

ALLOW JESUS TO GIVE YOU SIGHT THIS LENT  
SO YOU MAY SEE HIM.



# JESUS, I WANT TO SEE

*Lenten Guide*

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## Cover Image

Christ on the Cross, Detail from the Central Crucifixion Panel on the Isenheim Altarpiece by Matthais Grunewald in 1516

Painted for a monastery known for their care of plague victims. The graphic detail of Jesus' suffering was meant to teach plague victims that Jesus shared with them in their suffering.

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OUR CONTRIBUTORS

# THE VISION

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*“Jesus said to him in reply, ‘What do you want me to do for you?’ The blind man replied to him, ‘Master, I want to see.’ Jesus told him, ‘Go your way; your faith has saved you.’ Immediately he received his sight and followed him on the way.*

*Mark 10:51-52*

”

This Lent, a time of great grace that Jesus longs to give to us, we are asked this same question from the Gospel of Mark:

**“What do you want me to do for you?”** Through this study, we answer Jesus with the blind man’s words and a humble request: **“I want to see.”**

But we don’t want to see just anything; we want to see Jesus. We ask Jesus to see Him with new sight, to know Him more deeply, to gain a better understanding of who He is, and we ask for the healing needed to correct any ways in which we see Him wrongly.

“Sight” comes through encountering Jesus, especially in prayer. A deeper understanding of Him is a result of spending time with Him, meditating on His actions and words, and resting in the truth of who He really is. New sight does not necessarily mean imaginative prayer. It can also be a deeper trust in Him, a rejection of a lie about God, new knowledge about Him, or an experience of peace, love, joy, etc. Jesus reveals Himself to us in many ways in our prayer; all of these movements grant us the sight we desire.

*Jesus, I want  
to see you.*

# OVERVIEW



## OBJECTIVES

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1. To provide opportunities to encounter Jesus in personal prayer, growing in relationship with Him.
2. Foster authentic friendship capable of discussing the interior life and spiritual experiences.
3. Create an avenue for hospitality and evangelization.
4. Encourage parish unity.

## MATERIALS

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1. Jesus, I Want to See: This Prayer Guide
2. Bible
3. Videos (located on parish website)

## APPENDICES

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1. Praying with Scripture
2. Hearing the Voice of God (Discernment Tool)
3. Jesus Speaks Full Meditations
4. I Want to See Chart (Prayer Tool)
5. Small Group Meetings

## METHOD OPTIONS

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Consider the following and select what is best for you right now. Ask Jesus to guide your decision.

### 1. This Prayer Guide

The Prayer Guide (Booklet) is the foundation of the Lenten Prayer Study. It contains daily prayer through Scripture, reflection questions, and written meditations.

### 2. Small Groups

Discussion: Consider who Jesus is asking you to meet with to discuss the study. This could be a spouse, family members, other parishioners, friend(s), etc.

### 3. Weekly Videos

Two series are available on the parish website: Opening the Scriptures by Josh Burks and Into the Light by Sara Racicot.

### 4. Mass/Adoration

Attend daily Mass. Commit to visiting church. Spend time in Adoration.

# HOW TO USE THIS PRAYER GUIDE

*Every week will follow a similar format. Instructions for the different types of days are below:*

## Scripture of the Event

Each week will focus on a specific moment from the passion, death, and resurrection of Jesus. What we look at, what we focus our eyes on, is what holds our attention. During your daily prayer time, look upon Jesus. See His actions. Hear His words. Ask to know Him better, to know Him personally. Trust the Holy Spirit to reveal what is necessary and good for your relationship with God.

\*Day 5 is a Scripture passage from an earlier time in Jesus' life, a moment of revelation that was fulfilled in His passion and death. This frames Jesus' movements during Holy Week as purposeful, not accidental. See Him living out and fulfilling what He had already spoken.

## Reflection Questions

Reflection Questions are meant to assist your prayer. Invite the Holy Spirit to guide your reflection, asking Him to reveal Himself in truth and love. Read through the questions, focusing on the one that stands out to you most. Speak or journal your reflection directly to Jesus. Allow for some silence and listen for His response. It is better to answer one question with depth and some time for silence, rather than answering all the questions quickly.

## How to Pray with Scripture

Reference the appendices for a helpful and thorough explanation.

- Settle your mind and invite the Holy Spirit to guide you.
- Spend a few moments resting in the Father's presence.
- Read the passage/verse slowly, pausing when a word or phrase stands out.
- Be still and ponder what He is revealing to you.
- Read the passage again, pausing when a word or phrase stands out.
- Be still in what He is revealing to you.
- Ask what are you revealing about Yourself? About me?
- Conclude with gratitude for His presence and His goodness.
- Write down any reflections.

