

JESUS, I WANT TO SEE

Student Guide for 4th-8th Grade



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How to use this Student Guide:

- This guide is designed with ideas for how your older children can use the Parish Lenten Study.
- Each child can use their own Parish Lenten Study book along with this Student Guide to make it more accessible to them. Or you can print of certain pages of this guide for your children.
- This guide contains a modified version of the How to Pray with Scriptures Guide found in the Appendix of the Main Lenten Prayer Guide. Practice this method with them each week. Use the questions added to help your children process and reflect on their prayer time.
- This guide contains a different approach to the introduction week as a tool to help this age group understand the flow of the study and how to use the Prayer Tools and Methods.
- This guide contains song suggestions for each week to aid in quiet meditation over the theme.
- As a guide for your children, pick the days of the study you would like your students to do and use the methods provided in this student guide to make it more accessible to your students.
- Each week (besides the introduction week) should look something like this:
 - Fill out Day 1 of I Want to See Prayer Tool & Chart
 - Choose days of the study to read and use the How to Pray with Scripture Method if you have chosen a day with Scripture verses.
 - Use the song suggestions as students pray with the passages in the study or as they fill out the I Want to See Prayer Tool & Chart

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Road Map for our Journey this Lent.

We will stop at each event to try to see Jesus better.

Mark off each week as you complete it.



Mk 10:46-52

Mk 14: 22-24

Lk 22: 39-46



Jn 19:23-30



Luke 23:26-32



John 18:33-19:16



John 19:31-37



John 20:19-23



Luke 24:13-35



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Jesus, I Want to See Prayer Chart & Tool



Mk 10:46-52

Each week, you are introduced to a title for Jesus and an event that you have likely heard or read about before. On the Day 1 column for each week write what that title and event means to you. After a week of praying with each title and event, record what each NOW mean to you in the Day 7 column.

Day 1

Day 7

Week 1: Last Supper-Bread of Life	
Week 2: Agony in Garden-Comforter	
Week 3: Trial-King of Heaven	
Week 4: Carrying of Cross-Champion	
Week 5: Crucifixion- Son of God	
Week 6: The Piercing-Lamb of God	
Week 7: Upper Room-Resurrection	
Week 8: Rd Emmaus-Merciful Savior	

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Mk 10:46-52

Introduction Week:

This week is all about learning what we want to see and how to do it.

Inside this week:

- Scripture Meditation and Introduction to the Theme.
- Blindness vs Sight Chart with Renunciation Prayer
- Pray with Mk 10:48-52 using the How to Pray with Scriptures Method and Explanation.
- Song Suggestions

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Introduction Week



Scripture Meditation and Introduction to the Theme

Say: Close your eyes and imagine you are sitting on the side of a dusty road. You have closed your eyes and cannot see anything but you can hear a lot! You can hear people's footsteps as they walk by. You can hear carts pulled by donkeys rolling by. And, you hear people shouting about Jesus coming to town. You want to see Him when He comes too! You begin to shout to ask Jesus to come see you and to your surprise everyone tries to shhh you! That's okay, you just try to shout louder so that Jesus will hear you! He does! You can hear Him walking up and He says, "What do you want me to do for you?" What would you say? What DO you want Jesus to do for you? Tell Him now inside your heart or out loud. Don't be afraid to tell Him anything.

Our friend, Bartimaeus, was blind, and He wanted to see! Bartimaeus sat on the side of a road too and people shhh'd him too! He kept shouting and Jesus came to Him and asked Him the same question: "What do you want me to do for you?" He told Jesus he wanted to see and Jesus cured Him! Bartimaeus then decided to follow Jesus along His way.

This Lent we are going to follow Jesus along His way too! We are going to follow Him when He goes to a lot of important stops on His road to Easter. Each time we are going to ask Jesus to help us to see Him better and better!

Why do we need help seeing Jesus better and better? (Let students answer)

That's right. We sometimes forget how much Jesus loves us or we sin and forget to remember Jesus or we just don't know a lot about Jesus yet so we want to learn more. That's why this Lent we will try to see Jesus better at each stop along the way. (Show students the road map so they can see what stops we will make this Lent.)

Do you want to see Jesus better this Lent? (Let students answer) What gets in your way of seeing Jesus? (Use the next page, you may copy and hand out to your students too).

