

COME AND SEE!

Where do you stay Jesus?

John 1/29-42

Aims of this Exercise

- ✓ *To know our Lord Jesus better*
- ✓ *To love Him more deeply.*
- ✓ *To follow im more closely.*

PROCEDURE:

- **Relax...** (Some breathing and/or awareness exercises will help).
- **Be quiet for a while...** Close your eyes...
- **Read** - - this text twice very slowly and reflectively
- **Fantasize**
 - Imagine you are in the countryside. The place is quiet and peaceful... The time is noon...
 - All of a sudden you see Jesus walking by... Look at him... How does he look? You feel irresistibly attracted to him...
 - You get up... run to him... stare at him - He stares at you...
 - **Ask him: Master, where do you live? Where do you put up?...**
He replies: Come and see: ...
Go with him... See the place where he stays... Spend the rest of the day with him...
Keep listening attentively to all he tells you...

Then, time and again, keep asking Him, the same question

“Master. Who are you?...”

1. **Ask him:** “Master. Who are you?...
Jesus replies . I am the light of the world ” (Jn 8:12 & ff)
Read the passage, reflect and pray on Jesus words
2. **Ask him: again** ““Master. Who are you?...
jesus replies : I am the good shepherd... I know my sheep”. (Jn 10:14 &ff)
Read the passage, reflect and pray on Jesus words
3. **Ask him: again** ““Master. Who are you?...
Jesus replies`“Come, and learn from me for I am gentle and humble ofheart””. (Mt. 11:28 & ff)
Read the passage, reflect and pray on Jesus words

4. Ask him: again ““Master. Who are you?...
Jesus replies; “I give them - my sheep - eternal life”. (Jn 10:27 & ff)
 Read the passage, reflect and pray on Jesus words

5. Ask him: again ““Master. Who are you?...
Jesus replies : “The Father and I are one”. (Jn 10:30 & ff)
 Read the passage, reflect and pray on Jesus words

6. Ask him: again ““Master. Who are you?...
Jesus replies: “I tell you,there is something here, greater than
Jonah...greater than Solomon”.)(Mt 12:41 & ff)
 Read the passage, reflect and pray on Jesus words

7. Ask him: again ““Master. Who are you?...
Jesus replies : “I am the resurrection and the life... whoever believes in me
will live, even though he dies”. (Jn 11:25 & ff)
 Read the passage, reflect and pray on Jesus words

8. Ask him: again ““Master. Who are you?...
Jesus replies: “I am the way rhe truth and the life “ (John 14:6 & ff)
 Read the passage, reflect and pray on Jesus words

9. Ask him: again ““Master. Who are you?...
Jesus replies : “I am in the Father and the Father is in me. ... no one goes to
the Father except by me”. (Jn 14:10 & ff)
 Read the passage, reflect and pray on Jesus words

10. Ask him: again ““Master. Who are you?...
esus replies: “I am the real vine and my Father the Gardener (John15:1 & ff)
 Read the passage, reflect and pray on Jesus words

11. Ask him: again ““Master. Who are you?...
Jesus replies: “I am the vine you are the branches”. (Jh 15:5 & ff)
 Read the passage, reflect and pray on Jesus words

12. Ask him: again ““Master. Who are you?...
Jesus replies: “I have overcome the world”. (Jn 16:33 & ff)
 Read the passage, reflect and pray on Jesus words

13. Ask him: again ““Master. Who are you?...
Jesus replies: “I always do what pleases Him”. (Jn 8 :29 & ff)
 Read the passage, reflect and pray on Jesus words

14. Ask him: again ““Master. Who are you?...
Jesus replies: ` **“I came to serve, not to be served, and to give my life as a ransom for many”**. (Mt 20:28 & ff)
 Read the passage, reflect and pray on Jesus words
15. Ask him: again ““Master. Who are you?...
Jesus replies: **“The Son of man is come to seek and to save that which was lost”**. (Lk 19:10& ff)
 Read the passage, reflect and pray on Jesus words
16. Ask him: again ““Master. Who are you?...
Jesus replies **“When I am lifted up from the earth, I will draw all men to me”**. (Jn12:32 & ff)
 Read the passage, reflect and pray on Jesus words
17. Ask him: again “Master. Who are you?...
Jesus replies: **“Whoever hears my message ad does not obey it, I will not judge him. I came not to judge the world but to save it”**. (Jn 12:47 & ff)
 Read the passage, reflect and pray on Jesus words
18. Ask him: again “Master. Who are you?...
Jesus replies: **“I have come that they might have life, life in all its fullness”**
 .(Jn 10:10 & f)

CLOSURE

1. The participants will meet in small groups
2. They will go through all or some of the N.T. texts above they reflected upon and prayed on
3. Comment on them, share and discuss their experiences, feelings and learnings
4. Recite St. Bernard's sprayer to Jesus **Jesus, the very though of Thee**

Jesus, the very though of Thee,
 With sweetness fills my breast!
 But sweeter far Thy face to see,
 And in Thy presence rest.

No voice can sing, nor can heart frame,
 Nor can the memory find,
 A sweeter sound than Thy blest name!
 O, Savior of mankind!

O hope of every contrite heart,
 O joy of all the meek,
 To those who fall, how kind Thou art!

But what to those who find?
Ah! This Nor tongue nor pen can show:
The love of Jesus, what it is!
None but his lovers know.

Jesus, our only joy be Thou,
As Thou our prize wilt be;
Jesus!, be Thou our glory now,
And, through eternity!

End with one or two Hymns to Jesus

- I'm so Glad I Belong to Jesus",
- "I Need Thee Every Hour".
- "He is All I Need". "
- "I'll Praise His Name". "
- "In the Name of Jesus".
- "His Name is higher
- "Praise the Name of Jesus
- "Jesus' Name Above all Names".

