

# MEETING THE RISEN JESUS



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# A Picnic with Jesus - Humble Joy



**Pray for the Grace:** To ask for what I desire -- a deep interior joy because Jesus, now Lord, is filled with glory and joy.

**Pray with the following Scripture passages:**

**John 21:1-14:** *'Come and have breakfast'*

**Matthew 28:1-10:** *'Do not be afraid; I know that you are looking for Jesus...'*

**Luke 24:18-35:** *'Were not our hearts burning within us while he was talking to us on the road...'*

**John 20:24-29:** *'Blessed are those who have not yet seen and have yet come to believe.'*

**2 Corinthians 1:3-7:** *...you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken...*

**Matthew 28:16-20:** *'...and remember, I am with you always, to the end of the age.'*

**Reflect:**

1. Have you had an experience of that humble joy, what did it look like, feel like?
2. We all experience some time of suffering in our lives, yet God manages to break through and even in those moments brings us his joy. Recall a time of joy in suffering, reflect on how even in those times of suffering, you received his joy.
3. What are some ways you are being called to cultivate joy in your life?





# God in All Things



**Pray for the Grace:** To ask for what I desire --a deep-felt knowledge of the many blessings received, that filled with such gratitude, I may be able to respond in total love and service.

**Pray with the following Scripture passages:**

**Genesis 1:** *"God saw everything that he had made, and indeed, it was very good."*

**Genesis 2:4-25:** *"The Lord God took the man and put him in the garden of Eden to till it and keep it."*

**1 John 4:13-19:** *"We love because he first loved us."*

**Colossians 1:15-20:** *"He is before all things, and in him all things hold together."*

**Psalms 145:** *"The Lord is good to all, and his mercy is over all that he has made."*

**Psalms 104:** *"O Lord, how manifold are your works! In wisdom have you made them all; the earth is full of your creatures."*

**Matthew 6:25-29:** *"Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?"*

**Reflect:**

1. Reflect on a moment in nature that has deeply moved you. How did you sense the presence of God in that experience?
2. In what ways do you experience the "grandeur of God" in the midst of daily life, despite the challenges and distractions identified by Hopkins? How can cultivating awareness of this grandeur deepen your spiritual journey and transform your relationship with God, with others, and with the created world?
3. Reflect on the concept of "call and response" in relation to God's presence in all things, as discussed today and as encountered in your times of prayer and contemplation. How can you cultivate a more responsive posture to God's presence in your daily life, particularly in your interactions with others and with the created world?





## The Grandeur of God

The world is charged with the grandeur of God.  
 It will flame out, like shining from shook foil;  
 It gathers to a greatness, like the ooze of oil  
 Crushed. Why do men then now not reckon his rod?  
 Generations have trod, have trod, have trod;  
 And all is seared with trade; bleared, smeared with toil;  
 And wears man's smudge and shares man's smell: the soil  
 Is bare now, nor can foot feel, being shod.

And for all this, nature is never spent;  
 There lives the dearest freshness deep down things;  
 And though the last lights off the black West went  
 Oh, morning, at the brown brink eastward, springs —  
 Because the Holy Ghost over the bent  
 World broods with warm breast and with ah! bright wings.

-Gerard Manley Hopkins



## The First Principle and Foundation of St. Ignatius

The goal of my life is to live with God forever.

God who loves me, gave me life.

My own response of love allows God's life  
to flow into me without limit.

All the things of this world are gifts of God,  
Presented to me so that I can know God more easily,  
and make a return of love more readily.

As a result, I appreciate and use all these gifts of God  
insofar as they help me to develop as a loving person.

But if any of these gifts become the center of my life,  
they displace God, and so hinder my growth toward my goal.

In everyday life, then, I must hold myself in balance  
before all of these created gifts insofar as I have a choice,  
and am not bound by some obligation.

I should not fix my desires on health or sickness,  
wealth or poverty, success or failure, a long life or short one.

For everything has the potential of calling forth in me,  
a deeper response to my life in God.

My only desire, and my one choice should be this:

I want and I choose what better leads  
to God's deepening His life in me.





