

Some Meditations for Easter Week

Encountering the Risen Christ through our imagination

In this type of prayer, we use our imaginations to encounter Jesus in a fresh way. We imagine ourselves into a scene from Scripture, usually one of the Gospels, and see where the Holy Spirit leads us. Through imagining the sensation of Jesus' healing touch, or the taste of shared bread, or the sound of a jostling crowd, we can enter into familiar Gospel stories from perspectives we've not experienced before.

This Easter week, we imagine what it would be like to encounter the risen Jesus – with all the joy, awe and excitement that must have involved. Below are some instructions that you may find helpful when trying this type of prayer.

- 1) Take time to settle into the presence of God. Take a deep breath in and out, and ask the Holy Spirit to guide you in this time of imaginative prayer
- 2) Read the passage through slowly two times. Try not to start thinking about its meaning or message just yet.
- 3) Close your eyes and begin to build the scene in your imagination. For some people they will be able to imagine it all like a film scene, but for others it will be more like a series of impressions and ideas.
- 4) Think about all five senses – what can you see, taste, feel, touch, smell? You might imagine yourself as a bystander, or as one of the characters in the passage.
- 5) Think through the events of the passage, and pay attention to the emotions and feelings they stir up in you.
- 6) At the end of the scene, reflect on your feelings and speak to God about them as you would a friend.
- 7) Finish by saying the Lord's Prayer.

Monday 13 April

Mark 16:1-8

The women in this passage go from sorrow and worry to alarm, terror and amazement. Which of these feelings resonates most with you today? Why do you think the women didn't tell anyone about what they experienced?

Tuesday 14th April

John 20:11-18

In this resurrection account, Mary Magdalene is alone. Does this make the event feel different? Why do you think Jesus tells Mary not to hold on to him?

Wednesday 15th April

Luke 24:13-35

How do you imagine it felt to realise they had seen Jesus? When have you felt your heart burning in the presence of God? Are there moments in your life where you fail to notice the presence of God?

Thursday 16th April

Luke 24:35-48

How does it feel to imagine Jesus saying "Peace be with you"? At the end of the passage Jesus says, "you are witnesses of these things" – how does knowing the risen Jesus change how you live your life as a witness?

Friday 17th April

John 21:1-14

Where did you imagine yourself today? Were you a disciple in the boat, or a bystander on the beach? Did you join in the meal with Jesus?

Saturday 18th April

Matthew 28:16-20

Jesus' words here are often called the Great Commission. How does it feel to imagine Jesus speaking them personally to you? Are you reassured or challenged by Jesus' promise to be with us always?

Compiled by Claire Whitmore (our Ordinand from The Queen's Foundation for whom we are her Link Church)