# HOW TO USE THIS PRAYER GUIDE

## **Meditations & Reflections**

The meditations and reflections provide an opportunity to see Jesus in a new way or through a new perspective. They explore the meaning behind Jesus' actions, His words, and which attributes of God He is revealing. Day 6 emphasizes the ways our understanding of God is distorted through sin or through our experiences of evil and suffering. We ask Him to bring the light of His truth to our hearts.

There are two simple approaches to these meditations. After inviting the Holy Spirit to guide your prayer and calling to mind the Father's constant presence within you, begin reading the meditation slowly. When something stands out to you, pause and stay with that thought or movement of the heart. Continue reading through the meditation in this manner, stopping often and staying where the Holy Spirit has drawn your attention. Another option is reading through the entire meditation once or twice, then setting it aside and allowing the Holy Spirit to move the entire meditation forward. End your prayer with gratitude and record any thoughts, experiences, or revealed truths.

"Day 2 is a "meditation starter". These are starting points for your own prayer; continue letting the scene move even after the written portion concludes. Reading the meditation will help the scene start, but then allows the Holy Spirit to guide your prayer, drawing your attention to what He would like to show you.

## **Take-Aways**

This is a chance to look back throughout the week. You can go back to a passage that spoke to you, read over a journal entry, or dive deeper into a reflection question. Invite the Holy Spirit to guide you. Call to mind God's presence. Express gratitude for His faithfulness to you in prayer.

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*Ash Wednesday*

INTRODUCTION OF THEME

*Jesus, I Want to See*



## DAY 1: PRAYING WITH SCRIPTURE

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### **The Blind Bartimaeus Mark 10:46-52**

- How is Jesus being revealed in this passage by how He acts and what He says?
- Why does Jesus ask Bartimaeus what he wants? What does this reveal about Jesus?
- Ponder the words of the Apostles, "Take courage; get up, he is calling you." How do you react to hearing these words?

## DAY 2: REFLECTION

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Jesus stands before you, ready and attentive. His eyes are fixed on you. He wants to reveal Himself to you, to be seen and known by you. Be with Him now. Ask for sight to recognize that His words and actions are meant for you. Ask to understand His desire and love for you in His passion, death, and resurrection.

Jesus stands before you, longing to reveal the false and distorted beliefs you hold about Him and yourself, especially the lies that are so deep, you may not even know they are there. By encountering Him in prayer, He will heal your blindness and restore your sight.

**Jesus, I am with You now. Help me to see You, to know You, and to trust in You. I want to see You as You truly are.**

- In what ways do you already know Jesus personally? In what ways does He still seem distant, other, apart from you? What beliefs about Him keep that distance?
- What is the state of your spiritual life? How can you enter more fully into your relationship with Him?



## DAY 3: REFLECTION

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We have asked Jesus for sight, to see Him as He truly is. This requires us to examine our own areas of blindness. Through the light of the Holy Spirit, we consider the distortions and falsehoods we believe about God. There are many reasons for blindness: shutting our eyes to something we do not wish to see, the storms of life clouding our vision, or neglecting our relationship with Jesus. There are so many false images of God presented to us, it is easy to believe them without seeing the deception.

In all our blindness, there is a common thread: a need for deeper trust. Trust is the faith that someone is true, capable, and reliable. It is the foundation of all relationships, including our relationship with God. In order to live this relationship, we must believe that He is true. He only speaks and acts in truth. We must see Him as capable and completely reliable. When we look at Jesus, this is the lens that gives us clearer sight. When we believe Jesus is untrustworthy—that He is untruthful, incapable, or unreliable—our vision is clouded and we live in darkness. As we examine our areas of blindness, we ask the Holy Spirit to reveal the lies we believe about God. We ask Jesus to show us the truth of who He is, that we may trust Him and be united to Him more and more.

**Return to Mark 10:46-52 from Day 1 (Ash Wednesday). Call to mind the graces from that day's prayer.**

- In this passage, Bartimaeus screams out for Jesus, despite the embarrassment and mockery from those around him. Are there things that keep you from running to Jesus? Are there voices in your life that 'mock' you when you consider running toward Jesus?
- Jesus asks blind Bartimaeus, "What do you want me to do for you?" Allow Jesus to ask you this question. What is your honest answer?
- Using the passage above, examine your blindness. Ask the Holy Spirit to reveal those areas to you.

