

## IMAGINATIVE MEDITATION - holy week meditations

*Note: This spiritual exercise and its instruction, is taken almost exclusively from the book "Inner Compass" by Margaret Silf. The material below can be found inside chapter 14 which is entitled "To Love You More Dearly." I have added a few thoughts of my own, but the material below is almost entirely found in the book.*

Ignatius teaches us how to open ourselves up to intimacy with God through "Gospel-based meditation, through which we can, in our prayer, become participants in the life and ministry of Jesus and discover its reality for us where we are here and now."

1. ASK God to reveal himself to you; express your desire to experience Him
2. READ the passage several times until it is familiar and you feel at home with it
3. IMAGINE that you are an active participant in the scene.

WHAT ROLE DO YOU FIND YOURSELF TAKING IN THE SCENE?

– for example, are you one of the disciples, a bystander, or the person being healed? Listen inwardly to what God is showing you through your role in the scene. Talk with the characters in the scene, especially with Jesus.

THERE ARE ALWAYS TWO RULES:

- \* never moralize or judge yourself
- \* always respond from your heart and not from your head...our purpose in prayer is not to defend or condemn ourselves or to come up with any kind of analysis or sermon, but simply to respond, from our inmost depths, to what God is sharing with us of himself.

If you find it difficult to enter into the scene...don't worry about getting the facts right. You may well find that the scene doesn't take place in first century Palestine but in rush hour traffic.

HOW CAN I BE SURE THAT THIS IS PRAYER AND NOT JUST A FLIGHT OR FANTASY?

- \* Has my meeting with the Lord in this way made any difference to my way of being present in the world?
- \* Has it opened my eyes in any way, either to my own ways of acting and responding to others, or to the needs and vulnerability of other people around me?
- \* Remember that evidence of a good prayer life is not abundant experiences of God, but rather growth in the fruit of the Spirit. Experiences of God have to lead to action; they have to make a difference in your own life and in the life of this community.
- \* Is there a sense of consistency between what I feel I have been shown in this prayer time and the way I feel the Lord is dealing with me in my life in other ways?
- \* If your prayer seems to send you off on a tangent and suggest a decision that is out of line with your personality or commitments, then it is wise to be cautious. God's ways are usually [but not always] gentle, and they are reliably consistent.



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\* Does the prayer leave me feeling basically at peace [even though it may have confronted me with hard challenges] and does the sense of peace continue as time goes on?

When we follow our daydreams the sense of satisfaction is invariably short lived. When the dreams are God's dreams for us, the peace is a lasting one, which will keep recurring and strengthening in our prayer.

The more time you put into these spiritual exercises the more you will begin to see God all around you in your everyday life. Whether it be.. in a sunset, or in the eyes of a homeless person etc...

*"There is a marvelous bonus waiting for those who entrust themselves to God in intimate prayer...steadily, he will open up more and more of himself to you – or rather, he will increasingly open up your inner vision, to notice him in everything around you and to recognize his presence in every moment."*

## HOLY WEEK :: PALM SUNDAY

### READ :: John 12:12-19

2The next day the great crowd that had come for the Feast heard that Jesus was on his way to Jerusalem. 13They took palm branches and went out to meet him, shouting,

"Hosanna!<sup>[a]</sup>"

"Blessed is he who comes in the name of the Lord!"<sup>[b]</sup>

"Blessed is the King of Israel!" 14Jesus found a young donkey and sat upon it, as it is written,

15"Do not be afraid, O Daughter of Zion;

see, your king is coming,

seated on a donkey's colt."<sup>[c]</sup>

16At first his disciples did not understand all this. Only after Jesus was glorified did they realize that these things had been written about him and that they had done these things to him.

17Now the crowd that was with him when he called Lazarus from the tomb and raised him from the dead continued to spread the word. 18Many people, because they had heard that he had given this miraculous sign, went out to meet him. 19So the Pharisees said to one another, "See, this is getting us nowhere. Look how the whole world has gone after him!"

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## HOLY WEEK :: MONDAY

### READ :: John 12:1-11

1Six days before the Passover, Jesus arrived at Bethany, where Lazarus lived, whom Jesus had raised from the dead. 2Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. 3Then Mary took about a pint[a] of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

4But one of his disciples, Judas Iscariot, who was later to betray him, objected, 5"Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages.[b]" 6He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it.

7"Leave her alone," Jesus replied. " It was intended that she should save this perfume for the day of my burial. 8You will always have the poor among you, but you will not always have me."

9Meanwhile a large crowd of Jews found out that Jesus was there and came, not only because of him but also to see Lazarus, whom he had raised from the dead. 10So the chief priests made plans to kill Lazarus as well, 11for on account of him many of the Jews were going over to Jesus and putting their faith in him.

