

14) THE RISEN CHRIST

Read and Pray with John 20:11-18

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

St. Ignatius Loyola asks us to imagine Jesus' visit to His Mother on Easter Sunday. We also have in Scripture His appearance to Mary Magdalene. In both of these visits, we can sense incredible joy and love. Let the happiness of these moments touch you deeply

For your journal or notes:

Does it seem that God is saying something in particular to me?

Does the joy in these visits bring me a joy that will color my day?

Are there insights that came to me from the Scripture passage or from my prayer?