

# FAMILY PRAYER

At Home

All Saints  
Catholic Academy Trust

**Thursday 9<sup>th</sup> May 2024**

## The Feast of the Ascension



The Ascension is the event, where Jesus arose into heaven, at the end of his time on earth.

Jesus' time on earth began with his birth. It was interrupted for three days by His death on the Cross. During that time, He descended into the realm of the dead and preached the Gospel to the good people who died before Him. This allowed those good and holy souls—the righteous dead, as we call them—who accepted Christ as their Saviour to proceed to heaven. On the third day after his death and burial, Jesus Christ was raised from the dead, an event we call the Resurrection. He spent the next 40 days preaching and preparing His disciples to perform the work of preaching and baptising all people.

At the end of this 40 day period, Jesus ascended into heaven. We call this the Ascension.



Historically, Ascension Day has been a feast day in the church. Here are some ideas to consider to help you celebrate the Feast of the Ascension:

- Consider making something special for dinner to surprise your family.
- Buy some helium biodegradable balloons for the special day. Enjoy their happy presence all day. Then in late afternoon or early evening before the sun sets, take the balloons outside, read the story of Jesus' ascension, write a note or message to Jesus on your balloon and then together release them. Watch them disappear into the sky and imagine His disciples watching Jesus ascend to Heaven.

- Draw and colour pictures of what they imagine they will see when Jesus returns on the clouds! Hang all the drawings in your kitchen or another prominent place for visual reminders in the days to come that He promised to return. And one day He will!



## **Gather Together**

Find a quiet space to gather together with your family. Light a candle or a tea light. The light signifies our prayer, which is offered in faith, entering the light of God. It also shows reverence and our desire to remain present in prayer even as we continue on our day.

## **Scripture**

**Luke 24:46-53**

*He said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high."*

## **Reflect**

When we hear that Jesus returned to heaven to be with God, we reflect on the joy that they felt. The disciples knew that Jesus was the Son of God. And that even though he was now with God, rather than on earth, Jesus would always be with them.



## **Pray**

Jesus, I honour You on the feast of Your Ascension into heaven. I rejoice with all my heart at the glory into which You entered to reign as King of heaven and earth. When the struggle of this life is over, give me the grace to share Your joy and triumph in heaven for all eternity. Amen.

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