

Peter and John Run to Jesus' Empty Tomb (John 20:1-9)

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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: In John's Gospel he identifies himself anonymously as "the disciple Jesus loved." Despite his humble approach, he can't resist saying that he outran Peter to the empty tomb! Little details like this, or that the burial head cloth was lying in the tomb folded neatly, emphasize the authenticity of the resurrection accounts. Peter and John's emotions run from grief, to shock, to fear (e.g., "What happened to Jesus' body?"), to confidence in Jesus' resurrection (John before Peter), to *great joy!* For them, and for us, *faith in God* is the pivot from grief and fear to joy and it is Scripture that enables this uplifting shift.

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)

1-2 Early in the morning on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone was moved away from the entrance. She ran at once to Simon Peter and the other disciple, the one Jesus loved, breathlessly panting, "They took the Master from the tomb. We don't know where they've put him."

3-10 Peter and the other disciple left immediately for the tomb. They ran, neck and neck. The other disciple got to the tomb first, outrunning Peter. Stooping to look in, he saw the pieces of linen cloth lying there, but he didn't go in. Simon Peter arrived after him, entered the tomb, observed the linen cloths lying there, and the kerchief used to cover his head not lying with the linen cloths but separate, neatly folded by itself. Then the other disciple, the one who had gotten there first, went into the tomb, took one look at the evidence, and believed. No one yet knew from the Scripture that he had to rise from the dead.

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?