

“Have You Anything Here to Eat?”
Sustainable Food in a Changing Climate
Earth Day 2015

Guided Meditation

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(for youth and adults, can be used in a variety of settings)

In the spirit of St. Ignatius of Loyola, this meditation is intended to deepen the participants’ connection to Jesus through the Scripture. Ask the participants to sit comfortably in a chair or on the floor with eyes closed. After everyone is settled, say, “Take a deep breath in slowly through your nose and release the breath slowly through your mouth. Continue to breathe as I read this scripture to you.”

Read Luke 24:36b-43

Now say:

“Breathe in slowly through your nose and release the breath slowly through your mouth and relax.”

Say each line slowly giving time for participants to relax as they breathe.

“Relax the top of your head, ears and face.”

“Relax your neck, your shoulders and your upper arms.”

“Relax the top of your back, middle back and lower back.”

“Relax your chest and stomach.”

“Relax your lower arms, hands and fingers.”

“Relax your hips, thighs, knees, shins, the tops of your feet, the bottoms of your feet and your toes.”

Repeat this series several times until everyone is relaxed.

Then read this slowly:

“Go with me to Jerusalem. You are in Jerusalem in a room with a lot of people. You know most of the people because like you, they loved and followed Jesus. Everyone is speaking softly and some people are crying because Jesus was executed 3 days ago. The women went to anoint his body at the tomb, but his body was not there and the women returned frightened. Cleopas and his friend just returned saying that they met a stranger on the road who said amazing things. They invited him to stay the night and at dinner he picked up the loaf of bread and broke it which caused them to recognize the man. It was Jesus! People are talking about these things. Someone checks to be sure the door is locked because everyone is scared.”

Ask:

“What does the room look like, does it have a dirt floor? What furniture is there? Is it dark or light? Is it warm or cool? What does the room smell like? What do you hear? Can you hear any sounds coming from outside? Look around, what do the people look like? What are they wearing? How do you feel about them? Do you feel close to them? What are you wearing? How do you feel? Are you frightened too?”

“Someone speaks on the other side of the room and you turn to look. ‘Peace be with you,’ he says. It is Jesus. Everyone recognizes him. How do you feel?”

“Jesus looks at you and says, ‘Have you anything here to eat?’ What will you say? What will you offer Jesus?”

“Imagine going to get the food for Jesus. Imagine fixing him a plate. How does it smell? How does it feel in your hands as you carry it? Take the food to Jesus, look at him in the face and offer it to him. What do you say to him? What does he say back? Bask in his presence for a moment.”

“Now take your time and slowly leave Jesus and that house in Jerusalem and come back to now. Feel your feet on the floor and your back against the chair. Breathe deeply and feel your legs and your arms and your shoulders and your neck and your head. When you are fully present, open your eyes and breathe deeply again.”

Invite participants to share their experience or to journal.