



***He Is Risen Indeed***

An Easter Meditation Series

Volume 2

Dedicated to Father Jerry Hardy and Madeline Gerrard

## Chapter 1

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### Orientation in the Use of this Series

There are twenty-one meditations in the *He Is Risen Indeed* Easter series. Therefore, for manageability and practical reasons, the series has been broken up into three volumes, following Holy Week, Easter Week, and the seven Sundays of Easter.

First, for our purposes in this series, we hold a specific meaning for meditation. Some think of meditation as a synonym for prayer. Others refer to meditation as “thinking.” For our purposes, we hold a highly specific definition of meditation as a structured, disciplined, and dedicated process to allow God to speak directly to our hearts, minds, and/or spirits. That is, it is “a listening.” Therefore, by this definition, meditation is not a time for us to speak to God, either for intercessions or for thanksgiving or praise. As advised in Ecclesiastes, “... there is a time to speak, ....” But, now is not that time. Now is “...a time to be silent....”

The meditations appearing in this manuscript follow a category of meditation known as Lectio Divina (Kaisch, 162-182). The main attraction to Lectio Divina for a meditations series like this that follows Gospel readings from a traditional season of the church is that Lectio prepares us in such a way that we, first, with faith and grace from God, close our connectedness to all things of this world, connect our hearts, minds, and spirit to God, followed by a living out of the words and life of Christ in a state beyond time, space, and physics. We are transcended by God into His world where He speaks directly to us, sometimes with undeniable clarity, sometimes in undetectable ways, and sometimes by His silence to our minds (but who knows but God of what may be recorded beyond our temporal sensory capabilities in our hearts and spirits.)

Other categories of meditation, however, for those who would like to expand their experiential horizons beyond Lectio, abound. These other types are:

- Contemplative Meditation
- Monologistic Prayer, like the Jesus Prayer (CF: Anonymous. R.M. French, trans. *The Way of the Pilgrim*. San Francisco: Harper & Row, 1965.)
- Sensory Meditation
- Recollection

For our purposes, expect to be guided by God, using the meditation method of Lectio Divina, into an experience with Christ through the Gospels of the season.

Second, journaling is an important component in your spiritual growth and development. For your convenience, a Reflections Journal appears as the last chapter of this book. Feel drawn by God to record His revelations to you. Do not feel obligated, however, to use this form of journal. Whether you journal in the Reflections Journal or another form of diary, is immaterial. It is the journaling process that is important.

Third, these meditations follow the *Book of Common Prayer* Gospel readings for the season of

Easter, beginning with Palm Sunday daily through Easter Sunday and throughout Easter Week, followed by each of the seven Sundays of Easter. If you were counting on your fingers and toes, you noticed that we have twenty-one meditations in the *He is Risen Indeed* series. Considering that each meditation lasts at least twenty minutes, that is a lot of mediation. It is for this reason that the *He Is Risen Indeed* Easter series has been divided into three volumes. Regardless, do not feel compelled to engage in a structured meditation following the daily schedule of Easter Gospel readings as contained herein. It is more important that we are ready to listen to God, not rushing to complete the meditation series. So, if it takes six months to complete the series, or if you skip half of them, do not be concerned, but rather feel drawn into your conversations with God, as He desires. You will know when the time with Him is just the right amount. Trust Him, not yourself, to gauge your schedule. If you feel drawn by God into a time of meditation, enjoy it. If you feel you are still absorbed in processing a past meditation, allow God to complete the process before moving on.

Finally, you may feel a particularly strong connection to God after a meditation. As you reflect on these revelations, prayerfully consider sharing your conversation, and any resultant change in your life or the lives of others, beyond your immediate sphere of influence. Should you desire editorial assistance in organizing your thoughts, I will be more than willing to help, as I am sure, will others close to you. As you share your mediations with me, depending on the topic and available space, it may be shared on our website and/or in a future meditation publication.

## Chapter 2

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### **Gospel Readings** for the *He is Risen Indeed* Series (from Lectionary A, *Book of Common Prayer*.)

