

Jesus Appears to His Disciples and Thomas (John 20:19-31)

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

Ignatian Meditation Process: Ignatius chose this Gospel reading 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: After Jesus was crucified all his disciples were in danger and hid in fear. Then Jesus walks through a locked door to come to them and offer his peace. Thomas isn't there and refuses to believe that Jesus had risen. Later when Jesus appears to him he invites him to see and believe by touching his wounds. Jesus says we're blessed if we believe in the spiritual reality of his presence without physical evidence.

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: John 20 (MSG)

19-20 Later on that day, the disciples had gathered together, but, fearful of the Jews, had locked all the doors in the house. Jesus entered, stood among them, and said, "Peace to you." Then he showed them his hands and side.

20-21 The disciples, seeing the Master with their own eyes, were exuberant. Jesus repeated his greeting: "Peace to you. Just as the Father sent me, I send you."

22-23 Then he took a deep breath and breathed into them. "Receive the Holy Spirit," he said. "If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?"

24-25 But Thomas, sometimes called the Twin, one of the Twelve, was not with them when Jesus came. The other disciples told him, "We saw the Master."

But he said, "Unless I see the nail holes in his hands, put my finger in the nail holes, and stick my hand in his side, I won't believe it."

26 Eight days later, his disciples were again in the room. This time Thomas was with them. Jesus came through the locked doors, stood among them, and said, "Peace to you."

27 Then he focused his attention on Thomas. "Take your finger and examine my hands. Take your hand and stick it in my side. Don't be unbelieving. Believe."

28 Thomas said, "My Master! My God!"

29 Jesus said, "So, you believe because you've seen with your own eyes. Even better blessings are in store for those who believe without seeing."

30-31 Jesus provided far more God-revealing signs than are written down in this book. These are written down so you will believe that Jesus is the Messiah, the Son of God, and in the act of believing, have real and eternal life in the way he personally revealed it.

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?