Guidelines: Protect confidentiality and follow the leader’s prompts.

Ignatian Meditation Process: Ignatius chose this Gospel reading for Week 2 of The Spiritual Exercises. Read the introduction and then “Ask for the grace”. Then quietly read the passage by using your imagination to enter into the story, sensing and feeling what's going on. Don't analyze the passage or seek insights — experience yourself as a character in the story. After the second reading have a “colloquy” (short, personal conversation) with the Lord. You can use the prompts and questions at the bottom to guide your prayer time and journaling (and sharing with others).

Introduction: John the Baptist has pointed out Jesus as the Messiah and the Lamb of God who takes away sin. Some of the Baptizer’s disciples have started following Jesus and they go with him to a wedding in Cana. The wine runs out, putting a damper on the celebration, and so Jesus turns water into wine! He blesses the guests and shows his glory to his mother, disciples, and the wedding servants.

Ask For the Grace: Lord Jesus, I ask for the grace I desire: to know you more intimately, to love you more intensely, and to follow you more closely.

Imagine Yourself in the Gospel: John 2 (MSG)
1-3 Three days later there was a wedding in the village of Cana in Galilee. Jesus’ mother was there. Jesus and his disciples were guests also. When they started running low on wine at the wedding banquet, Jesus’ mother told him, “They’re just about out of wine.”
4 Jesus said, “Is that any of our business, Mother—you or mine? This isn’t my time. Don’t push me.”
5 She went ahead anyway, telling the servants, “Whatever he tells you, do it.”
6-7 Six stoneware water pots were there, used by the Jews for ritual washings. Each held twenty to thirty gallons. Jesus ordered the servants, “Fill the pots with water.” And they filled them to the brim.
8 “Now fill your pitchers and take them to the host,” Jesus said, and they did.
9-10 When the host tasted the water that had become wine (he didn’t know what had just happened but the servants, of course, knew), he called out to the bridegroom, “Everybody I know begins with their finest wines and after the guests have had their fill brings in the cheap stuff. But you’ve saved the best till now!”
11 This act in Cana of Galilee was the first sign Jesus gave, the first glimpse of his glory. And his disciples believed in him.

1st Reading: Visualize yourself in the Gospel story. Don’t seek intellectual insights — stay with the imagery. Use your senses to see, touch, feel, and hear. What part of the story are you drawn to? Which character do you identify with or are you a bystander?

2nd Reading: Experience the story in the role of the character God led you to. Then talk with the Lord. What do you feel? How does this relate to something in your life today? What is God saying to you?