

**Religion 41G    Called to Love, Called to Serve: The Spiritual Exercises in Daily Life**

**Fourth Week: Resurrection of Our Lord**

**Grace:** I ask for what I desire, and here it will be to ask for **the grace to feel gladness and to rejoice intensely over the great glory and joy of Christ our Lord.**

Scripture

Evening April 23

This prayer session is omitted if the retreatant attends the Easter Vigil:

Jesus appears to his Mother (See handout)                      Lk 1:26-56

**April 23:    Holy Saturday**

Do this exercise in the evening. If you are attending the Easter Vigil, do this exercise BEFORE attending the vigil OR omit this exercise

**Fourth Week: First Contemplation**

**How Christ Our Lord Appeared to His Mother, Our Lady**

1. OPENING PRAYER    As usual: I ask the grace and help of the Lord God that all my intentions, actions and    and activities will be directed purely towards an increase in my serving and praising Him.

The following would take about 1/5 of the prayer time.

2.COMPOSITION OF SELF:

Here I take the matter to be prayed, usually a passage from scripture. I read it carefully, savouring the words, images, persons.

In this case, instead of a scripture passage, we use the following:

As the Church teaches, after His death on the Cross, Jesus's soul became separated from His Body. His body was buried in a tomb. His soul, always united to the Holy Trinity, descended to the place where all the dead from the beginning of time were waiting, that is, to Hell. There, Jesus burst open the gates of Hell, freeing the just souls to become united with the Father through Him. Then, on Sunday His body and soul were reunited and He was risen from the dead.. Then, in resurrected body he appeared to his Mother.

3. COMPOSITION OF PLACE:

Here using your imagination, capture the visible details of the scene. Look at the people, the surroundings, the weather and so forth.

In your imagination, see the tomb where His Body was laid. Then, see the events of the freeing of the just. Then, see the house of Mary, Jesus's mother.

The following would take perhaps 2/5 of the prayer time:

4. Grace: I ask for what I desire, and here it will be to ask for the grace to feel gladness and to rejoice intensely over the great glory and joy of Christ our Lord.

5. SIGHT: With my imagination, I see the various persons in the scene: who they are, what they look like, what they do.

6. HEARING: With my imagination, I hear the sounds of the scene, the words spoken, the reactions of people, the sounds in the background. In this case, imagine the joy of the freed souls and the words between Our Lord and Our Lady.

7. DEEDS: With my imagination, I note the actions of the scene: what our resurrected Lord does, what other people do, in this case, His Mother.

8. Draw some profit from what you have contemplated. In this case, consider how Jesus's Divinity had been hidden, as it were, as He went through His passion and death but that now His Divinity shines forth most wonderfully in His resurrected body.

The following would take perhaps 2/5 of the prayer time:

9. COLLOQUY: With Mary, with one of the Divine Persons or with the Holy Trinity, as the material would suggest or as you desire. In this case, dialogue with Jesus and Mary.

10. Finish with an Our Father

Spend time on review of prayer & journaling.

**On subsequent days, use the prayer passage indicated for 2. Then, follow the steps of this method, making the necessary adjustments to suit the particular scripture passage.**

April 24	Peter and John at Tomb	Jn 20:1-10
April 25	Magdalene	Jn 20:22-28 (Group meetings today)
April 26	Disciples on way to Emmaus	Lk 24:13-35
April 27	Appearance to Peter	Lk 24: 12, 34
April 28	Application of the Senses	Apr. 4-8
April 29	Appearance in Upper Room	Lk 24:36-49
April 30	1 <sup>st</sup> Point of Contemplatio	See below CONTEMPLATION

May 1	Sunday Mass	
May 2	Appearance to Thomas	Jn 20:24-29
May 3	Appearance on the Lakeshore	Jn 21:1-24
May 4	2nd Point of the Contemplatio	
May 5	Appearance to 500 and James	1Cor. 15:7
May 6	Application of the Senses	May 2-5
May 7	Ascension	Acts 1:1-14
May 8	Sunday Worship (Hug your mom.)	
May 9	3 <sup>rd</sup> point of the Contemplation	
May 10	4 <sup>th</sup> Point of the Contemplatio	
May 11	1 <sup>st</sup> Point and 2 <sup>nd</sup> Point of Contemplatio	
May 12	3 <sup>rd</sup> & 4th Point	
May 13	Entire Contemplatio	
May 5	Pentecost	Acts 2:1-13
May 6	Application of the Senses	May 3-5
May 7	The Lamb of God	Rev. 5:1-10
May 8	Sunday (Hug your mom.)	
May 9	The Reign of the Lamb of God	Acts 9:1-19
May 10	1 <sup>st</sup> Point and 2 <sup>nd</sup> Point of Contemplatio	
May 11	3 <sup>rd</sup> & 4th Point of Contemplatio	
May 12	Entire Contemplatio	
May 13	Application of the Senses	May 9-May 12
May 15	Entire Contemplation	

May 16 Course Evaluation

May 25 Concluding Mass in Chapel

## **CONTEMPLATION TO OBTAIN THE LOVE OF GOD (Contemplatio)**

**Notes:** This prayer begins with the two pre-notes: "Love shows itself in deeds," and "Love consists of sharing." These pre-notes are a description of God's love for us and of our response to God in love.

**Image:** We compose ourselves with all the Communion of Saints\* enjoying the eternal love of the Trinity.

**Grace:** We ask of God a deep awareness of God's unconditional love for us that we may in all things love and serve them.

### **Points:**

1. I go through my life experience paying special attention to the extraordinary grace of being created, redeemed from sin and called to participate in the great saving work of Jesus Christ for the whole human race.

Then I make a free offering of myself in words such as these.

*Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. You gave it all to me; to you Lord I give it all back. All is yours, dispose of it entirely according to your will. Give me only your love and your grace, for that is enough for me.*  
(SP EX [234])

2. In a similar way I go through my life experience to become sensitive to the constant presence of God to me in all creation, the plants, animals and humans giving me life and calling me forth to enjoy their presence forever.

After this I repeat the offering of myself.

*Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. You gave it all to me; to you Lord I give it all back. All is yours, dispose of it entirely according to your will. Give me only your love and your grace, for that is enough for me.*  
(SP EX [234])

3. As in points 1 and 2, I go through my whole life and seek to raise my awareness of the ways in which God sustains all humanity as those who labour in effort and suffering with us.

After this I repeat my offering.

*Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. You gave it all to me; to you Lord I give it all back. All is yours, dispose of it entirely according to your will. Give me only your love and your grace, for that is enough for me.*  
(SP EX [234])

4. Again I go through my whole life seeking to know how my power, justice and mercy are an expression of God's power, justice and mercy. To appreciate how God graces me with gifts of body, mind and heart, gifts of creativity and perseverance coming to me like sun rays from the sun or water from a spring.

After this I repeat my offering.

*Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. You gave it all to me; to you Lord I give it all back. All is yours, dispose of it entirely according to your will. Give me only your love and your grace, for that is enough for me.*  
(SP EX [234])

\*The “communion of saints” expresses the truth that all those, living and dead, who follow Christ are united together, praying for each other, connected through Christ.