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## HOLY WEEK :: TUESDAY

### READ :: John 12:20-36

20Now there were some Greeks among those who went up to worship at the Feast. 21They came to Philip, who was from Bethsaida in Galilee, with a request. "Sir," they said, "we would like to see Jesus." 22Philip went to tell Andrew; Andrew and Philip in turn told Jesus. 23Jesus replied, "The hour has come for the Son of Man to be glorified. 24I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. 25The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life. 26Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.

27"Now my heart is troubled, and what shall I say? 'Father, save me from this hour'? No, it was for this very reason I came to this hour. 28Father, glorify your name!"

Then a voice came from heaven, "I have glorified it, and will glorify it again." 29The crowd that was there and heard it said it had thundered; others said an angel had spoken to him.

30Jesus said, "This voice was for your benefit, not mine. 31Now is the time for judgment on this world; now the prince of this world will be driven out. 32But I, when I am lifted up from the earth, will draw all men to myself." 33He said this to show the kind of death he was going to die.

34The crowd spoke up, "We have heard from the Law that the Christ[a] will remain forever, so how can you say, 'The Son of Man must be lifted up'? Who is this 'Son of Man'?"

35Then Jesus told them, "You are going to have the light just a little while longer. Walk while you have the light, before darkness overtakes you. The man who walks in the dark does not know where he is going. 36Put your trust in the light while you have it, so that you may become sons of light." When he had finished speaking, Jesus left and hid himself from them.

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## HOLY WEEK :: WEDNESDAY

### READ :: John 13:21-30

21After he had said this, Jesus was troubled in spirit and testified, "I tell you the truth, one of you is going to betray me."

22His disciples stared at one another, at a loss to know which of them he meant. 23One of them, the disciple whom Jesus loved, was reclining next to him. 24Simon Peter motioned to this disciple and said, "Ask him which one he means."

25Leaning back against Jesus, he asked him, "Lord, who is it?"

26Jesus answered, "It is the one to whom I will give this piece of bread when I have dipped it in the dish." Then, dipping the piece of bread, he gave it to Judas Iscariot, son of Simon. 27As soon as Judas took the bread, Satan entered into him.

"What you are about to do, do quickly," Jesus told him, 28but no one at the meal understood why Jesus said this to him. 29Since Judas had charge of the money, some thought Jesus was telling him to buy what was needed for the Feast, or to give something to the poor. 30As soon as Judas had taken the bread, he went out. And it was night.

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## HOLY WEEK :: THURSDAY

### READ :: John 13:1-17, 31-35

1It was just before the Passover Feast. Jesus knew that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love.<sup>[a]</sup>

2The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus. 3Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; 4so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. 5After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

6He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?"

7Jesus replied, "You do not realize now what I am doing, but later you will understand."

8"No," said Peter, "you shall never wash my feet."

Jesus answered, "Unless I wash you, you have no part with me."

9"Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!"

10Jesus answered, "A person who has had a bath needs only to wash his feet; his whole body is clean. And you are clean, though not every one of you." 11For he knew who was going to betray him, and that was why he said not every one was clean.

12When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. 13"You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. 14Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15I have set you an example that you should do as I have done for you. 16I tell you the truth, no servant is greater than his master, nor is a messenger greater than the one who sent him. 17Now that you know these things, you will be blessed if you do them.

31When he was gone, Jesus said, "Now is the Son of Man glorified and God is glorified in him.

32If God is glorified in him,<sup>[a]</sup> God will glorify the Son in himself, and will glorify him at once.

33"My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come.

34"A new command I give you: Love one another. As I have loved you, so you must love one another. 35By this all men will know that you are my disciples, if you love one another."

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## HOLY WEEK :: FRIDAY

### READ :: John 18:1-19:37

1When he had finished praying, Jesus left with his disciples and crossed the Kidron Valley. On the other side there was an olive grove, and he and his disciples went into it.

2Now Judas, who betrayed him, knew the place, because Jesus had often met there with his disciples. 3So Judas came to the grove, guiding a detachment of soldiers and some officials from the chief priests and Pharisees. They were carrying torches, lanterns and weapons.

4Jesus, knowing all that was going to happen to him, went out and asked them, "Who is it you want?"

5"Jesus of Nazareth," they replied.

"I am he," Jesus said. (And Judas the traitor was standing there with them.) 6When Jesus said, "I am he," they drew back and fell to the ground.

7Again he asked them, "Who is it you want?"

And they said, "Jesus of Nazareth."

8"I told you that I am he," Jesus answered. "If you are looking for me, then let these men go."

9This happened so that the words he had spoken would be fulfilled: "I have not lost one of those you gave me."[\[a\]](#)

10Then Simon Peter, who had a sword, drew it and struck the high priest's servant, cutting off his right ear. (The servant's name was Malchus.)

