

# **MEETING JESUS IN THE SCRIPTURES**

## **Using these scripture passages**

1. Find a comfortable and quiet place. Close your eyes, relax, leave concerns in God's care while you pray  
Quietly remember that God is now with you and welcoming your full attention.
2. Slowly read the passage from the Gospel
3. Allow yourself to become absorbed in what is taking place in the scene. How is each person feeling and what is each person doing? How am I feeling & what am I doing? Enter more deeply & completely into the scene.
4. Use your senses. Taste, touch, feel, smell, and see what is going on around you. Express you the scene. Talk with those present. Become part of the scene itself.
5. Let God do the rest. Whatever thoughts, feelings and body sensations come, let them flow freely and allow them to deepen your contact with God. Often God reveals things to us that we could never have imagined or arrived at through merely thinking about them.

*On the following day John was standing there again with two of his disciples. As Jesus walked by, John looked at him and said, "There is the Lamb of God." On hearing this, the two disciples followed Jesus. He turned and saw them following, and he said to them, "What are you looking for?" They answered, "Rabbi where are you staying?" Jesus said, "Come and see." So they went and saw where he stayed and spent the rest of that day with him. John 1:35-39*

### **reflection questions**

- 1-What would I say if Jesus asked me "what do you want?"
- 2-What do I yearn for? what does this yearning feel like? Can I describe it?
- 3-Do I remember a time of feeling deeply connected to someone? A friend? In prayer? What was it like?

*Jesus went to the home of Simon. His mother-in-law was sick in bed with a fever and they told Jesus about her. Jesus went to her and taking her hand raised her up. The fever left her. Mark 1:29-31*

### **reflection questions**

1. What causes darkness in my heart? What fears control me? What anger do I hold on to? Whom have I not forgiven? What hurt lives deep inside me?
2. Can I let Jesus anoint those places? Let the oil absorb those things that cause darkness in me?
3. Can I anoint others? Can I hear their pains and hurts and show them the compassion of Jesus

*When Jesus drew near to Jericho, a blind man was sitting by the road, begging. As he heard the crowd passing by, he inquired what it was, and they told him that Jesus, of Nazareth was going by. Then he cried out, "Jesus Son of David, have mercy on me!" The people in front scolded him, "Be quiet!" but he cried out all the more, "Jesus, Son of David, have mercy on me!" Jesus stopped and ordered the blind man to be brought to him, and, when he came near, he asked him, "what do you want me to do for you?" And the man said, "Lord, that I may see!" Jesus said, "Receive your sight, your faith has saved you." And at once the blind man was able to see and he followed Jesus, giving praise to God. Luke 18:35-43*

### **reflection questions**

- 1-In what ways am I blind?
- 2-Are there people I refuse to see? Who are they? Are there parts of myself I cannot face? What are they?
- 3- Do I really want to see? to leave what I have grown accustomed to? Am I ready to see what God desires for me?

*One day, as Jesus stood by the Lake of Gennesaret with a crowd gathered around him listening to the word of God, he caught sight of two boats left at the water's edge by the fishermen now washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to pull out a little from the shore. There he sat and continued to teach the crowd.*

*When he had finished speaking he said to Simon' 'put out into deep water and lower your nets for a catch. Simon replied, "Master, we worked hard all night and caught nothing. But if you say so, I will lower the nets."*

*This they did and caught such a large number of fish that their nets began to break. They signaled their mates in the other boat to come and help them. They came and helped fill both boats to sinking point.*

*Upon seeing this, Simon Peter fell at Jesus' knees saying, "Leave me, Lord, for I am a sinful man!" For he and his companions were exceedingly amazed at the catch they had made. Jesus said to Simon "do not be afraid. You will catch people from now on" They brought their boats to land and followed Him, leaving everything. Luke 5:1-11*

### **reflection questions**

1. Do I sometimes work frenetically and all alone in my work? in my home? in my relationships? Have I ever tried to change my rhythm? Can I let Jesus change my rhythm?
2. Do I forget to ask Jesus, "Where are the fish? Where do you want me to be?"
3. How do I remain open to seeing "below the surface to see this deeper level in our lives"? Do I remember to ask Jesus to show me that deeper place?
4. Am I being called to work with Jesus? In what way do I experience that call? Am I good enough to do God's work?

*Jesus made His disciples get into the boat and go ahead of Him to the other side, while he sent the crowd away. And having sent the people off, he went up the mountain by Himself alone to pray. Matthew 14:22-23*

### **reflection questions**

1. Have I ever felt powerless? What was that moment like? Was God there? How did I experience God's presence or absence?

2. Are there "five minutes" in my life in which I did something that I wish I could take back? What was it that I did? Have I asked for forgiveness?
3. Do I really believe that God can forgive all? How do I experience forgiveness in my life? Where do I need forgiveness in my life?

