Reflection: Easter joy is not naive. It embraces scars. Jesus invites connection through vulnerability, not perfection.

Practice: Safe Sharing with a Trusted Person
Choose someone safe and say: "Can I share something hard I've been carrying?" Vulnerability builds stronger bonds, just like Thomas needed with Jesus.



4. Breakfast on the Shore

Scripture: Jesus said to them, "Come and have breakfast." (John 21:12)

Reflection: Joy can be as simple as a warm meal with friends. Jesus restores us through ordinary moments.

Practice: Embodied Self-Care
What is one simple thing that brings you comfort? A cup of tea? A walk? Do it intentionally today, as a prayer of gratitude.

5. Do You Love Me?

Scripture: "Simon, son of John, do you love me?" (John 21:17)

Reflection: Jesus doesn't shame Peter; He invites him back into love. Easter joy is relational repair, knowing we are not disqualified.

Practice: Repairing a Missed Connection
Is there a relationship that feels tense? Initiate gentle repair. "I noticed we've been out of sync lately, can we reconnect?"

6. Jesus Opened Their Minds

Scripture: Then he opened their minds to understand the Scriptures.
(Luke 24:45)

Reflection: Joy grows when things "click." The risen Christ brings clarity and purpose, not all at once, but through time and presence.

Practice: Meaning-Making Journaling
Reflect on a recent ministry moment. Where was God in it? What did it reveal about your calling? Write freely and without judgment.

7. He Was Made Known in the Breaking of Bread


Scripture: They recognized him in the breaking of the bread. (Luke 24:35)

Reflection: Joy breaks through in shared presence and sacred rhythms. In Word and Sacrament, we meet Christ again and again.

Practice: Ritual of Reconnection
Establish one regular ritual, lighting a candle at your desk, a brief no-phone prayer walk, where you intentionally reconnect with God.

You are not alone. Your joy does not need to be forced or manufactured. Christ has already conquered sin and death. Let that victory free you from hustle and perfectionism. Let it root you in a love that never fails.

As we continue this Easter season, may you not only proclaim resurrection but embody it. Your joy, rooted in Christ, can be a balm to the broken, peace to the conflicted, and a deep well of hope for yourself and others.

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