11Jesus commanded Peter, "Put your sword away! Shall I not drink the cup the Father has given me?"

12Then the detachment of soldiers with its commander and the Jewish officials arrested Jesus. They bound him 13and brought him first to Annas, who was the father-in-law of Caiaphas, the high priest that year. 14Caiaphas was the one who had advised the Jews that it would be good if one man died for the people.

15Simon Peter and another disciple were following Jesus. Because this disciple was known to the high priest, he went with Jesus into the high priest's courtyard, 16but Peter had to wait outside at the door. The other disciple, who was known to the high priest, came back, spoke to the girl on duty there and brought Peter in.

17"You are not one of his disciples, are you?" the girl at the door asked Peter.

He replied, "I am not."

18It was cold, and the servants and officials stood around a fire they had made to keep warm. Peter also was standing

19Meanwhile, the high priest questioned Jesus about his disciples and his teaching.

20"I have spoken openly to the world," Jesus replied. "I always taught in synagogues or at the temple, where all the Jews come together. I said nothing in secret. 21Why question me? Ask those who heard me. Surely they know what I said."

22When Jesus said this, one of the officials nearby struck him in the face. "Is this the way you answer the high priest?" he demanded.

23"If I said something wrong," Jesus replied, "testify as to what is wrong. But if I spoke the truth, why did you strike me?" 24Then Annas sent him, still bound, to Caiaphas the high priest.[\[b\]](#)

25As Simon Peter stood warming himself, he was asked, "You are not one of his disciples, are you?"

He denied it, saying, "I am not."

26One of the high priest's servants, a relative of the man whose ear Peter had cut off, challenged him, "Didn't I see you with him in the olive grove?" 27Again Peter denied it, and at that moment a rooster began to crow.

28Then the Jews led Jesus from Caiaphas to the palace of the Roman governor. By now it was early morning, and to avoid ceremonial uncleanness the Jews did not enter the palace; they



wanted to be able to eat the Passover. 29So Pilate came out to them and asked, "What charges are you bringing against this man?"

30"If he were not a criminal," they replied, "we would not have handed him over to you."

31Pilate said, "Take him yourselves and judge him by your own law." "But we have no right to execute anyone," the Jews objected. 32This happened so that the words Jesus had spoken indicating the kind of death he was going to die would be fulfilled.

33Pilate then went back inside the palace, summoned Jesus and asked him, "Are you the king of the Jews?"

34"Is that your own idea," Jesus asked, "or did others talk to you about me?"

35"Am I a Jew?" Pilate replied. "It was your people and your chief priests who handed you over to me. What is it you have done?"

36Jesus said, "My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jews. But now my kingdom is from another place."

37"You are a king, then!" said Pilate.

Jesus answered, "You are right in saying I am a king. In fact, for this reason I was born, and for this I came into the world, to testify to the truth. Everyone on the side of truth listens to me."

38"What is truth?" Pilate asked. With this he went out again to the Jews and said, "I find no basis for a charge against him. 39But it is your custom for me to release to you one prisoner at the time of the Passover. Do you want me to release 'the king of the Jews'?"

40They shouted back, "No, not him! Give us Barabbas!" Now Barabbas had taken part in a rebellion.

1Then Pilate took Jesus and had him flogged. 2The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe 3and went up to him again and again, saying, "Hail, king of the Jews!" And they struck him in the face.

4Once more Pilate came out and said to the Jews, "Look, I am bringing him out to you to let you know that I find no basis for a charge against him." 5When Jesus came out wearing the crown of thorns and the purple robe, Pilate said to them, "Here is the man!"

6As soon as the chief priests and their officials saw him, they shouted, "Crucify! Crucify!"

But Pilate answered, "You take him and crucify him. As for me, I find no basis for a charge against him."

7The Jews insisted, "We have a law, and according to that law he must die, because he claimed to be the Son of God."

8When Pilate heard this, he was even more afraid, 9and he went back inside the palace. "Where do you come from?" he asked Jesus, but Jesus gave him no answer. 10"Do you refuse to speak to me?" Pilate said. "Don't you realize I have power either to free you or to crucify you?"

11Jesus answered, "You would have no power over me if it were not given to you from above. Therefore the one who handed me over to you is guilty of a greater sin."

12From then on, Pilate tried to set Jesus free, but the Jews kept shouting, "If you let this man go, you are no friend of Caesar. Anyone who claims to be a king opposes Caesar."

13When Pilate heard this, he brought Jesus out and sat down on the judge's seat at a place known as the Stone Pavement (which in Aramaic is Gabbatha). 14It was the day of Preparation of Passover Week, about the sixth hour.

"Here is your king," Pilate said to the Jews.

