Today is just normal day in Eastertide, which is good: it gives us the opportunity to go back to the Easter readings and remind ourselves of just how significant their meaning is. Too often we rush from feast day to solemnity and the treadmill can move too quickly.

So let's look again at Easter — specifically the Epistle reading from the Easter Vigil. Paul (my favourite evangelist) speaks plainly and logically about the journey we each go on with Christ — dying and rising to new life through the one baptism of faith. Just take a moment to think about that — Christ has redeemed you and me as individuals who are known and loved by the Father. How can we repay this debt? How should we be, knowing that our salvation has been bought for us through Christ's suffering and then resurrection?

The answer — we should life each day, each moment, for Christ — by our actions, our thoughts, the way we are with our families, friends, colleagues, neighbours, and those we come into contact with — we should be a living example of the love of God. This is a big ask and we won't always get it right but we have God to guide us and to bring us back to Him. If we do this, if we embrace the joy of the Easter message so clearly spelled out by Paul we will each be dead to sin and alive for God in Christ Jesus.

Christ is risen! He is risen indeed! Alleluia!

Edd Hogan