

Jesus' Resurrection Joy Exercise #10

Introduction

In the "Overview & Instructions" for Week #4, Ignatius suggested the following as part of our focus:

- *To experience true human gladness and joy...and to **rejoice intensely** because of the great glory, the joy, and the hope of the Resurrection*

In other words, in Week #4 we're to share in...Jesus' joy at the time of the Resurrection.

This may not be as easy as it sounds. A retreat director gave this advice:

*"The way we're going to understand Jesus' joy is to **stand shoulder-to-shoulder with Him**...and there try to experience how He sees and the emotions He feels during the stories that took place after the resurrection.*

That's what we'll attempt to do in this Exercise.

Exercise

Note below the following stories that occurred after the Resurrection:

John 20:1-18 Mary Magdalene thinks she meets a gardener.

John 20:19-25 Disciples hiding...Jesus comes to them.
Luke 24:33-43

John 20:26-29 Jesus comes through the locked door...
 Thomas is there.

John 21:1-14 Jesus appears to disciples who are fishing.

John 21:15-19 Jesus speaks to Peter.

Luke 24:1-12 The women come to the tomb and find it
Mark 16:1-8 empty.

Matthew 28:10

Luke 24:13-32 The road to Emmaus

Pick one of the stories...and with your journal in hand...imagine yourself as actually being Jesus on the scene.

Then...for each other person in the scene, try to imagine what has been going on inside them (ie: their emotions, fears, despair, confusion, etc.) during the time that has passed since Jesus died.

Then...again for each of them, try to imagine the “change” that takes place within the instant they realize He is alive

Finally...knowing that Jesus is well aware of that “change” ...be Jesus again, imagine His joy...and share that Joy with Him.

Then...pick another story

Jesus' Resurrection Exercise #11

In the final words recorded in Matthew's Gospel, we find what is often referred to as the "Great Commission".

"And Jesus came up and spoke to them, saying, "All authority in heaven and on earth has been given to Me. Go, therefore, and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to follow all that I commanded you; and behold, I am with you always, to the end of the age."

Matthew 28:18-20

We understand this to be Jesus' "marching orders" for His people. As we look closely at the Great Commission that He gives to His followers, we discover that it was never His intention that we would "march" off without Him, doing His mission for Him.

Rather, we see that Jesus' Great Commission is a **partnership**. Based on His authority and walking alongside Jesus, His followers "**GO**" into all the world.

Partnership – Jesus with us/us with Jesus

For this final exercise of retreat, you are invited to simply "sit" with Jesus and dream about what you might do with Him going forward.

- What is Jesus calling you to do with Him?
- Where is Jesus inviting you into His mission?
- What dream does Jesus want to rekindle?
- What areas of your life does Jesus want to renew?

Allow this exercise to inspire you to action as you leave retreat and join Jesus in His mission.