

Bible Study on Living A Resurrected Life: Showing Up & Letting Go
Mary Magdalene
John 20

1. What do you remember or know of Mary Magdalene?
2. Have you ever heard that Mary Magdalene and Jesus might have had a romantic relationship?

“I do intend to open the emotionally charged question of a possible love relationship between Jesus and Mary Magdalene, and my conclusion is that such a relationship most likely did exist and is in fact at the heart of the Christian transformational path – one might even say, its long-missing key. But the kind of relationship I have in mind is not the sentimentalized melodrama our culture commonly holds up as love, but a spiritual love so refined and luminous as to be virtually unknown in the West today. And I’m entering these shark-infested waters precisely for the sake of this love: because its healing and generative energy is desperately needed right now to heal the deep psychic wounds of Christianity.” -Cynthia Bourgeault, *The Meaning of Mary Magdalene: Discovering the Woman at the Heart of Christianity*

Conscious Love is knowing when to show up and when to let go.

To be disciples like Mary Magdalene is to show up. As a resurrected people, it means we show up to bear witness to one another’s pain and suffering — often we can’t offer a solution or take away the pain. The greatest thing we can do for one another is to bear witness to each other’s lives. That can be incredibly difficult sometimes but it can often be the most loving thing we can do.

3. What does showing up look like to you?
4. Why did Jesus ask Mary to let go? What happens in our lives when we refuse to let go of something or someone we know we should?

Jesus said to her, “Don’t hold on to me, for I haven’t yet gone up to my Father. Go to my brothers and sisters and tell them, ‘I’m going up to my Father and your Father, to my God and your God.’” Mary Magdalene left and announced to the disciples, “I’ve seen the Lord.” Then she told them what he said to her. (John 20:17-18)

5. Think about what you need to let go of in your life and why.
6. How does fear talk us into holding on and staying in the same place? Thinking of Mary Magdalene’s story and your own, what could help you with your fears?
7. How do we know when to hold on and when to let go? In your life, how did you know the difference?

Richard Rohr says, “Great love is both very attached (“passionate”) and yet very detached at the same time. It is love but not addiction. When we have all things in Christ, we do not have to protect any one thing. The True Self can love and let go. The separate, small self cannot do this...We only have to look around at all the struggling relationships in our own lives to see that it’s true. When we love exclusively from our small selves, we operate in a way that is mechanical and instrumental, which we now sometimes call codependent. We return again and again to the patterns of interaction we know. This is not always bad, but it is surely limited. Great love—loving from our Whole Selves connected to the Source of all love—offers us so much more.”

8. God is calling us to a deeper relationship of conscious love. How will you allow God to love you this week?