



Ignatian Spirituality Centre

Glasgow

lentreteat.uk

Meeting Seven: Holy Week – Suggested Outline of Meeting

Welcome: We suggest beginning with tea/coffee and biscuits while people gather and are welcomed.

Opening Prayer – Take a couple of minutes of quiet prayer to ask God to be with you during the meeting. Pray that God might speak to the heart of each person in the group.

Sharing - Ask each individual to go over their prayer times this week; give them a moment to consult their journal.

You might ask them:

- How did you find praying the daily Scripture or the other meditation?
- Did anything surprise you?
- Did any of the Scripture passages or other meditations have any special meaning for you?
- How did you feel over the week?
- What is God saying to you? Is God asking anything of you?

Teaching: The Last Supper

This is a led meditation through the Last Supper inspired by the Gospel of St. John.

Stilling: Take time to sit in a comfortable and attentive position. Do a stilling exercises to quieten the group.

Awareness of God: "When two are three are gathered in my name, there am I in your midst." Let us recognise that we are gathered in the name of Jesus and he is in our midst at this moment.

Ask for what you Desire: Ask the Lord for the gift or grace you need at this moment. You may wish to ask that you would like to stay close to Christ in his passion, death and resurrection.

Imagine the upper room with the disciples; the women and men who followed Jesus on the way.

Take your time to imagine it; is it dark or light, large or small, people lay on

couches or sat at table?

What are the people doing at this Passover meal?

What is the mood?

Who are you? Maybe you could become one of the followers of Jesus.

"Little children, yet a little while I am with you. You will seek me; and as I said to the Jews so now I say to you, 'Where I am going you cannot come.'"

What does Jesus mean?

Perhaps you ask the person next to you, "What does he mean, 'Where I am going you cannot come?'"

"Peace I leave with you; my peace I give to you; not as the world gives do I give to you."

What sort of peace is this of Jesus which is not the same as worldly peace?

"This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you."

How does it make you feel being called a friend of Jesus?

What do you think he is talking about, laying down one's life?

"Are you discussing among yourselves what I meant when I said, 'A little while, and you will no longer see me, and again a little while, and you will see me'?" Very truly, I tell you, you will weep and mourn, but the world will rejoice; you will have pain, but your pain will turn into joy."

What are you and the other followers of Jesus discussing?

What do you think he is talking about when he says that you will mourn and weep, but then later you will rejoice?

What is the atmosphere in the upper room now?

Imagine you see Jesus handing out the bread and hear him saying *"This is my body"* and later the cup and saying, *"This is my blood"*.

Be aware of your own feelings when the bread and wine come round to you.

Talk to Jesus in your own words about the things that matter to you. Listen to him respond.

Prayer: End the prayer period with a formal prayer such as the Our Father.

Review: Ask the group what struck them in this prayer? Did anything surprise them? You may like to share in twos and three or in the whole group.

Looking Forward – Make sure the time and venue etc. of the next meeting is clear.

Thank everyone for coming.