# Coffee Shop Jesus - Giving Praise



**Pray for the Grace:** To ask for what I desire -- a deep felt knowledge of the many blessings received, that filled with gratitude, I may be able to respond with total love and service.

**Pray with the following Scripture passages:**

**Psalm 136:** *It is he who remembered us in our low estate, for his steadfast love endures forever; and rescued us from our foes,*

**Psalm 138:** *I give you thanks, O Lord, with my whole heart; before the gods I sing your praise; I bow down towards your holy temple and give thanks to your name for your steadfast love and your faithfulness;*

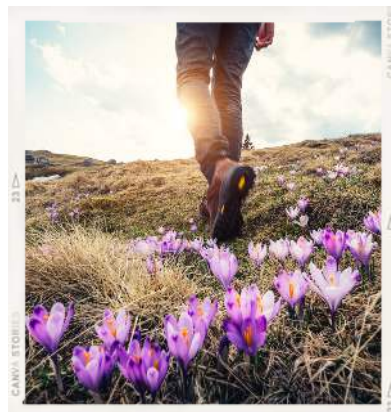
**Psalm 104:** *You cause the grass to grow for the cattle, and plants for people to use, to bring forth food from the earth, and wine to gladden the human heart, oil to make the face shine,*

**Psalm 118:** *This is the Lord's doing; it is marvellous in our eyes. This is the day that the Lord has made; let us rejoice and be glad in it.*

**Psalm 34:** *I sought the Lord, and he answered me and delivered me from all my fears. Look to him, and be radiant; so your faces shall never be ashamed.*

**Reflect:**

1. Spend some time in prayer reflecting on the goodness you have received, write your own psalm of thanksgiving for one of your blessings.
2. God is ever present in nature, take some time to go for a walk and marvel in thanks at the beauty of nature that surrounds us.
3. Sit with Jesus as a friend and have a conversation, how does Jesus react to your sharing?



## Psalm 138

*Of David.*

*I give you thanks, O Lord, with my whole heart;  
before the gods I sing your praise;  
I bow down towards your holy temple  
and give thanks to your name for your steadfast love and your faithfulness;  
for you have exalted your name and your word  
above everything.*

*On the day I called, you answered me,  
you increased my strength of soul.*

*All the kings of the earth shall praise you, O Lord,  
for they have heard the words of your mouth.  
They shall sing of the ways of the Lord,  
for great is the glory of the Lord.  
For though the Lord is high, he regards the lowly;  
but the haughty he perceives from far away.*

*Though I walk in the midst of trouble,  
you preserve me against the wrath of my enemies;  
you stretch out your hand,  
and your right hand delivers me.  
The Lord will fulfil his purpose for me;  
your steadfast love, O Lord, endures for ever.  
Do not forsake the work of your hands.*







# Life in the Spirit



**Pray for the Grace:** To ask for what I desire -- A deepening awareness of the power of Jesus' Spirit in us and a growing desire to cooperate with others in the development of a more caring world.

## Pray with the following Scripture passages:

**Luke 24:36-53:** *"You are witnesses of these things. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high."*

**Acts 1:1-11:** *"you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth."*

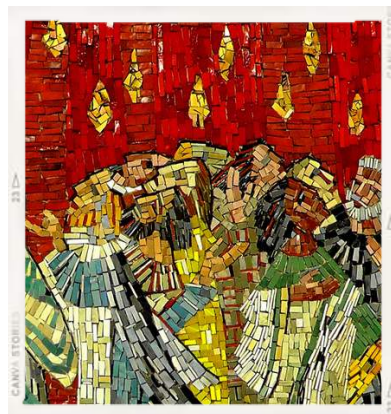
**Acts 2:1-24:** *"suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability."*

**Acts 2: 42-47:** *"they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people."*

**Acts 4:32-37:** *"There was not a needy person among them, for as many as owned lands or houses sold them and brought the proceeds of what was sold. They laid it at the apostles' feet, and it was distributed to each as any had need."*

## Reflect:

1. How does the phrase "Nature's bonfire burns on" inspire hope and perseverance in challenging times?
2. How have your encounters with Christ transformed your self-understanding?
3. How can we live out the truth of being "all at once what Christ is" in our daily lives to share His love with others?



