

He is Risen! Jesus Appears to Mary Magdalene (Mark 16:1-11)

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Guidelines: Protect confidentiality and follow the leader's prompts.

Ignatian Meditation Process: Ignatius chose this Gospel story for Week 4 of *The Spiritual Exercises*. Read the introduction and then “ask for the grace.” Then quietly read the passage by using your imagination to enter into the story, sensing and feeling what's going on. Don't analyze the passage or seek insights — *experience yourself as a character in the story*. After the second reading have a “colloquy” (short, personal conversation) with the Lord. You can use the prompts and questions at the bottom to guide your prayer time and journaling (and sharing with others).

Introduction: It's so countercultural and typical of Jesus and God that the first person Jesus appears to after rising from the dead is not a man of power and notoriety, but a woman that he delivered of seven demons! Mary Magdalene became a devoted follower of Christ Jesus and one of the leaders in his movement. She was one of a number of women who supported the Lord throughout his ministry, all the way to the end, and she was rewarded with being the first evangelist of his resurrection!

Ask For the Grace: Dear Father, I ask for the grace I desire: to be glad and to rejoice intensely because of the great glory and joy of Christ our Lord.

Imagine Yourself in the Gospel: Mark 16 (MSG)

1-3 When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so they could embalm him. Very early on Sunday morning, as the sun rose, they went to the tomb. They worried out loud to each other, “Who will roll back the stone from the tomb for us?”

4-5 Then they looked up, saw that it had been rolled back—it was a huge stone—and walked right in. They saw a young man sitting on the right side, dressed all in white. They were completely taken aback, astonished.

6-7 He said, “Don't be afraid. I know you're looking for Jesus the Nazarene, the One they nailed on the cross. He's been raised up; he's here no longer. You can see for yourselves that the place is empty. Now—on your way. Tell his disciples and Peter that he is going on ahead of you to Galilee. You'll see him there, exactly as he said.”

8 They got out as fast as they could, beside themselves, their heads swimming. Stunned, they said nothing to anyone.

9-11 [After rising from the dead, Jesus appeared early on Sunday morning to Mary Magdalene, whom he had delivered from seven demons. She went to his former companions, now weeping and carrying on, and told them. When they heard her report that she had seen him alive and well, they didn't believe her.]

1st Reading: Visualize yourself in the Gospel story. Don't seek intellectual insights — stay with the imagery. Use your senses to see, touch, feel, and hear. What part of the story are you drawn to? Which character do you identify with? Or are you a bystander?

2nd Reading: Experience the story in the role of the character God led you to. Then talk with the Lord. What do you feel? How does this relate to something in your life today? What is God saying to you?