

On the Cross Jesus Cares For His Mother and John (John 19:23-30)

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 3 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: John, along with Mary the mother of Jesus, Mary Magdalene, and others huddled close to Jesus as he was being crucified by the soldiers. In horrific pain and suffering, worst of all taking on our sin, Jesus loved the people around him from the cross, including his enemies who tortured him. Here in a most touching scene, just before he dies, Jesus extends his compassion to his beloved disciple and mother. Finally, having won the victory over sin, he bows his head and gives up his spirit to his Father.

Ask For the Grace: Jesus, my Lord and Savior, I ask for the grace I desire: To sorrow with you, to be broken with you, to cry with you, and to suffer internally with you — doing this with gratitude for the great suffering you endured to obtain God's mercy for me.

Imagine Yourself in the Gospel: John 19 (MSG)

23-24 When they crucified him, the Roman soldiers took his clothes and divided them up four ways, to each soldier a fourth. But his robe was seamless, a single piece of weaving, so they said to each other, "Let's not tear it up. Let's throw dice to see who gets it." This confirmed the Scripture that said, "They divided up my clothes among them and threw dice for my coat." (The soldiers validated the Scriptures!)

24-27 While the soldiers were looking after themselves, Jesus' mother, his aunt, Mary the wife of Clopas, and Mary Magdalene stood at the foot of the cross. Jesus saw his mother and the disciple he loved standing near her. He said to his mother, "Woman, here is your son." Then to the disciple, "Here is your mother." From that moment the disciple accepted her as his own mother.

28 Jesus, seeing that everything had been completed so that the Scripture record might also be complete, then said, "I'm thirsty."

29-30 A jug of sour wine was standing by. Someone put a sponge soaked with the wine on a javelin and lifted it to his mouth. After he took the wine, Jesus said, "It's done... complete." Bowing his head, he offered up his spirit.

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?