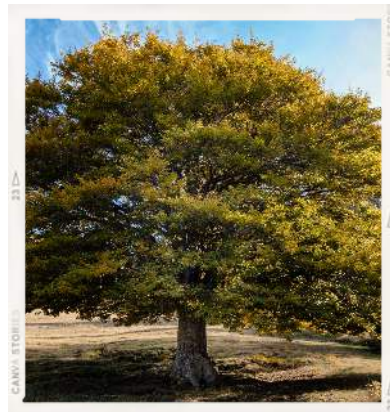


## Nature is a Heraclitian Fire

Cloud-puffball, torn tufts, tossed pillows | flaunt forth, then chevy on an air-  
Built thoroughfare: heaven-roysterers, in gay-gangs | they throng; they glitter in  
marches.

Down roughcast, down dazzling whitewash, | wherever an elm arches,  
Shivelights and shadowtackle in long | lashes lace, lance, and pair.  
Delightfully the bright wind boisterous | ropes, wrestles, beats earth bare  
Of yestertempest's creases; | in pool and rut peel parches  
Squandering ooze to squeezed | dough, crust, dust; stanches, starches  
Squadroned masks and manmarks | treadmire toil there  
Footfretted in it. Million-fuelèd, | nature's bonfire burns on.  
But quench her bonniest, dearest | to her, her clearest-selvèd spark  
Man, how fast his firedint, | his mark on mind, is gone!  
Both are in an unfathomable, all is in an enormous dark  
Drowned. O pity and indig | nation! Manshape, that shone  
Sheer off, disseveral, a star, | death blots black out; nor mark  
Is any of him at all so stark  
But vastness blurs and time | beats level. Enough! the Resurrection,  
A heart's-clarion! Away grief's gasping, | joyless days, dejection.  
Across my foundering deck shone  
A beacon, an eternal beam. | Flesh fade, and mortal trash  
Fall to the residuary worm; | world's wildfire, leave but ash:  
In a flash, at a trumpet crash,  
I am all at once what Christ is, | since he was what I am, and  
This Jack, joke, poor potsherd, | patch, matchwood, immortal diamond,  
Is immortal diamond.

-Gerard Manley Hopkins



## Suscipe Prayer

Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
All I have and call my own.

You have given all to me.  
To you, Lord, I return it.

Everything is yours; do with it what you will.  
Give me only your love and your grace,  
that is enough for me.

-St. Ignatius of Loyola



There's nothing worth more  
That could ever come close  
No thing can compare  
You're our living hope  
Your presence, Lord

I've tasted and seen  
Of the sweetest of loves  
Where my heart becomes free  
And my shame is undone  
Your presence, Lord

Holy Spirit, You are welcome here  
Come flood this place and fill the atmosphere  
Your glory, God, is what our hearts long for  
To be overcome by Your presence, Lord  
Your presence, Lord

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That could ever come close  
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Your glory, God, is what our hearts long for  
To be overcome by Your presence, Lord  
Your presence, Lord



Who am I that the highest King  
Would welcome me  
I was lost but He brought me in  
Oh His love for me  
Oh His love for me

Who the Son sets free  
Oh is free indeed  
I'm a child of God  
Yes I am

Free at last  
He has ransomed me  
His grace runs deep  
While I was a slave to sin  
Jesus died for me  
Yes He died for me

Who the Son sets free  
Oh is free indeed  
I'm a child of God  
Yes I am  
In my Father's house  
There's a place for me  
I'm a child of God  
Yes I am

(X2)  
I am chosen  
Not forsaken  
I am who You say I am  
You are for me  
Not against me  
I am who You say I am

Who the Son sets free  
Oh is free indeed  
I'm a child of God  
Yes I am  
In my Father's house  
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Who the Son sets free  
Oh is free indeed  
I'm a child of God  
Yes I am  
In my Father's house  
There's a place for me  
I'm a child of God  
Yes I am

In my Father's house  
There's a place for me  
I'm a child of God  
Yes I am

Great is your faithfulness oh God of Jacob  
You wrestle with the sinner's restless heart  
You lead us by still waters into mercy  
When nothing can keep us apart

So remember your people  
Remember your children  
Remember your promise, oh God

For Your grace is enough  
Yeah Your grace is enough  
Your grace is enough for me

For Your grace is enough  
Yeah Your grace is enough  
Your grace is enough for me...for me.