*Meanwhile, the boat was by now very far from the land, dangerously rocked by the waves for the wind was against it. By daybreak, Jesus came to them walking on the lake. When they saw him walking on the lake, they were terrified, thinking that it was a ghost. And they began to cry. But at once Jesus said to them, "Courage! Do not be afraid, it is I." Peter answered, "Lord if it is you, command me to come to you walking on the water." Jesus said to him, "Come." And Peter got out of the boat, walking on the water to go to Jesus. But in the face of the strong wind, he was afraid and began to sink. So he cried out, "Lord, save me!" Jesus immediately stretched out his hand and took hold of him, saying, "Man of little faith, why did you doubt?" When they got into the boat the wind ceased. Then those in the boat bowed before Jesus saying, "Truly, you are the Son of God!" Matthew 14:24-33*

#### **reflection questions**

1. In what ways am I invited by Jesus to "walk on water"? Do I believe I can do it? Do I doubt myself? How do my doubts keep me from "walking on water" ?
2. Do I trust God enough to face this raging wind, these darkened forces?
3. Do I let "thoughts of how impossible tasks are distract me? When have I done that recently? Can I again imagine that same situation, but now going through it keeping my eyes on Jesus?

*As Jesus and his disciples were on their way, he entered a village and a woman called Martha welcomed him to her house. She had a sister named Mary, who sat down at the Lord's feet to listen to his words. Martha, meanwhile, was busy with all the serving, and finally she said, "Lord, don't you care that my sister has left me to do all the serving?" But the Lord answered, "Martha, Martha, you worry and are troubled about many things, whereas only one thing is needed. Mary has chosen the better part, and it will not be taken away from her." Luke 11:38-42*

#### **reflection questions**

1. Do I have an endless list of things to do? Am I focused on the list? Do I focus on the moment when all of the things will be done instead of living in the present moment?
2. How might I practice living in the present? What are some of the things that take me out of the present?
3. Do I enjoy life? How do I express my enjoyment? How might I begin to enjoy life?

*Jesus was in Bethany in the house of Simon the leper. He was at dinner when a woman entered carrying a precious jar of expensive perfume . She broke the jar and poured the perfumed oil on Jesus' head. Then some of them became angry and said, "What a useless waste of perfume. It could have been sold for more than three hundred silver coins and the money given to the poor." And they criticized her. But Jesus said, "Let her alone; why are you troubling her? What she has just done for me is a very charitable work. At any time you can help the poor; for you always have them with you, but you will not have me forever. This woman has done what was hers to do; she has anointed my body in anticipation of my burial. Truly, I say to you, wherever the Good News is proclaimed all over the world, what she has done will be told in praise of her." Mark 14:3-9*

#### **reflection questions**

1. Am I seeking Jesus? Is there something I desire from Jesus?
2. Do I believe that "the one who made the stars, greater than we can ever imagine, is saying to me ever so clearly, I love you." Can I imagine Jesus saying these words to me? What does that feel like?
3. Would it be possible to live always with the awareness that my Creator loves me?

*It was before the feast of the Passover. Jesus realized that his hour had come to pass from this world to the father, and, as he had loved those who were his own in the world, he would love them with perfect love.*

*They were at supper; the devil had already put into the mind of Judas, to betray Him, but Jesus knew that the Father had entrusted all things to Him and, as he had come from God, he was going to God. John 13:1-4*

#### **reflection questions**

- 1-Is there a hatred in me I would like to let go of? Is there an anger that seethes within that I need to release?
- 2- Could I bring that hatred or anger before Jesus? Could I let Him heal it?
- 3- Can I forgive and learn to trust again?

*Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing. When he came to Peter, Peter said to Him "Why, Lord, you want to wash my feet!" Jesus "What I am doing you cannot understand now, but afterward you will understand it." Peter replied, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you can have no part with me." Then Peter said, "Lord, wash not only my feet, but also my hands and my head!" Jesus replied, "Whoever has taken a bath does not to wash except the feet) for he is clean all over. You are clean, though not all of you." Jesus knew who was to betray him; because of this he said, "Not all of you are clean. "*

*When Jesus had finished washing their feet, he put on his garment again, went back to the table and said to them, "Do you understand what I have done to you? You call me Master and Lord, and you are right, for so I am . If I, then, your Lord and Master, have washed your feet, you also must wash one another's feet. I have just given you an example that as I have done, you also may do." John 13:5-15*

### **reflection questions**

1. Can I let Jesus wash my feet? What did I feel hearing of Jesus' hands washing Simon's feet?
2. Whose feet do I wash? In what ways do I wash their feet?
3. Do I allow others to wash my feet? In what ways does that happen?

*When they drew near to Jerusalem and arrived at Bethany, Jesus took two of his disciples with these instructions, "go to the village on the other side and, as you enter it, you will find a colt tied up that no one has ridden. Untie it and bring it here. If anyone says to you: 'What are you doing?' give this answer: 'The Lord needs it, but he will send it back immediately.'" They went off and found the colt out in the street tied at the door. As they were untying it, some of the bystanders asked, "Why are you untying that colt?" They answered as Jesus had told them, and the people allowed them to continue. They brought the colt to Jesus, threw their cloaks on its back, and Jesus sat upon it. Many people also spread their cloaks on the road, while others spread leafy branches from the fields. Then the people who walked ahead and those who followed behind Jesus began to shout, "Hosannah! Blessed is he who comes in the name of the Lord! Blessed is the kingdom of our father David which comes!, Hosannah in the highest!" So Jesus entered Jerusalem and went into the Temple. Mark 11:1-11*

### **reflection questions**

- 1- How did I feel when Jesus' eyes met those of his mother? What did I imagine she looked like? What did I imagine she was feeling?
- 2- Did anyone teach me to be connected to love and not power, dominance & violence?
- 3- Does anyone walk with me when I am scared?

