



CONTEMPLATIVE PRAYER

THE RESURRECTED JESUS

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

- ❑ Imagine yourself in front of the tomb where Jesus was buried. It is three days after Jesus has been crucified. And now, you are peering into an empty tomb. Imagine what you see, feel, smell, hear.
- ❑ Turn around and imagine Jesus standing before you. What does He look like? Look at His eyes. What is the expression on His face as you make eye contact with the resurrected Jesus?
- ❑ Ask Jesus now, as He holds your gaze, what is the *first* thing you want to say to me? Listen.
- ❑ As you stay in this shared place with Jesus, in front of His tomb, remember the way He just spoke to you. Now remember the *way* He called Mary Magdalene by name... the way He knows her, loves her, and gives her identity.
- ❑ Now let's ask Jesus, "If You were to call out to me, what *name* would you give me?" When He tells you and calls you by that name, tell Jesus you are choosing to receive it. "I receive it, Jesus."
- ❑ This resurrected Jesus you are encountering right now is the face of God. Jesus is full of pure love and hospitality and He loves you so much.
- ❑ Lastly... we acknowledge You here with us, Jesus. Would You tell each of us the Good News Yourself? Listen to Him speaking to you. What did Jesus say? Share it with someone.