Great is your love and justice God of Jacob  
You use the weak to lead the strong  
You lead us in the song of heaven's victory  
And all your people sing along

So remember your people  
Remember your children  
Remember your promise, oh God

For Your grace is enough  
Yeah Your grace is enough  
Your grace is enough for me

For Your grace is enough  
Yeah Your grace is enough  
Your grace is enough for me...for me

So remember your people  
Remember your children  
Remember your promise, oh God

For Your grace is enough  
Yeah Your grace is enough  
Your grace is enough for me

For Your grace is enough  
Yeah Your grace is enough  
Your grace is enough for me...for me.

*This method of prayer lends itself well to passages in both the Old and New Testaments that portray persons, places and actions, especially events in the life of Christ. It takes into account the fact that everything we have is a gift from our God and can become a tool for growing closer to our Lord, including our imaginations.*

\*Begin by reading the passage over slowly to yourself. As you do so, use your imagination to create the scene in your mind.

\*Try to contemplate each person in the scene. Where are they standing? What do they look like? What are they wearing? What expressions are on their faces? Give a prolonged

look, above all, to the person of Jesus himself (if he is featured in the passage in question). Do not try to explain or understand, just take some time to look around.

\*Try to listen, paying attention to spoken or even implied words. What might they mean? Who might they be speaking to? Does their meaning change when these words are directed at you?

\*Observe what the people in the scene do. Who are they? What might their history be, their sufferings, personal quests, challenges and joys? How do they react? Note their gestures, feelings and attitudes especially of Jesus if he is present.

\*Place yourself actively in the scene. Allow yourself to be involved in what is happening. Besides seeing and listening, try to touch and feel the flavor of what you are experiencing in prayer. Think 'affectively' about your time in this place; How do you feel? What joys or resistances do you feel you should pay attention to as a result of spending time in this place?

End your time of prayer with an intimate thank-you and farewell to God. You might use the words of the Lord's Prayer or words of your own choosing.

Take time to jot down any thoughts or feelings you have experienced during this time of prayer in your journal.



*This is a simplified form of Lectio Divina. The same text from Scripture is read, prayerfully three times. Each reading is followed by a period of silence as one reflects on the scriptures using the guide below;*

- 1) The First Reading – is for the purpose of hearing the Word. When a word or phrase touches your heart receive it gratefully and silently repeat it to yourself in the silence that follows. After a period of silence speak out loud a single word or phrase that has caught your attention. You may wish to take a moment to jot this word or phrase down in a journal. Take a few minutes (5 or 10) to repeat this gift from God over to yourself. Don't analyze it, just receive it as gift.
- 2) The Second Reading – Is for the purpose of 'seeing' or paying attention to Christ in the text, especially as it relates to your own personal situation. As you read the passage a second time, pay attention to the images or ideas that come to mind in relation to the word or phrase the Holy Spirit gave to you on above. What images or ideas does this word or phrase bring to mind? How do you feel as you focus on that image or idea?
- 3) The Third and Final Reading – Is for the purpose of connecting the Word of God to our particular lived experience and for experiencing Christ “calling us forth”. As you read the passage through a third time ask; Why has Christ brought these particular things to mind today? What is occurring in your personal life, your area of ministry, or your time in this program that these phrases, images and ideas may be speaking to? What might Christ be asking of you? What might you do as a result? Leave some space for silence before this time of prayer closes.
- 4) To close – Jot down in a journal a few key points that you want to make sure you remember. These could include; the word or phrase God brought to mind, the image or emotions that accompanied this word or phrase, the connection between these things and your current life situation, and the action or change you would like to make as a result of this time in prayer. End this prayerful time with a prayer of thanks to God, the Lord's prayer, or the Glory be.

## How to Pray the Examen

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day in light of the graces you are been asking for during this retreat — recall specific moments where you've encountered these graces and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Why might God want you to pay particular attention to these instances?
5. Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Be specific, and conclude with the "Our Father."