*Early in the morning, the chief priests, the elders, and the teachers of the Law, had their plan ready. They put Jesus in chains, led him away, and handed him over to Pilate. Pilate asked him, "Are you the King of the Jews?" Jesus answered, "You say so." As the chief priests accused Jesus of many things, Pilate asked him again, "Have you no answer at all? See how many charges they bring against you." But Jesus gave no more answers, so that Pilate wondered. Mk 15:1-5*

### **reflection questions**

1. Have I ever been unjustly accused? What was that like? How did I feel? Did I have the power to change the accusation?
2. Have I ever wrongly accused someone? What were my feelings as I did so? After I realized I was wrong?
3. Can I imagine the pain of Jesus' mother? Can I imagine the pain of mothers who experience their children suffering at the hands of a power over which they have no control?

*On the way they met Simon of Cyrene, who was coming in from the country and forced him to carry the cross of Jesus. Mark 15:21*

### **reflection questions**

1. Have I experienced tremendous joy and tremendous pain in the same moment? What was that time? What caused the pain? What brought the joy?
2. Does what I do make a difference to Jesus?
3. Have I ever accompanied others? Have I helped them "carry their cross?" What feelings did I have? How did the other person respond? Could I sense that "Jesus was silently inviting me to be a disciple?"

*A large crowd of people followed him, among them were women beating their breast and wailing for him, but Jesus turned to them and said "women of Jerusalem, do not weep for me, weep rather for yourselves, and for your children." Mark 23:27-28*

### **reflection questions**

1. When have I seen another suffer? Did I see "the face of my God" in that place? Was I aware of God's presence amid the suffering?
2. In what ways do I walk with Jesus on the road of suffering? With whom do I walk? Is there someone who walks with me in my suffering?
3. Do I give of myself, struggle so that others might be free? How do I do that? Can I learn to do that?

*There were some women watching from a distance. They had followed Jesus when he was in Galilee and helped him. There were also many others who had come up with him to Jerusalem. Mark 15:40-41*

### **reflection questions**

1. Is there something I need to forgive? Can I do that with Jesus' help?
2. How do I experience God's self-giving forgiving love in my own life?
3. How do I see God's self-giving forgiving love expressed in our world? Am I able to allow God's self-giving forgiving love to be expressed through me?

*It was now about noon. The sun was hidden and darkness came over the whole land until mid afternoon; and at that time the curtain of the Sanctuary was torn in two. Then Jesus gave a loud cry, "Father, into your hands, I commend my spirit." And saying that, he gave up his spirit. The captain, on seeing what had happened, acknowledged the hand of God. He said, "Surely this was an upright man." And all the people who had gathered to watch the spectacle, as soon as they saw what had happened went home beating their breasts. Only those who knew Jesus stood at a distance, especially the women who had followed him from Galilee; they witnessed all this. Luke 23:44-49*

### **reflection questions**

- 1- Do I run away from people who are suffering greatly?
- 2- Who are the people in my life who have helped me during difficult times? Who has comforted me in times of death?
- 3- Mary's loss was great, but she did not give up hope. How has God been present in my life even in times of great loss?

*That same day, two of them were going to Emmaus and they talked about what had happened. While they were talking and wondering, Jesus came up and walked with them, but their eyes were held and they did not recognize him.*

*He asked, "What is this you are talking about?" The two stood still, looking sad. Then one named Cleophas answered, "Why, it seems you are the only one in Jerusalem who doesn't know what has happened there these past few days." And he asked, "What is it?"*

*They replied, "It is about Jesus of Nazareth. He was a prophet, you know, mighty in word and deed before God and the people. But the chief priests and our rulers sentenced him to death. They handed him over and he was crucified. Yet we had hoped that he would redeem Israel. "It is now the third day since all this took place. What amazes us greatly is the strange tale some of our women pass around. They went to the tomb early this morning, but didn't find his body. When they came back to us, they had a story about seeing a vision of angels who told them that Jesus was alive. Some friends of our group went to the tomb and found everything just as the women said, but him they did not see. " He said to them, "How dull you are, how slow of understanding! You fail to believe the message of the prophets. Is it not written that the Christ should suffer all this and then enter his glory?" Luke 24:13-27*

### **reflection questions**

1. Is there time in my life for walking with the stranger I meet along the road? Could I make time?
2. "The prophets' way is not to escape suffering, run away from it, but... to embrace it and then something will happen." Have I seen suffering embraced by a person? a community? Did something happen? Have I experienced that in my own life?
3. How am I being asked to embrace suffering in my life now? Can I embrace the suffering and have faith that something will happen?
- 4- What, who gives me hope?
- 5- How can I be a part of bringing the hope of the Resurrection?