

retreat @home

*"I have seen
the Lord"*

DAY 7: SUNDAY

"I have seen the Lord"

PREPARE: Go to your chosen prayer place, settle down and become still. Take some deep breaths and slow your breathing. Relax and come to rest. God is here to meet with you.

OPEN: *I open my hands and say, "here I am God..."*
I open my ears and say, "I am listening God..."
I open my imagination and ask, "lead me God..."

ASK: Become aware of how you are feeling today, name those feelings out loud to God. Ask God for whatever you sense that you need in this time of prayer today. Be bold to ask - God loves to give.

GOSPEL READING: John 20:11-18

Read today's Gospel passage through slowly two or three times until you have a clear sense of its flow.

MEDITATION:

"Mary"

This voice. So personal, so knowing, so familiar.

She looks into his eyes. They are crinkled and smiling - utterly human and utterly alive. Joy radiates from his body.

"Rabbi!"

She clings to him. He is solid. Flesh, bone and sinew remade and renewed, life coursing through his body. In this moment she is known, accepted and made new; all of her heart's desires and all of her shame are met in this embrace. Even more than this though; something cosmic has shifted.

And yet - moments earlier she was weeping.

Who would take his body? She had lost everything. She had believed in a good God with all her heart - she knew he would lead them to victory. She could taste freedom.

And then hopelessness.

Where was God?

Maybe you've felt like this before. You've lost sight of hope - of Jesus. Picture yourself standing in a garden like Mary. Think about the landscape and vegetation, the sounds - loud or quiet, and the feel of the air around you. When you feel physically rooted, allow your feelings to float to the surface - good or bad, hopeful or hopeless. And then invite the risen Jesus into this space.

Turn to him as he says your name. Look up into his face. What expression does he hold as he looks at you? What is he saying to you? Maybe you want to tell him how you are feeling, or maybe you just want to be in his presence. Stay with him there, in your own garden, as he reveals himself to you - real and risen.

CONVERSATION: Coming out of your own imagining of the story, take a few moments to talk it over with God as if you were telling a friend about what just happened. What did you notice? What were the feelings that arose in you? Did anything surprise you? Was there anything uncomfortable? Do you sense yourself wanting to make any particular response?

ENDING: End your prayer, perhaps shaping one sentence that captures what you want to say to God. Move to somewhere different - make a hot drink - take a few moments to jot down your thoughts.

REVIEW & RELISH: If you are able to find another slot in your day, return to your prayer place, read the story and take the journey in your imagination once again. New things may emerge or you may simply find yourself relishing the earlier insights more deeply.

THREE KEY QUESTIONS:

HIS STORY - What does the resurrection tell us about Jesus?

OUR STORY - How does the resurrection speak into this current pandemic?

MY STORY - How does the resurrection affect your life today?

CREATIVE IDEAS: On this Easter Sunday, in the middle of this pandemic, think of your own way of marking the eternal joy that is ours. Let's celebrate even harder this year. Maybe you want to have a dance party in your house (!), sing worship songs at the top of your voice or write words of redemption over a newspaper. Maybe you want to quietly meditate or paint a colourful piece of art. In your own way, immerse yourself in a hope that can't be taken away.

RETREAT ON THE MOVE: This is a day of celebration! Enjoy it with all of your senses. Be with your loved ones, whether physically or through technology. Play games, laugh and eat good food. With all you do throughout the day, let yourself remember the unshakable hope and joy of the resurrection.

EXPLORE FURTHER:

Youtube: 'Resurrection day Luke poem'



THE COMMUNITY OF THE
TREE OF LIFE

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Shaped by God