*\*Reminder: Use the "How To" and appendices as guides for prayer.  
Answer the reflection question that stands out most.*



## DAY 4: PRAYING WITH SCRIPTURE

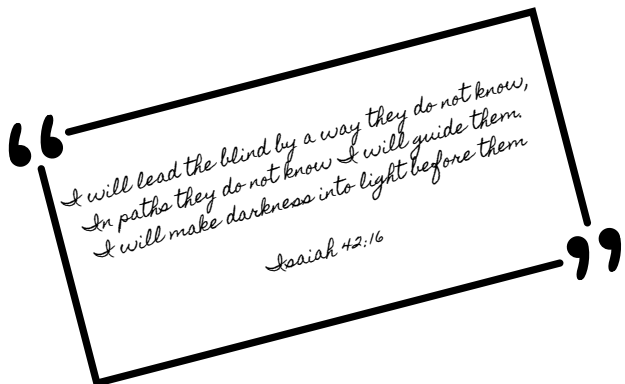
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Knowing about God is not the same as knowing Him personally. We could study the ocean forever. It is not the same as stepping into the salty, cold water and gazing out at an endless horizon. Watching documentaries about the mountains cannot compare with standing high on a mountain peak. Knowing about love and relationships is not the same as experiencing the love of a parent, a family member, a close friend, or a spouse. Knowing about the love of God is not the same as experiencing His love.

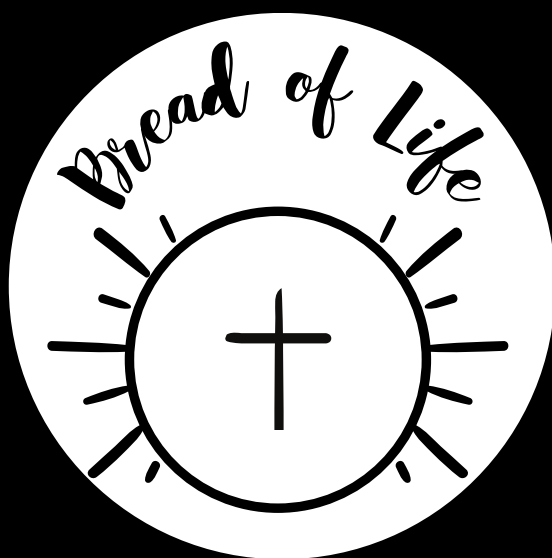
This is what God our Father wants for us. He doesn't want us to only know that He is Love. He wants us to experience His love-to know Him. This is why He sent Jesus. As this Lenten Study progresses, keep this distinction in mind.

### Last Supper Discourses John 14:1-11

- What is your understanding and experience of God the Father? Do you see the Father in Jesus' words and actions?
- Ponder the difference between 'knowing about' and 'knowing experientially'. How have you settled for only 'knowing about' God? When have you experienced Him? Are there areas in which you desire to experience Him more fully?



*\*Reminder: Use the "How To" and appendices as guides for prayer. Answer the reflection question that stands out most.*



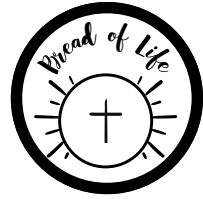
*First Sunday of Lent*

EVENT

*The Last Supper*

JESUS IS

*The Bread of Life*



## DAY 1: PRAYING WITH SCRIPTURE

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Jesus is present in the Eucharist. It was His design, how He chose to remain with us until the end of time. This week, we focus on Jesus as the Bread of Life and ask for more faith in the Real Presence. Watch and listen as He institutes the Holy Eucharist and offers it to His disciples and to us.

**Jesus, help me to see You more clearly, know You more deeply, and trust in You completely.**

### **The Last Supper Mark 14:22-24**

- How is Jesus being revealed in this passage? How does this passage specifically tell who Jesus is through His actions and words?
- Jesus gives His body and blood separately. How is Jesus' institution of the Eucharist connected to His Passion?
- Turn to the **Jesus, I Want to See - Prayer Tool**, located in the Appendix IV. Reflect and fill out the chart.

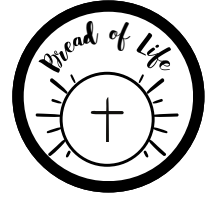
## DAY 2: MEDITATION STARTER

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### **An Apostle**

The days leading up to this Passover had been filled with such confusion. We had witnessed Jesus' healing power. We had seen His authority over death. Not long after, to our surprise, Jesus began speaking about and prophesying His death in Jerusalem. Yet, He had still chosen to come and celebrate the Passover in the Holy City. When Jesus entered Jerusalem, the crowds flocked to Him, hailing Him as the long-awaited Messiah. We were elated, but joy quickly turned to fear. The people in the temple grew increasingly hostile and the hatred of the elders was undeniable. It was becoming clearer that it was dangerous for Jesus to be here. We were afraid for our friend and Lord.

