

Meeting the Risen Christ (Luke 24:13-35)

Bill Gaultiere ~ [Ignatian Meditation Guides](#) ~ [SoulShepherding.org](#)

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: It's the Sunday after Jesus was crucified. Cleopas and another disciple have left Jerusalem very discouraged and are walking home on the road to Emmaus. (It's usually assumed the other disciple is a man, but it could be Cleopas' wife.) A stranger comes up and engages them in conversation on prophecies about Christ. Later they realize it's Jesus! Their hearts are burning with love for their Master!

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: Luke 24 (MSG)

13-16 That same day two of them were walking to the village Emmaus, about seven miles out of Jerusalem. They were deep in conversation, going over all these things that had happened. In the middle of their talk and questions, Jesus came up and walked along with them. But they were not able to recognize who he was.

17-18 He asked, "What's this you're discussing so intently as you walk along?"

They just stood there, long-faced, like they had lost their best friend. Then one of them, his name was Cleopas, said, "Are you the only one in Jerusalem who hasn't heard what's happened during the last few days?"

19-24 He said, "What has happened?"

They said, "The things that happened to Jesus the Nazarene. He was a man of God, a prophet, dynamic in work and word, blessed by both God and all the people. Then our high priests and leaders betrayed him, got him sentenced to death, and crucified him. And we had our hopes up that he was the One, the One about to deliver Israel. And it is now the third day since it happened. But now some of our women have completely confused us. Early this morning they were at the tomb and couldn't find his body. They came back with the story that they had seen a vision of angels who said he was alive. Some of our friends went off to the tomb to check and found it empty just as the women said, but they didn't see Jesus."

25-27 Then he said to them, "So thick-headed! So slow-hearted! Why can't you simply believe all that the prophets said? Don't you see that these things had to happen, that the Messiah had to suffer and only then enter into his glory?" Then he started at the beginning, with the Books of Moses, and went on through all the Prophets, pointing out everything in the Scriptures that referred to him.

28-31 They came to the edge of the village where they were headed. He acted as if he were going on but they pressed him: "Stay and have supper with us. It's nearly evening; the day is done." So he went in with them. And here is what happened: He sat down at the table with them. Taking the bread, he blessed and broke and gave it to them. At that moment, open-eyed, wide-eyed, they recognized him. And then he disappeared.

32 Back and forth they talked. "Didn't we feel on fire as he conversed with us on the road, as he opened up the Scriptures for us?"

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?