

Easter Sunrise Meditation: “The Best Way to Start the Day”

Rev. Josh Fitterling

Morning is not everyone’s best friend – I get it! But I, for the most part, am a morning person and my guess is there are a few of us here today. For us morning people, our demeanor is often very chipper even in the wee hours of the morning. Many times, coffee is not needed to give us energy to start the day. Though I will say that, for me, coffee is still very much appreciated. Morning people often greet you with gusto with their wide-awake eyes.

Now, for individuals who are not morning people, and I know that we have a few of you here today as well, I understand that we morning folks can be a little hard to put up with sometimes. I know that, on occasion, you see our chipper energy and our desire to schedule early meetings and hold long, deep conversations even before the dew has had an opportunity to be burned off by the sun as a bit of a challenge and maybe even a little annoying. And I will say, that we morning folks sometimes forget that not everyone is a morning person, and so, for morning people everywhere, I ask forgiveness.

I remember one such time when I was less than considerate of my not morning people friends. While still in high school, I traveled with a group from my home congregation to Indiana for a mission trip. And on this trip, we were there to live out our faith and to care for our neighbors in need as we helped several families begin to recover their lives after devastating flooding as we worked on their homes. Trips such as these were definitely a highlight of my formative years as I found my faith. And our group, was a mixture of people – some were morning folks, others not so much. Now, one morning, all of us morning folks were, naturally awake around 5am, and we had coffee going and we were chatting about the day and making plans for what the day was going to look like and we were just having a good time as we fellowshiped with one another before the sun came up. Now, around 7am, we knew that it was about time for us to get ready to go and there were still a few of our group, that were sound asleep. And so, three of

us, went it and we started singing – does anyone know the little kitschy songs “Rise and Shine and Give God the Glory, Glory”? It even has a place in the song to clap your hands and so we, being natural morning people, thought this would be a great way to wake up our sleeping friends. Well, anybody who is here today, who is a not a morning person, knows that this was far from a good idea. If I recall correctly, I think a few pillows were thrown and it was much later in the day when some of them began talking to us again.

However, while our tactics in getting all of our crew up and out the door could have been a little more considerate, the fact is that we all went out the door together – morning people and non-morning people alike – and we went to our job sight for the day and we worked – and we worked hard as we put our faith into action, in the end, that is what matters. That we were all starting the day with the goal of living out our faith. That from waking up to lying down we set out to share with the world our faith, founded in Christ Jesus, through the work of our hands. This was our common goal: to be the hands and feet of our Risen Savior in this world.

I know morning is not for everyone, but because of what we celebrate this morning, we know how to spend our day. For today, we celebrate the glories of Christ’s Resurrection. Today we celebrate that the betrayal and desertion of Maundy Thursday and the crucifixion of Good Friday did not win. Today, we celebrate the powerful love of Jesus that was so powerful that death could not hold it. Today, we celebrate that the pioneer and perfecter of our faith, Jesus Christ, lives!

And so, whether you are a morning person or not, recalling our faith and the glories of this day is the best way to start any day. To be reminded that in our Living Lord we have a living faith. A faith that reaches out and lends a helping hand. A faith that loves powerfully beyond difference. A faith that feeds the hungry and clothes the naked. A faith that stands up for righteousness, justice, and peace. We have a living faith that is not contained in the time of worship but realized as we live in response to the glories of

this day. Start your day, not only this day but every day, committed to living out the powerful love realized through the Resurrection.

So don't let the celebration end here. Let your life and your living faith be the celebration. Whether you start off the morning bright and chipper or need a little time to adjust to the day, share the good news in all that you say and do! For Christ is Risen! Christ is Risen Indeed! (x3) Let us go forth into this day and show it. Amen.