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Introduction Week: Blindness vs Sight Chart and Renunciation Prayer



Here are common things that get into our way of seeing Jesus:

Causes Blindness	Gives Sight
Fear	Taking steps of courage to allow Jesus to be gentle and calm your fears.
Boredom	Exploring new ways to get to know Jesus.
Distractions	Setting reminders, making goals with family or friends, or giving up things.
Not Knowing How	Asking questions, seeking help.
Lack of Trust	Talking to Jesus about how you feel about Him and why.
Hurt	Telling Jesus what has hurt you. Forgiving Jesus if you need to.
Difficult Representations	Seeking out truth to replace difficult representations of Jesus.
Sin	Confession
Other?	Saying the prayer below!

Sometimes we just need to be asking Jesus for the help and grace to see Him better!

Memorize this prayer:

In the name of Jesus, I renounce the _____ that keep/s me from seeing Jesus.

Example: In the name of Jesus, I renounce the boredom that keeps me from seeing Jesus.

Questions to discuss: What do you struggle with the most on this list? How do you plan to work on it? What word would you add to the blank in the prayer?

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Introduction Week: How to Pray with Scriptures

Use Mk 10:46-52 this week to practice this method of Praying with Scriptures.

Praying with scripture

Method & Explanation by Sara Racicot

If you struggle to pray with Scripture, to visualize a scene, or to hear the Holy Spirit during your Scripture prayer, this is an extended and helpful set of instructions to try to disarm you and encourage you in your Scripture prayer.

Step One: Settle Down

A basic difference between reading scripture and praying with scripture happens from the very beginning when you set about to start the process. Choose a method to "settle down" or "get in the right head and heart space."

Here are some easy methods you can try:

- Imagine Jesus' face looking at you as you look at Him. Soak in the feeling of being seen by Jesus and He being seen by you. Let the intimacy between you and Jesus sink in and sit in the moment.
- Take note of what is distracting you (could be stressors, simple noises, your to do list, etc.). Imagine holding your distractions in your hands and then handing them over to the Blessed Mother, just as children hand their moms things to hold while they go play. She will take care of these things until you are done with your Scripture and she will give them back if you want them back.
- Say a short prayer to the Holy Spirit: "Speak Lord, your servant is listening." "Come Holy Spirit." "Holy Spirit, you are welcome here." "Holy Spirit, you do the work."

Ask Students: Which one helped you to focus and settle down the most? Do you have other ways you like to settle down to pray? What are the hardest distractions for you to get rid of when you pray?

Step Two: Make and Act of Trust

Another difference between reading scripture and praying with scripture is that

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Introduction Week: How to Pray with Scriptures Mk 10:46-52

when we pray with scripture we “savor” it. Think about what that means—to savor something. Savoring involves slow, appreciative, reflective enjoyment of an object. Imagine the difference between a meal that is savored and one that is quickly eaten for sustenance.

The savored meal is slowly delighted in, each flavor, texture, and scent is appreciated. The quickly eaten meal is barely recognized besides for the nutrients that are deposited on its way through our system.

Ask students: When is the last time you savored a food? What was it? When do you usually scarf down your food? What's the difference?

When you pray with scripture you will savor parts of the stories and words that you likely haven't noticed before. You will read slowly and in the mindset that the Holy Spirit, Himself, will bring out new images, emotions, and small details, thereby allowing you to receive something you might have normally glanced over.

This savoring requires a very important element, an act of trust in the Holy Spirit to actually show up and do the work that praying with Scripture requires. It also requires an act of trust that we are allowed to use our imagination to pray. We often wrestle in prayer with what is the voice of God and what is our imagination. Our skepticism and desire for certainty can get in the way of letting the Holy Spirit use our imaginations as His instrument. In your praying with Scripture it is proper to lay this battle of deciphering down and trust that what you are imagining and experiencing is from the Holy Spirit.

Ask students: Do you ever struggle to figure out if your prayer is just your imagination or if it is from God? How does it feel to know that the Holy Spirit uses your imagination so you don't have to wonder about that anymore?

Step Three: Read Slowly, Use Your Senses, Emotions, and Intellect, Notice What Stands Out.

