

# Meditation on Mark 5:21-43



The following should be read aloud slowly. Whenever you reach "... " pause for at least 30 seconds. The whole thing should take 20 mins or so.

*This Meditation uses a form of meditation that is attributed to St Ignatius of Loyola. It involves imagining yourself into the story as if you were there. Some people find this easier than others - don't work too hard at it, but go with the flow and don't worry if you miss bits of the story. Some people like to imagine themselves back in Jesus day, others like to imagine the story happening today - and some mix them up - choose whatever works. The main thing is that through this meditation you let God speak to you from the story, however he wants to.*

*Sit comfortably and relax for a few minutes. Close your eyes and take a deep breath and slowly breathe out in to God's hands all the things on your mind. Take another breath and another...*

Imagine you are standing on a small hill beside a large lake, it is mid afternoon.

Look up and notice what the sky is like...

look around and take in the scenery...

sit down and look out at the lake, its colour, its texture, what is on the lake...

listen to the sounds, breathe deeply and take in the smells

You notice a little dot on the horizon...

As time goes on, you make out that it is a boat with a dozen or so people in it.

You realise that one of them is Jesus...

You begin to hear the sound of talking and you look back to the shore.

People are gathering from all directions, more and more...

What sort of people are they? Do you recognise anyone?

The boat is now much nearer, its going to land.

You need to make a decision

Should you stay here on the hill or go and join the crowd?...

A man pushes through the crowd. Everyone falls back to let him through. He must be important

You try to get a look at him, what do you think of him?...

You watch him fall at Jesus' feet and say something about his daughter

What does the crowd do?...

How does Jesus react?...

Jesus and the man begin to walk away...

The crowd follows. It seems to have grown

What is the mood of the crowd now?...

Where are you now?...

How do you feel about what's happening?

Suddenly Jesus whirls around & says in a loud voice ""Who touched my clothes?"

How does the crowd react?...

Your eye catches the face of that important man – what do you see?...

After what seems like an eternity, one of the disciples says " You see the crowd pressing in on you; how can you say, "Who touched me?"

But Jesus keeps looking around

You see the people nearest to Jesus – is it him? is it her? Is it one of the disciples? You see again that important man...

How long before a woman comes trembling forward to fall before him?

You look at her and take in her age, her clothes, her posture, her emotions. You notice how others regard her...

You hear her tell her story – the interminable illness, the innumerable doctors, the bankruptcy of possessions, of friendship, of hope.

You take in the emotions she exudes...

You hear Jesus say "Daughter your faith has made you well, Go in peace and be healed of your disease"

You watch what happens next.

Something in you makes you want to go up to Jesus and touch him too.

How do you respond to this inner urge?

Jesus knows of the urge and he turns to look at you

What does he say... .. (long pause of several minutes)

Finally Jesus says to you "Go in peace"...

And so you go

Slowly back into the present... into (Stoke Bishop)... into this (lounge) *not too fast*

Become aware again of those around you, of the surroundings, stretch a little.

You may like to play a piece of gentle music without words at this stage- flute pieces are good

Now talk briefly with your neighbour about what did or didn't happen as you listened.