



SIEBENQUELL

Living with the Risen Lord in our Heart



Easter is a great and wonderful feast which the Church celebrates for 50 days. For seven weeks we celebrate the resurrection – and yet we often speak abstractly of it. Heady sermons come to mind, words like »the gifts of the resurrection are justice and freedom.« They appeal to the intellect to make a greater effort »to delve into« the resurrection. However, it remained rather dry, colourless and without any meat on the bone.

Instead, let us look at the last chapters of the Gospel. What are experience of the Risen Lord that are recounted there? It is worthwhile to take a closer look at these stories and let them work in us:

In Matthew's Gospel Jesus appears to the women on the way back from the empty tomb; they fall down before him and clasp his feet.

Luke, in his wonderful tale of journeying with Jesus, recounts the dialogue and the breaking of the bread in Emmaus. Thereafter he writes: »While they (the disciples) were still speaking of this, he appeared in their midst and said to them: Peace be with you! They were startled and frightened, thinking they saw a ghost. He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.«

Already on the path to Emmaus he said: »Do you not grasp...« and we quickly think that it is a matter of understanding. But grasping is first of all an interior experience: take hold, hands on, touch! Thus, Jesus shows the startled disciples his hands and feet, and when this does not suffice, he ups the ante: »Do you have anything here to eat? They gave him a piece of broiled fish, and he took it and ate it in their presence.« (Lk 24, 42).

The disciples do not experience the resurrection as something above their heads, but rather with all their senses. It is an experience of vitality. In the Gospel of John Jesus shows them his hands, his side, his wounds, and he breathes on them – what physical closeness and experience! And as Thomas joins them one week later, he is told to stretch out his fingers and to place his hand in his side. Thomas is allowed to touch the scars of the wounds with his hands.

The disciples have sensual experiences of the Risen Lord. They feel his breath, touch his scars and eat with him. In this way they slowly realise that Jesus has been raised to life. To live with the Risen Lord means, that life must be experienced with all our senses. Indeed, there is a childlike quality to picking up the track of life once more. Someone who is well known for his childlike levity has left us a small poem of such experiences of relishing life:

I awoke so utterly content.
I slapped my thighs.
The water entices me. The soap laughs.
I thirst for the airs.

...

From the depths of my soul there appears,
With flaring nostrils,
A monstrous appetite
For breakfast and life.

Joachim Ringelnatz calls this »Morgenwonne« (Morning delight): He greets the day with all his senses, with joy and lightness and sense deep within them the unfettered desire for life.

May we live resurrection like that!

Rosemarie Monnerjahn

6. April 2016, Vallendar