Use your five senses to imagine the scene. Be aware that the Holy Spirit works in

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Introduction Week: How to Pray with Scriptures



Mk 10:46-52

different ways for different people and at different times. If it is difficult to actually visualize details (which is a common struggle), remain at peace with how He directs your prayer. He uses our senses, emotions, and intellect to reveal Himself. **Take note of any images, words, feelings, questions, or sensations that stick out.** It is important to remember that you do not need to know why they stood out. That is for the Holy Spirit to reveal in His own time, for now just take note of 'it', whatever 'it' is, and go back to 'it' as you read the passage again.

Ask Students: is it usually easier for you to think, ask questions, and wonder, feel feelings, or imagine when you pray?

Step Four: Read Slowly Again Noticing Any Movements of Imagination, Emotion, Images, Etc.

Read the passage slowly again. Notice the nugget that you picked up on your last reading (step 3). Savor that nugget by allowing extra time on that one word, scene, question, or emotion, and repeat your act of trust to the Holy Spirit to do the work.

Resist the urge to control the direction of the prayer, but ponder what is placed in front of you. Let the idea, image, or emotion develop. Remain in the truth that the Holy Spirit guides all prayer and directs all revelation and He will do the work.

Ask Students: What has started to stand out to you? Was it a word, scene, question, or emotion? Don't have them explain what they think it means yet.

Step Five: Final Reading

Read the passage a final time with the same openness and savoring as before. Do not fret if answers or explanations do not come. Instead, this may be the Holy Spirit's way of inviting you back to this passage for another session later.

Check in with students: Anybody want to share what has stood out to them now? Do you have any thoughts on what Jesus is helping you to see?

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Introduction Week: How to Pray with Scriptures



Mk 10:46-52

Step Six: Closure and Thanksgiving

Thank the Holy Spirit for this time and for His action in your prayer. You can be specific if there is a certain moment or consolation you received or you can be thankful simply for what you know was accomplished without you being aware of it. If you like, you can journal at this point about your experience and any consolations or experiences you received. You can ask the Holy Spirit to reveal if there is an action He wants you to take from this experience.

Say a Glory Be to end your session giving Glory to God for his living, moving, active Word.

**Note: I discourage requiring students to hand anything in or fill in anything that is required as it often takes away from the free prayer experience and puts pressure on students to feel like they must find an answer or produce something from their prayer time which is not the message we want them to receive from this method of praying.*

**You will come back to this method each week to pray with the selected passage. Use the same method and questions each week to guide their sharing and prayer.*

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Song Suggestions for Each Week:



Song Suggestions Introduction Week:

- Open the Eyes of My Heart Lord (any version)
- Open my Eyes, Lord by Jesse Manibusen
- Turn Your Eyes Upon Jesus by Lauren Daigle



Song Suggestions for Week One:

- Make your Home in Me by Ben Walther
- This is Jesus by Melanie Rea
- Boldly I Approach by Rend Collective
- Mystery by Matthias Michael



Song Suggestions for Week Two:

- The Agony in the Garden by Danielle Rose
- Abide with Me by Audrey Assad
- The Garden by Kari Jobe



Song Suggestions for Week Three:

- King of Heaven by Hillsong
- King Jesus by Brooke Ligertwood
- Jesus is King by Selah
- Control by Tenth Avenue North



Song Suggestions for Week Four:

- Carry My Cross by Third Day
- The Wonderful Cross by Chris Tomlin
- In Christ Alone by Natalie Grant



Song Suggestions for Week Five:

- Sweetly Broken by Jeremy Riddle
- Once Again by Matt Redman
- This is Amazing Grace by Phil Wickham

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Song Suggestions for Each Week:



John 19:31-37

Song Suggestions for Week Six:

- Living Water by Anne Wilson
- Oh the Blood by Kari Jobe
- By His Wounds by Steven Curtis Chapman and Co.
- The Lion and the Lamb by Big Daddy Weave



John 20:19-23

Song Suggestions for Week Seven:

- Glorious Day by Casting Crowns
- Because He Lives by Matt Maher
- Death Was Arrested by North Point Worship
- Empty Grave by Zach Williams



Luke 24:13-35

Song Suggestions for Week Eight:

- In the Breaking of the Bread
- This is Jesus by Melanie Rea
- Remembrance by Matt Maher
- Remember Me
- This is Jesus