Much had happened by the time we sat down to celebrate this Passover. So little made sense. Then, during this ritual Passover meal, Jesus again did something we did not expect. We had been with Him for Passover before, but this time was different. I watched closely. He took the bread in His hands and said the blessing. He broke it and held out a piece to me. He looked into my eyes and said, "Take it; this is my body."



## DAY 3: PRAYING WITH SCRIPTURE

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**The Last Supper Mark 14:22-24** Call to mind Day 1's prayer.

- In the covenant of marriage, a spouse gives of him or herself totally to the other. In the covenant that Jesus offers us, He similarly says, "this is my body," giving Himself totally to us. How do you receive the love of Jesus in His total gift of self?
- Imagine yourself at the scene of the Last Supper and reread the passage. How do you react to Jesus' words? What is stirred in your heart? Tell Jesus about it.

## DAY 4: REFLECTION - BREAD OF LIFE

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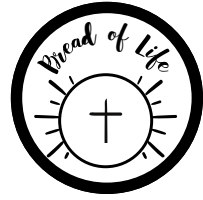
The Old Testament is filled with stories of God the Father providing for His people and feeding them. In the Garden of Eden, He gave His children all of creation and fed them with the fruit from the trees except one, the one that would cause them death. In the book of Exodus, the Father saved Israel from slavery and death through the blood of the lamb wiped on their doorposts and its flesh eaten. The Passover, celebrated every year, commemorated the Father's desire and ability to provide. Each year the meal bound the chosen people to God in a covenant, reminding them that God would always protect and provide for them.

When Jesus celebrated the Passover meal on Holy Thursday, He celebrated the faithfulness of the Father. And yet, He did something different. It was a new Passover. He promised the disciples that this bread would not give life for just one day: eat this bread and live forever. Drink this cup and enter a new binding relationship, a new covenant, becoming a son or daughter of God. For this to be true, the meal must be Divine. It must be God Himself. And so it is.

The humility of the Father is unfathomable. So too is His desire for us. The Eucharist is the expression of the Father's love, wanting to provide for us, to give us eternal life, and to satisfy our bodies and souls. When we look upon Jesus in the Blessed Sacrament, there are only two choices. What we receive is either bread—death remains our heritage—or it is the body and blood of Jesus, as He proclaimed. The Father once again provides for us in a new, yet ancient way. This time He offers Himself as the Bread of Life.

Questions continued on next page...

*\*Reminder: Use the "How To" and appendices as guides for prayer.  
Answer the reflection question that stands out most.*



## DAY 4 CONT: REFLECTION - BREAD OF LIFE

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- If the claims in the reflection are true, do you live like they are? Why not? How is Jesus calling you to Himself through the Eucharist?
- The Eucharist invites us into a covenant relationship with God. It binds us to Him. How can you be mindful of this truth when you are receiving Him at Mass? Praying in His Real Presence?

## DAY 5: PRAYING WITH SCRIPTURE

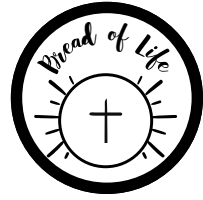
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### **John 6:48-60, 66-69**

- Jesus prophesied the giving of His body and blood to be given as food for all. How does He describe those who would receive His body and those who would reject it? Where do you see yourself in the crowd while He teaches?
- The disciples' response to Jesus' teaching is "This saying is hard; who can accept it?" Why is it difficult to accept?
- When has Jesus revealed Himself to you in the Eucharist? Remember with gratitude His revelation and faithfulness.

*\*Reminder: Use the "How To" and appendices as guides for prayer.  
Answer the reflection question that stands out most.*





## DAY 6: JESUS SPEAKS

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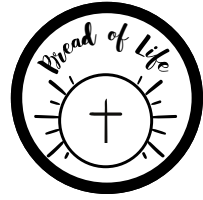
The full meditation is provided in Appendix III.

I am here for you in the Eucharist. Ask for faith and I will give it to you. Ask to know Me and I will answer. What is it that you distrust about My request to take and eat? Tell Me. I am always listening. What is it that you fear I will take from you or ask of you? Are you hesitant to embrace My command to remember Me by celebrating the Eucharist and attending Mass? I tell you, here, take and eat Me for I remember you in every moment of eternity. Do you fear dependence upon My body and blood may starve you or leave you unsatisfied? That you will discover I am not enough for you? Here, take My body anyways. I will give you faith, I will grant you sight. I will give you life forever.