#### Holy Week - Vol 1

*"Blessed is the Name of the Lord"* - Palm Sunday - Matthew 21:1-11

*At Dinner* - Monday of Holy Week - John 12:1-11

*Seeing Is Seeing* - Tuesday of Holy Week - John 12:37-38, 42-50

*My Betrayals* - Wednesday of Holy Week - John 13: 21-35

*Yes, Wash My Feet, Lord* - Maundy Thursday - John 13:1-15

*Alone With Pilate* - Good Friday - John 19:1-37

*With Joseph of Arimathea* - Holy Saturday - John 19:38-42

#### Easter Week - Vol 2

*He Is Risen Indeed !!* - Easter Sunday - John 20:1-10

*First Meeting* - Monday - Matthew 28:9-15

*With Mary at the Tomb* - Tuesday - John 20:11-18

*On the Road to Emmaus* - Wednesday - Luke 24:13-35

*How Can This Be?* - Thursday - Luke 24:36b-48

*Fishing Once Again* - Friday - John 21:1-14

*Strengthen Our Faith* - Saturday - Mark 16:9-15, 20

#### Sundays of Easter - Vol 3

*Breathe on Me, Jesus* - 2d Sunday of Easter - John 20:19-31

*How Can I Explain This to You?* - 3d Sunday of Easter - Luke 24: 13-35

*Teach Me to Hear You, Lord* - 4th Sunday of Easter - John 10:1-10

*Bestow Your Power in Me, O Lord* - 5th Sunday of Easter - John 14:1-14

*Make Me Good Fruit, O Lord* - 6th Sunday of Easter - John 15:1-8

*Praise Be To Thee, O Christ* - 7th Sunday of Easter - John 17:1-11

## Chapter 3

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### *He Is Risen Indeed* - An Easter Meditations Series

## ***He Is Risen Indeed !!***

Easter Sunday - John 20:1-10

### **Opening Prayer**

Praise be to You, our Lord and Master, who has risen from death from the grave into everlasting dominion over all that is good. Be with us in this time with You, giving us comfort, faith, hope, love, and Your ever-present guidance to do to all You have commanded us to do. *Amen.*

### **Gospel Reading**

Early 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. So 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!"

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

Then the disciples went back to their homes... [John 20: 1 - 10]

### **Meditation**

In some cases, it is not possible to live a meditation more powerful than to Scripture itself. This is surely one of those times. To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Feel all the things that trouble you become lifted from your shoulders, like someone invisible is physically lifting them from you, leaving your body light and at peace.

As you move into your meditation, you find yourself running alongside Peter as hard as you have ever run before. As you approach the place where you and Joseph of Aramethea placed Jesus just three days before, you find yourself immobilized, unable to take another step. You see Peter pause also, but then rush into the crypt. You await from Peter some word, some exclamation, some ---- anything!! What has happened? Hearing nothing, in what seems an eternity, you find yourself stepping into the entrance of the cave, and seeing....

Live the events, through unbiased eyes and ears, as they unfold.

**"Praise be to Thee, Lord Christ."**

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

As the days pass, observe the changes Jesus is making in your life from this reflection. Record any special coincidences or revelations in your Reflections Journal, calendar and/or on anything handy and refer back to them in two weeks.

## **Sharing Your Vision with Others**

If you are so called, turn to your Reflections Journal and, using the guidelines provided, share your mediation with us. Regardless of how insignificant you feel your meditation might have been, your small candle may become a floodlight for others. So, with all humility, prayerfully consider sharing Christ's revelations in your life with us so that we might share them with others.

## ***The First Meeting***

Monday of Easter Week - Matthew 28:9-15

### **Opening Prayer**

Recognize in me, O Lord, that deepest desire of my heart to be and live each moment in Your presence. During this meditation and in all places and at all times, direct my heart, my mind, and my spirit to the fulfillment of all that is good. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

### **Gospel Reading**

Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

While the women were on their way, some of the guards went into the city and reported to the chief priests everything that had happened. When the chief priests had met with the elders and devised a plan, they gave the soldiers a large sum of money, telling them, "You are to say, 'His disciples came during the night and stole him away while we were asleep.' If this report gets to the governor, we will satisfy him and keep you out of trouble." So the soldiers took the money and did as they were instructed. And this story has been widely circulated among the Jews to this very day. [Matthew 28: 9 - 15]

### **Meditation**

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Feel all the things that distract and trouble you drift away from you like fog disappearing from a field as the sun rests upon it, leaving your body warm and at quiet.

Imagine yourself waking early in the morning, after being invited by Mary Magdalene to help prepare Jesus' body for burial. You have felt overwhelming emptiness since you observed Joseph of Arimathea and the others place Him in the tomb yesterday. Allow this sense of emptiness to empty your feelings, leaving you as if drifting weightless inside a cloud. As you leave your house on the way to Mary's, feel the early morning sun to rest on your face. Feel its warmth. Smell the fresh, crisp morning air in your nostrils. After a moment, Mary Magdalene and the other Mary wave to you as you approach. After a short walk in silence, you find yourself in front of Jesus' burial place. Just as you approach the cave, the ground shakes violently, knocking you to the ground. You hear frightened cries from the group of soldiers who were guarding the tomb. As you gather yourself back on your feet, you hear a voice from nowhere, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here. He has risen, just as He said. Come and see the place where He lay." As you look up to find the source of the voice, you

see Jesus suddenly appear in front of you and say, "Greetings." You see Mary gasp, then rush to His side. Feel yourself joining Mary, bowing on the ground before His feet. Feel yourself grasp His feet along with Mary. Feel the warmth of His skin, look up into the purity of His eyes. As if coming out of a trance, you finally realize that He has risen from the dead as He said He would do. Allow your emotions to express themselves. Feel your joy, your relief, your acknowledgement that you are in the presence of God. He begins to speak to you. Hear His words to you for as long as He speaks to you.

