



SANTA CRUZ BIBLE CHURCH

WHEN JESUS ENTERS OUR ISOLATION

An Easter Meditation

Scripture: John 20:19-23

Preparation:

- Find a quiet place where you can be alone with Jesus for at least 10-20 minutes
- Say a brief prayer acknowledging this presence of God as you enter into prayer and ask for the grace to be open to the healing touch of God.
- Read the text a couple of times slowly and take in the event that the text is relating. What is happening and how does the action unfold? Who are the people involved? How do they feel about each other and what is occurring?
- Put the text away. Now with the eyes of your imagination, see the dramatic action of the story unfold, as if you were witnessing the event as an outside observer.
- Now as you begin the meditation, let this passage of scripture read you. The goal is not new insight or information. Rather, the goal is to allow Jesus to meet you where you are using the faculty of your imagination. Pay attention to your thoughts and emotional reactions as you experience this scene. Let the Holy Spirit guide you and make connections to your experiences in life today.

THE MEDITATION

See yourself in the Upper Room with the disciples. The doors are locked tight. Use your five senses in your imagination (Taste, Touch, Smell, Sight, Hearing) Also notice your emotions, especially your fear, what has led you to lock these doors? What are you fearful of while you're in this isolation?

Notice Jesus suddenly appear. How does He look? How does his appearance make you feel? Try not to judge your emotions as right or wrong. Simply acknowledge them to yourself and to Jesus. Tell Jesus how his appearance makes you feel. What do you imagine He says back to you? Don't be afraid to have a conversation with Jesus now.

Now hear Jesus say as He looks right at you with His eyes of love, "Peace be with you!" What does His voice sound like? How does this greeting make you feel? How does He move to comfort you?

Now you see Jesus stretch out his hands and you see the fresh scars made by the nails on the cross. He lifts his garment and allows you to see the wound in his side where a Roman spear pierced him. It's big enough to put your hand into! What does the sight of these wounds do to you? Notice, are you curious about anything? Feel free to ask Jesus whatever questions come to your mind.

The disciples around you are overjoyed. How do you feel? Don't judge yourself if you notice you don't feel overjoyed immediately. Ask Jesus how He wants to meet you in whatever emotional state you're in.

Now hear Jesus as He says, "Peace be with you! As the Father has sent me, I am sending you." What do these words mean to you? How do they make you feel? Do they bring up questions for you? Again, converse with Jesus about whatever you're thinking and feeling. How does He respond to you?

Suddenly, Jesus breathes on you and says, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven." What do you see, hear, feel, and smell as Jesus breathes on you? How does it make you feel? What do His words stir inside you?

Finish this meditation by sitting with Jesus. How does He seem to you? Does He want to talk with you or just be with you?

Remember:

- Jesus wants to meet with you and speak with you through your imagination. Don't second guess yourself, trust your imagination and then afterwards, you can square what you experienced with the rest of scripture.
- Don't judge your thoughts or emotional responses if they don't match what you think they "ought" to be. Jesus will meet you in love
- Afterwards, you may want to take a few minutes and journal what you saw and experienced in this meditation.

CLOSING PRAYER

Lord, my God
When your love spilled over into creation You thought of me.
I am from Love, of Love, for Love.

Let my heart, O God, always recognize, cherish and enjoy Your goodness
in all of creation.

Direct all that is me toward your praise. Teach me reverence for every
person, all things. Energize me in your service.

Lord God, may nothing ever distract me from your love. Neither health nor
sickness, wealth nor poverty honor nor dishonor long life or short life.

May I never seek, nor choose to be Other than you intend or wish.