15But they shouted, "Take him away! Take him away! Crucify him!"

"Shall I crucify your king?" Pilate asked.

"We have no king but Caesar," the chief priests answered.

16Finally Pilate handed him over to them to be crucified.

So the soldiers took charge of Jesus. 17Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha). 18Here they crucified him, and with him two others—one on each side and Jesus in the middle.

19Pilate had a notice prepared and fastened to the cross. It read:<sup>sc</sup> JESUS OF NAZARETH, THE KING OF THE JEWS. 20Many of the Jews read this sign, for the place where Jesus was

crucified was near the city, and the sign was written in Aramaic, Latin and Greek. 21The chief priests of the Jews protested to Pilate, "Do not write 'The King of the Jews,' but that this man claimed to be king of the Jews."

22Pilate answered, "What I have written, I have written."

23When the soldiers crucified Jesus, they took his clothes, dividing them into four shares, one for each of them, with the undergarment remaining. This garment was seamless, woven in one piece from top to bottom.

24"Let's not tear it," they said to one another. "Let's decide by lot who will get it."

This happened that the scripture might be fulfilled which said,

"They divided my garments among them

and cast lots for my clothing."[\[c\]](#) So this is what the soldiers did.

25Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. 26When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to his mother, "Dear woman, here is your son," 27and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

28Later, knowing that all was now completed, and so that the Scripture would be fulfilled, Jesus said, "I am thirsty." 29A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. 30When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

31Now it was the day of Preparation, and the next day was to be a special Sabbath. Because the Jews did not want the bodies left on the crosses during the Sabbath, they asked Pilate to have the legs broken and the bodies taken down. 32The soldiers therefore came and broke the legs of the first man who had been crucified with Jesus, and then those of the other. 33But when they came to Jesus and found that he was already dead, they did not break his legs. 34Instead, one of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of blood and water. 35The man who saw it has given testimony, and his testimony is true. He knows that he tells the truth, and he testifies so that you also may believe. 36These things happened so that the scripture would be fulfilled: "Not one of his bones will be broken,"[\[d\]](#) 37and, as another scripture says, "They will look on the one they have pierced."

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## HOLY WEEK :: SATURDAY

### READ :: John 19:38-42

38Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jews. With Pilate's permission, he came and took the body away. 39He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds.<sup>[a]</sup> 40Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. 41At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. 42Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.

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## HOLY WEEK :: RESURRECTION SUNDAY

### READ :: John 20:1-18, 30-31

1Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. 2So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, "They have taken the Lord out of the tomb, and we don't know where they have put him!"

3So Peter and the other disciple started for the tomb. 4Both were running, but the other disciple outran Peter and reached the tomb first. 5He bent over and looked in at the strips of linen lying there but did not go in. 6Then Simon Peter, who was behind him, arrived and went into the tomb. He saw the strips of linen lying there, 7as well as the burial cloth that had been around Jesus' head. The cloth was folded up by itself, separate from the linen. 8Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed. 9(They still did not understand from Scripture that Jesus had to rise from the dead.)

10Then the disciples went back to their homes, 11but Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb 12and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

13They asked her, "Woman, why are you crying?"

"They have taken my Lord away," she said, "and I don't know where they have put him." 14At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

15"Woman," he said, "why are you crying? Who is it you are looking for?"

Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him."

16Jesus said to her, "Mary."

She turned toward him and cried out in Aramaic, "Rabboni!" (which means Teacher).

17Jesus said, "Do not hold on to me, for I have not yet returned to the Father. Go instead to my brothers and tell them, 'I am returning to my Father and your Father, to my God and your God.' "

18Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her.

30Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. 31But these are written that you may [\[a\]](#) believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.

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## additional easter reading

### READ :: luke 24:13-35

13Now that same day two of them were going to a village called Emmaus, about seven miles[a] from Jerusalem. 14They were talking with each other about everything that had happened. 15As they talked and discussed these things with each other, Jesus himself came up and walked along with them; 16but they were kept from recognizing him.

17He asked them, "What are you discussing together as you walk along?"

They stood still, their faces downcast. 18One of them, named Cleopas, asked him, "Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?"

19"What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. 20The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; 21but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. 22In addition, some of our women amazed us. They went to the tomb early this morning 23but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. 24Then some of our companions went to the tomb and found it just as the women had said, but him they did not see."

25He said to them, "How foolish you are, and how slow of heart to believe all that the prophets have spoken! 26Did not the Christ[b] have to suffer these things and then enter his glory?" 27And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

28As they approached the village to which they were going, Jesus acted as if he were going farther. 29But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

30When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. 31Then their eyes were opened and they recognized him, and he disappeared from their sight. 32They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

33They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together 34and saying, "It is true! The Lord has risen and has appeared to Simon." 35Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

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