- Return to the passage of the blind man (Mark 10:46-52). Place yourself in the position of the blind man, asking to see, to know, to experience Jesus in the Eucharist.
- Read through the following statements below, pausing and staying when the Holy Spirit draws your attention to something. Rest in a true statement. Call to mind when you have experienced that truth in your life. Ask the Holy Spirit to reveal any distortions or lies you believe.

The Father provides all I need.	God withholds.
It is God who satisfies me.	Acquiring, having, consuming things is my satisfaction.
The Eucharist is my path to heaven.	Devotion to the Eucharist isn't for me.
I will find my ultimate happiness in the Eucharist.	Jesus doesn't care if I'm happy.
God gives.	God takes.
The Eucharist gives life to me.	The Eucharist offers me very little.
The Eucharist is God totally united to me.	The Eucharist makes God distant or hard to encounter.

*\*Reminder: Use the "How To" and appendices as guides for prayer.  
Answer the reflection question that stands out most.*



## DAY 7: TAKE-AWAYS

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Revisit the content that has been read and prayed with this week. Call to mind any movements that came from your prayer and/or reading: how your heart reacted, things you learned, things you wrestled with, feelings of gratitude, feelings of shame, etc.

- How did Jesus reveal Himself to you this week? Knowing Jesus in this light, what have you learned about yourself?
- How do you long to know Jesus better? How can the Eucharist help you to know Jesus better?
- Reflect and fill out the **I Want to See-Prayer Tool** found in Appendix IV.

“

*I worry that some of you still have not really met Jesus. One to one. You and him alone. Jesus wants me to tell you again, how much is the love He has for each one of you - beyond all that you can imagine ... We may spend time in chapel - but have you seen with the eyes of your soul how He looks at you with love? Do you really know the living Jesus - not from books, but from being with Him in your heart? Have you heard the loving words He speaks to you? ...*

*Saint Mother Teresa in a letter to her  
Missionaries of Charity*

”

*\*Reminder: Use the “How To” and appendices as guides for prayer.  
Answer the reflection question that stands out most.*



*Second Sunday of Lent*

EVENT

*The Agony in the Garden*

JESUS IS

*Comforter*



## DAY 1: PRAYING WITH SCRIPTURE

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Jesus is always with us, offering us His comfort and companionship. Suffering with us and in us is how He chose to unite Himself to us. This week, we meditate on Jesus as our Comforter, inviting Him into our own sufferings through prayer. We watch and listen as He suffers.

**Jesus, help me to see You more clearly, to know You more deeply, and to trust in You completely.**

### **The Agony in the Garden Luke 22:39-46**

- How is Jesus being revealed in this passage by how He acts and what He says? What does Jesus reveal about His relationship with the Father in this scene?
- Luke tells us that Jesus “was in agony” and “his sweat became like great drops of blood”. What would drive someone to experience this sort of distress? Consider the true agony that Jesus endured in this scene.
- Turn to the **Jesus, I Want to See - Prayer Tool**, located in the Appendix IV. Reflect and fill out the chart.

## DAY 2: MEDITATION STARTER

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### **The Betrayer**

The garden is dark, the moonlight casting long shadows among the trees. A distance behind me are the temple guards, carrying weapons and torches, but their lights are far enough away that my path is lit only by the moon. I know the way, because this place is familiar to me.

A small clearing comes into view and I can see him, Jesus, the one who had promised so much and had failed me. He is standing against a rock, his eyes looking toward the night sky. His body is shaking and I can hear him crying. His voice carries through the silence, “My Father, if it is possible, let this cup pass from me.”

My heart hardens. I had seen what he could do: healing the sick, exercising power over demons, raising the dead. He held dominion over the waters and over all that impoverished us, all that made us suffer. With him, there could be no



## DAY 2 CONT...: MEDITATION STARTER

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hunger, no sickness, no death. And when he reached the height of his popularity and following, he told us to begin preparing for his death, that he would be killed. He kept saying that the way was through the cross and that he himself would suffer its shame and torture. Why suffer when you have the power to take it away? Why die when you hold power over death?

I looked back at him and see a pitiful man, afraid to wield his power for his own glory. I see weakness, a once-favored man now forsaken and powerless. He bows his head, droplets falling from his hair and face. He speaks again, "Yet, not as I will, but as you will."

