

PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 23 ~

THE WOMAN IN TEARS ~ "Mary ... Rabboni!"

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read John 20:1, 11-18

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I watch Mary Magdalene come to the tomb in the early morning. She sees that the stone has been taken from the entrance ... She does not look in, runs to find Simon and John, and returns after they leave the tomb (vv.1-10).

Now she stands alone outside the tomb. She stands, unable to leave, afraid to look into the darkness of the tomb. Her tears fall ... yet still she remains there. I watch with reverence ... I seek to understand those tears ... I sense that she seems frozen in her sorrow ...

I marvel now at her courage: "As she wept she stooped to look into the tomb." *She faces her pain, her fear: she looks into the darkness of the tomb ... and finds that it is not as empty as she feared. A process begins that leads her from her tears to the Lord ...*

The angels ask: "Woman, why are you weeping?" I hear this question directed to my heart as well: Why are you weeping? Why is your heart heavy as you live day by day?

She sees the "gardener," not recognizing Jesus who is already there with her, even as her tears fall ...
"Woman, why are you weeping? Whom do you seek?" I answer this question, speaking to the Lord from my heart ...

"Jesus said to her 'Mary.'" Simply her name ... I hear him pronounce my name ... That one word says everything to me, as it does to Mary ...

"Rabboni!" One word ... which says everything. She knows now that he is alive, and will live forever, that he is with her, that his love will never leave her, that he calls her by name ... She is no longer the woman in tears ... I speak now to the Lord. I respond from my heart to his greeting ...

The encounter becomes mission: "Go to my brethren and say to them ..." "Mary Magdalene went and said to the disciples: 'I have seen the Lord.'" I feel the joy, the delight, the energy, with which she proclaims the risen Lord.

"I have seen the Lord." I speak with Mary Magdalene, I speak now with Jesus, and ask that this too be the central reality of my life, and my message to the world ...

Now I sit with Mary. I gaze upon her face, and see there her radiant joy. I see the deep happiness of knowing herself loved, loved infinitely, loved forever ... My heart now speaks ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
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- What are the feelings arising in my heart? I feel ...
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- What are the desires arising in my heart? I desire ...
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Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

¹Gallagher, T., 2008. *An Ignatian Introduction to Prayer: Scriptural Reflections According to The Spiritual Exercises*. New York: The Crossroad Publishing Company. ²This way to converse with God in prayer often called ARRR is taught by The Institute for Priestly Formation out of Omaha Nebraska. For more information see Father Traynor, Scott (2013) *The Parish as a School of Prayer* and Dwyer, Karen and Lawrence (2011) *WRAP Yourself in Scripture* (IPF Publications).