

“HE IS RISEN!” JESUS APPEARS TO MARY

Ignatian Meditation Guides by Bill Gaultiere

Introduction to Ignatian Meditation

In Ignatius' 16th century approach to Scripture instead of analyzing a text, you use your senses to imagine yourself as a character in the story. Then you have a short, personal conversation with the Lord. Each reading is guided by a focus question below. In a group context follow the leader's instructions on what to share and be sure to protect people's confidentiality.

Background to the Text

This Gospel reading in *The Spiritual Exercises* of Ignatius is in Week Four which focuses on the resurrection of Christ. 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 desire the grace to be glad and to rejoice intensely because of the great glory and joy of Christ our Lord.

Imagine Scripture: Mark 16

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.] (MSG).

Prayer / Journaling / Soul Talk Prompts

1. Visualize yourself in the Gospel. 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?
2. 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?