- What happened during your meditation? What did Jesus reveal about Himself? About you?
- Jesus chooses to suffer with us, instead of erasing all our difficulties. When has that felt like not enough? What crosses have drawn you closer to Him and His comfort?

## DAY 3: PRAYING WITH SCRIPTURE

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**The Agony in the Garden Luke 22:39-46** Call to mind Day 1's prayer.

- What does Jesus' honesty in prayer reveal about the Father? What does His humble surrender reveal about the Father?
- We believe that Jesus suffered a spiritual passion in His agony, experiencing the weight of humanity's sin. Reflect on the moment when Jesus specifically thought of you. How does He look on you?
- In His agony, Jesus undertook and experienced the suffering of every person. This means that, in that moment, He experienced every burden and suffering you have endured and will endure. What does it mean for you that Jesus has not only suffered for you, but also with you?



## DAY 4: REFLECTION - COMFORTER

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We experience much pain and suffering in our world. It makes it hard to see our Father as a perfect and loving Father. And yet, this is what Jesus taught and revealed. So, why does God permit suffering? Pain? Evil? Sin?

In the beginning, the Father created us so we could live in a loving relationship with Him. He desired to give life and love, because He is Life and Love. When Adam and Eve sinned, they separated themselves from Him. This separation from God, from the source of life, is pain and death. But our Father is good, and even after the Fall, He continued to love us and choose life. His goal, His desire, did not change. The Father still wanted to be united to us in a personal and profound way. He still wanted us to abide in a loving relationship with Him. And so, He sent His Son, offering a way out of sin and death, a way back to life, a way back to Him.

When Jesus came into our broken world and entered into our suffering, He united Himself to us, drawing us back to our Father. In His agony, He remained bound to the Father through trust. When He turned to prayer amidst His pain, Jesus trusted in the Father's constant and attentive presence. He believed that the Father was with Him, even in His suffering. He spoke honestly about His desires, because the Father is tender and understands. And He surrendered His will to the Father, because the Father's will is good.

Jesus opens our eyes to the beauty and power of suffering. Any trial or pain, when experienced with Him, is unitive. It still accomplishes Father's desire to be bound together in trust and love. He intended us for the Garden of Eden, but our reality is Gethsemane, so it is our choice to suffer with Him or apart from Him. It is with Him we will find meaning, life, unity. In Him, we will find comfort.

- Does suffering with Jesus in the garden feel like a second-rate gift compared to Jesus completely removing the suffering? Do you see value in how unitive suffering is and its ability to deepen trust?
- What quality of the Father listed above is easy to believe? What quality is hard to believe? Do you believe that our Father wills only the good for you? Why or why not?
- When have you suffered and the experience showed you how much another person loved you and how much you could trust them?



## DAY 5: PRAYING WITH SCRIPTURE

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### **The Gentle Mastery of Christ Matthew 11:28-30**

- Jesus teaches us to learn from Him, and that when we come to Him, He will give us rest. Does this mean that Jesus will take all of Your sufferings away? How does Jesus give you rest when sufferings remain in your life?
- Being yoked to Jesus requires a willingness to let go of our own control, following His every movement. How does that make you feel? Are you happy to be yoked to Jesus or do you carry concerns and fears about letting Him lead you? Vocalize these things to Jesus; then, re-read His words.
- What burdens do you carry on your own? How could you go to Jesus with them and accept His rest?

## DAY 6: JESUS SPEAKS

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The full meditation is provided in Appendix III.

I am here for you, to comfort you, and to be your constant companion. Ask for faith and I will give it to you. See Me present and with you in all things. Have you ever felt alone, wondering if anyone noticed or cared? Have you ever carried a burden you wished you could share with someone else? Have you ever experienced a pain so deep, you felt your heart breaking? Have you ever known the suffocating pain of loss, the emptiness and agony of grief? Have you felt shame and guilt deep enough you thought it might actually ruin you? Yes? So have I. In the garden, I took upon Myself all your experiences of pain and suffering. I bound Myself to you. Let Me suffer this with you. Do not hide from Me, afraid to be honest with the difficulty. Trust My tenderness and understanding. Let Me comfort you.

- Do you believe that Jesus can be present to you in your sufferings, memories, or struggles? How has He comforted you in your suffering?
- Picture Jesus present in a present or past difficulty. How does it feel to imagine Him in that suffering, memory, or struggle? What does He do to comfort you?
- Read through the following statements on the next page, pausing and staying when the Holy Spirit draws your attention to something. Rest in a true statement. Call to mind when you have experienced that truth in your life. Ask the Holy Spirit to reveal any distortions or lies you believe.



