

JESUS' GREAT COMMISSION

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. After rising from the dead and showing himself to many people, Jesus meets his eleven faithful apostles on a mountain retreat to commission them for their service. They worship him enthusiastically as their God and Savior, but some hold back. His mission for them and for us is to apprentice people to him, baptize them in Trinitarian reality, and teach them how to implement his teachings in daily life. We are able to do this when we trust in Christ's authority and rely on him with us day-by-day.

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: Matthew 28

16-17 Meanwhile, the eleven disciples were on their way to Galilee, headed for the mountain Jesus had set for their reunion. The moment they saw him they worshiped him. Some, though, held back, not sure about *worship*, about risking themselves totally.

18-20 Jesus, undeterred, went right ahead and gave his charge: "God authorized and commanded me to commission you: Go out and train everyone you meet, far and near, in this way of life, marking them by baptism in the threefold name: Father, Son, and Holy Spirit. Then instruct them in the practice of all I have commanded you. I'll be with you as you do this, day after day after day, right up to the end of the age" (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?