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

As the days pass, observe the changes Jesus is making in your life from this reflection. Record any special coincidences or revelations in your Reflections Journal, calendar and/or on anything handy and refer back to them in two weeks.

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## ***With Mary at the Tomb***

Tuesday of Easter Week - John 20:11-18

### **Opening Prayer**

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

### **Gospel Reading**

... but Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

They 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." At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

"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."

Jesus said to her, "Mary."

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

Jesus 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.'"

Mary 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. [John 20: 11 - 18]

### **Meditation**

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes.

Visualize all the things that preoccupy your mind dissolve from your consciousness like ice slowly melting in a warm liquid, leaving your mind peaceful and empty of distractions.

Visualize yourself trying to comfort Mary beside the tomb, as she weeps uncontrollably. Hear yourself reassuring her that nothing dreadful has happened to Jesus body, but that someone has come before her and taken His body to a safer place. You hear a man ask, "Why are you crying?" As you and Mary look up to see who is speaking, Mary exclaims, "Rabboni!" and rushes to His side. You hear him say, "Go tell my brothers that I am returning to my Father and your Father, to my God and your God." As you observe these events, Jesus begins to speak to both of you. Open your ears, your mind, and your heart, as Jesus tells you what things He wishes for others to do, both in this historical time, as well as, in your time. Hear what He tells you what He would like

for you to do.

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

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## ***On the Road to Emmaus***

Wednesday of Easter Week - Luke 24:13-35

### **Opening Prayer**

Recognize in me, O Lord, the deepest desire of my heart to travel on the road with You at my side, guiding me, instructing me to do Your will. In this meditation, and at all times and in all places, speak to my heart so that I may glorify Your name through my words and my actions. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

### **Gospel Reading**

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

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

They stood still, their faces downcast. One 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?"

"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. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but 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. In addition, some of our women amazed us. They went to the tomb early this morning but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but him they did not see." He said to them, "How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

As they approached the village to which they were going, Jesus acted as if he were going farther. But 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.

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

They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together and saying, "It is true! The Lord has risen and has appeared to Simon." Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread. [Luke 24: 13 - 35]

## **Meditation**

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Visualize all the things that are distracting your attention dissipate from your consciousness like ripples disappearing from a small stone tossed in a pond, leaving your mind peaceful and empty of distractions.

Feel the despondent mood you find yourself in since Jesus' arrest, murder, and burial over the last few days. Feel the emptiness in your heart and lump in your breast as you listen to Peter, James, Andrew, and the others express how they let Jesus down during those dark hours and how they might have prevented His arrest. Suddenly, you come upon a stranger walking on the road toward Emmaus with you. After listening to the discussion for some time, He begins to explain all that is store for them as Carriers of the Word. Listen carefully as He instructs each one in what their unique role is to be. What does He tell Peter to do? What does He tell you to do?

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

As the days pass, observe the changes Jesus is making in your life from this reflection. Record any special coincidences or revelations in your Reflections Journal, calendar and/or on anything handy and refer back to them in two weeks.

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## ***How Can This Be?***

Thursday of Easter Week - Luke 24:36b-48

### **Opening Prayer**

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

### **Gospel Reading**

While they were still talking about this, Jesus himself stood among them and said to them, "Peace be with you."

They were startled and frightened, thinking they saw a ghost. He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have."

When he had said this, he showed them his hands and feet. And while they still did not believe it because of joy and amazement, he asked them, "Do you have anything here to eat?" They gave him a piece of broiled fish, and he took it and ate it in their presence.

He said to them, "This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms."

Then he opened their minds so they could understand the Scriptures. He told them, "This is what is written: The Christ will suffer and rise from the dead on the third day, and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. You are witnesses of these things. [Luke 24: 36b - 48]

### **Meditation**

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Visualize all the things that trouble you fall from your shoulders like a leaf falling slowly from a tree, leaving you peaceful and empty of distractions.