## DAY 6 CONT...: JESUS SPEAKS

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Jesus enters into my suffering, both big and little.	I suffer alone.
The Father wants me to be honest and open with Him in all my desires.	The Father only wants to hear, "Your will be done."
The Father only wills good things for me.	God is indifferent about bad things happening to me/others.
Jesus desires me when I am angry, sad, ashamed, lonely, rejected, etc.	Jesus wants me to be perfect, so it's best that I only show Him the good parts of me.

## DAY 7: TAKE-AWAYS

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Revisit the content that has been read and prayed with this week. Call to mind any movements that came from your prayer and/or reading: how your heart reacted, things you learned, things you wrestled with, feelings of gratitude, etc.

- How did Jesus reveal Himself to you this week? Knowing Jesus in this light, what have you learned about yourself?
- How do you long to know Jesus better? How can you invite Him into your own agonies through prayer? How can you pray more honestly? How can you surrender to the Father's will with more trust?
- Reflect and fill out the **I Want to See-Prayer Tool** in the Appendix IV.

“Jesus knows how to comfort us, so when you are desolate, leave creatures behind. Come to the tabernacle and you will always find strength and consolation.”  
— Saint Peter Julian Eymard





*Third Sunday of Lent*

EVENT

*The Trial*

JESUS IS

*King of Heaven*



## DAY 1: PRAYING WITH SCRIPTURE

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Jesus is the King. He has claimed us for heaven, offering His kingdom to us, to anyone who believes in Him. This week, we see the King of Heaven stand trial. We watch and listen as He steps forward, awaiting our decision. Do we choose Him as King of our hearts? Our lives? Or will we choose something else?

**Jesus, help me to see You more clearly, to know You more deeply, and to trust in You completely.**

### **The Trial before Pilate John 18:33-19:16**

- How is Jesus being revealed in this passage by how He acts and what He says?
- How does Jesus describe His kingdom? Ponder Jesus mocked and scourged, while still remaining King.
- Did Pilate think Jesus was guilty or innocent? How is Jesus ultimately sent to His death?
- Turn to the **Jesus, I Want to See - Prayer Tool**, located in Appendix IV. Reflect and fill out the chart.

## DAY 2: MEDITATION STARTER

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### **Pontius Pilate**

I snapped my fingers, summoning the prisoner forward. I had ordered him to be scourged, hoping the punishment would be severe enough to appease the Jewish elders. If they wanted blood, Rome would give it, but I felt uneasy condemning this man to death. He was guilty of nothing but a delusion; it was clear he would not challenge Rome's power.

My eyes widened in astonishment as he approached. I had seen the victims of our floggings before, but never like this. His body was covered in blood and open wounds. Around his head was a ring of branches, the thorns beaten deep into his skull. He had a dark purple cloak draped over his shoulders. It was wet and heavy, a whole shade darker. I realized it was drenched in his own blood. This had to be enough for the crowds. He would never recover from these wounds.

I stood up and motioned to him, expecting the crowds to be satisfied at the sight



## DAY 2 CONT...: MEDITATION STARTER

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of him. I shouted, "Behold, the man!"

- What happened during your meditation? What did Jesus reveal about Himself? About you?
- What did you "behold" when Pilate said, "Behold, the man!"? What stood out about the image of Jesus, scourged and mocked?

## DAY 3: PRAYING WITH SCRIPTURE

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**The Trial before Pilate John 18:33-19:16** Call to mind Day 1's prayer.

- Put yourself in the scene of Jesus' trial (in place of the soldiers, a bystander, even Jesus Himself). How do you want to act or react?
- How do you feel about Jesus' acceptance of their torture and mockery? Does it make it hard to believe He is King of Heaven? In what ways do you wish He would act more like Pilate?

## DAY 4: REFLECTION-KING OF HEAVEN

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During the Trial of Jesus, a clear choice is presented to us: the kingdom of heaven or the kingdom of this world. The King of Heaven stands before the people, bound in chains, bloodied, and beaten. Pilate, an agent of the Roman empire, is adorned in majesty and power. What power does a lowly, convicted criminal hold in the face of Rome? What does a poor man have against such wealth and dominion?

The choice is presented again in the figure of Barabbas. Pilate offers the release of one prisoner, according to the custom at Passover. He places before the people two options: Barabbas and Jesus. Barabbas is described as a "revolutionary" and a "notorious prisoner", a Jewish leader in a violent uprising against Rome. It is believed that His name Bar-Abbas, "son of the father", was a messianic declaration. He was claiming to be the long-awaited messiah who would free Israel from oppression and return them to earthly glory and political power.

