



Ignatian meditation

Read the gospel story and then picture it like a short film that unfolds in your mind. Use your imagination, go with the flow. Picture the scene - what do you see, hear, smell, touch, taste? What part of the story are you drawn to? Which character do you identify with? Or are you a bystander in the story?

At the end dialogue with Jesus, still in the story in your imagination.

Or talk with God about how you feel, how the text relates to your life.

Pause to listen quietly to what God might be saying to you.

Body prayer

Become aware that you are in God's presence.

a) Sit still, gently place palms facing upward and open them out slowly like the petals of a flower.

b) Stand erect with hands by side.

Find a way to say with your body movement 'My God, I offer myself to you'

c) Close your eyes. Slowly raise your face upward towards God. Rest a while.

Collect

Open our graves, unbind our eyes, and name us here; touch and heal all that has been buried in us, that we need not cling to our pain, but may go forth with power to release resurrection in the world. Amen.

(By Janet Morley)

grace

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