Visualize yourself seated at dinner with Jesus and the disciples. Hear the excited conversation. Feel the festive mood that has arisen since He has returned and has been so absent since the days of His arrest. As the bread is passed to you, taste its richness in your mouth as you eat it and pass it on to the disciple beside you. Soon Jesus begins explaining to the disciples that they are witnesses to all that has been written -- that "Christ will suffer and rise from the dead on the third day" and that "forgiveness of sins will be preached in His name to all nations, beginning at Jerusalem". Right here !! Right now !! Not 100 years from now, not even 10 years from now. But NOW !! It is obvious to you that this revelation is slowly dawning on the disciples. For the next several minutes, listen to their conversation. What are they saying?

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

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## ***Fishing Once Again***

Friday of Easter Week - John 21:1-14

### **Opening Prayer**

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

### **Gospel Reading**

Afterward Jesus appeared again to his disciples, by the Sea of Tiberias. It happened this way: Simon Peter, Thomas (called Didymus), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. "I'm going out to fish," Simon Peter told them, and they said, "We'll go with you." So they went out and got into the boat, but that night they caught nothing.

Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus. He called out to them, "Friends, haven't you any fish?"

"No," they answered.

He said, "Throw your net on the right side of the boat and you will find some." When they did, they were unable to haul the net in because of the large number of fish.

Then the disciple whom Jesus loved said to Peter, "It is the Lord!" As soon as Simon Peter heard him say, "It is the Lord," he wrapped his outer garment around him (for he had taken it off) and jumped into the water. The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards. When they landed, they saw a fire of burning coals there with fish on it, and some bread.

Jesus said to them, "Bring some of the fish you have just caught."

Simon Peter climbed aboard and dragged the net ashore. It was full of large fish, but even with so many the net was not torn. Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. Jesus came, took the bread and gave it to them, and did the same with the fish. This was now the third time Jesus appeared to his disciples after he was raised from the dead. [John 21: 1- 14]

### **Meditation**

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Visualize all the things that preoccupy your mind dissolve from your consciousness like ice slowly melting in a warm liquid, leaving your mind peaceful and empty of distractions.

Visualize yourself early in the morning walking along the beach of the Sea of Tiberias. Feel the cool sand and foamy water on your feet as you stroll aimlessly along the shoreline. As you look out over the sea, you see the reddened sun peep over the horizon. Feel its warmth on your face, your arms, and your legs. You observe a group of fishermen just coming to the shore, acting foolish, jumping up and down, laughing and splashing each other as they carry a large basket of fish and bread towards a man beside a fire at the far edge of the shore. One of the men sees you and calls out for you to join them. As you approach, you notice that one of the men resembles the preacher named Jesus that you used to listen to quite often, but who had been crucified a few days before. You had heard rumors from some friends that many were claiming He had risen from the dead, but you were not all at all sure it was simply a story. But you are quite certain as you approach that the man is Jesus. As you sit by the fire, Jesus begins to speak to the fishermen. Listen carefully at what He is saying. Listen for as long as He speaks to you.

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

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## ***Strengthen Our Faith***

Saturday of Easter Week - Mark 16:9-15, 20

### **Opening Prayer**

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

### **Gospel Reading**

When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene, out of whom he had driven seven demons. She went and told those who had been with him and who were mourning and weeping. When they heard that Jesus was alive and that she had seen him, they did not believe it.

Afterward Jesus appeared in a different form to two of them while they were walking in the country. These returned and reported it to the rest; but they did not believe them either.

Later Jesus appeared to the Eleven as they were eating; he rebuked them for their lack of faith and their stubborn refusal to believe those who had seen him after he had risen.

He said to them, "Go into all the world and preach the good news to all creation." Then the disciples went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it. [Mark 16: 9 - 15, 20]

### **Meditation**

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes.

Visualize all the things that preoccupy your mind dissolve from your consciousness like ice slowly melting in a warm liquid, leaving your mind peaceful and empty of distractions.

Visualize yourself seated at dinner with Jesus and the disciples, joyously eating and talking, basking in His presence after a week that began as a tragedy and has ended in indescribable joy as all that Jesus has spoken over the past three years falls into place. You hear Him discuss our greatest weakness as humans - that is, our lack of faith even when we see the marvelous things our prayers produce. Listen carefully as He instructs you how to increase your faith at times when you are most full of doubt. Hear what He tells you to think and do during times of doubt.

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

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## Chapter 4

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### Reflections Journal

Record your reflections below. Consider sharing your reflections with us so that we might share them with others by emailing [chip@chipcaldwellassoc.com](mailto:chip@chipcaldwellassoc.com) or mail to:

Chip Caldwell  
InnerPath Ministries  
6226 Glynmoor Lakes Dr  
Charlotte, NC 28277

Date	Scripture	Record your reflections, any coincidences that occurred in your life after the meditation or other thoughts worth recording for yourself below.

Date	Scripture	Record your reflections, any coincidences that occurred in your life after the meditation or other thoughts worth recording for yourself below.

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## Endnotes & References

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