Next to him stands Jesus, also claiming to be the Messiah, the Son of God. But His



## DAY 4 CONT...: REFLECTION - KING OF HEAVEN

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promise is not glory and power on earth. Instead, He offers a kingdom of life after death. This requires His followers to have faith that He is speaking the truth, even though all earthly signs point to his weakness and powerlessness. He asks us to trust that He has the power to grant eternal life and that all things work for His plan, His kingdom, His glory.

Have faith to choose Jesus. He is the true Son of the Father—all power in heaven and on earth has been given to Him and He gives it to us. If we choose Jesus and are impoverished because of it, Jesus will give us joy and freedom. When we are made to carry a cross, Jesus will bind us to Himself even more. When we are ridiculed and mocked, Jesus strengthens us in who we are. When we are persecuted, He perfects us. And when we die for the love of Him, we will live forever. No power on earth has dominion over the power of the Father, over His beloved Son, the King of Heaven.

- Pope Benedict asks: "If we had to choose today, would Jesus of Nazareth, the son of Mary, the Son of the Father, have a chance?" (Jesus of Nazareth, pg. 41). Does He? Why or why not?
- What makes it hard to choose the kingdom of heaven? Do you over value human status and position?
- What are areas of your life that seem beyond the Father's power? How have you tried to make situations work for your own glory and gain?



## DAY 5: PRAYING WITH SCRIPTURE

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### **The Transfiguration Matthew 17:1-8**

- There are two scenes in which Jesus brings Peter, James, and John to be with Him—first at the Transfiguration and second at the Garden of Gethsemane. They both reveal Jesus as true God and true Man. Are you drawn more in prayer to the glorified Jesus or the suffering Jesus? Why? (One is not right and the other wrong; consider more so what that reveals about how you are drawn to Jesus).
- From where do you receive your identity? From how the world wants to view you or what the Father says about you? Reflect on the words of God the Father and hear Him speaking them to you. Is it hard to believe He feels this way about you? Why or why not?
- How does the Transfiguration give you hope? What is an area of your life that needs more light and hope?

## DAY 6: JESUS SPEAKS

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The full meditation is provided in Appendix III.

I stand before you as King of Heaven. Ask to see this truth and I will answer your prayer. See Me presented before the crowds with My twisted, thorny crown and bloodied cloak and hear My introduction, "Behold the Man!" What do you think of a man like this? Where is his strength and valor? Can he be a king? I am insulted and condemned by an entire crowd, yet I remain silent and unwilling to fight back. Do you find Me weak? Or do you see Me proving to you what kind of King I am?

When you fear that you have a cruel king, see Me beaten cruelly and know you were on My heart. Do you fear that I will strike you down? See Me struck with a reed upon My abused head and know that I had you in mind. Do not fear that I will condemn you in your darkest moments. See Me condemned, spat upon, and shouted down. Do not be afraid. My kingdom is not of this world. You are not of this world. The vanities and control you pursue will gain you nothing in My kingdom. I have entered into your exile from My kingdom to reach you and bring you to Me. Come to Me and I will take you home to an eternal kingdom with eternal reward. Behold Your King.

Questions continued on next page...



## DAY 6 CONT...: JESUS SPEAKS

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- How does it feel to see your Savior in these terrible, helpless moments? Which one struck you deepest (the Scourging, Crowning, Condemning?) Why?
- Does it feel odd to laud this acceptance of suffering that Jesus shows? Do you find yourself thinking He should act differently? Are there areas of your life that you might consider imitating Jesus' humility?
- Read through the following statements below, pausing and staying when the Holy Spirit draws your attention to something. Rest in a true statement. Call to mind when you have experienced that truth in your life. Ask the Holy Spirit to reveal any distortions or lies you believe.

The Father holds all power and dominion.

The Father gently cares for and enriches all parts of my life.

Jesus gives me hope.

I will lose nothing if I live totally for heaven.

Heaven will never pass away.

I will live forever in Heaven.

Some things are outside of God's control.

I can't give Jesus control over my \_\_\_\_\_ (finances, relationships, my body, my life plan, my vocation, etc.)

Jesus doesn't offer me hope or encouragement.

Living for Jesus will take away important parts of me.

Earth will never pass away.

I don't need to consider my death/what happens after.

## DAY 7: TAKE-AWAYS

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Revisit the content that has been read and prayed with this week. Call to mind any movements that came from your prayer and/or reading.

- How did Jesus reveal Himself to you this week? Knowing Jesus in this light, what have you learned about yourself?
- How do you long to know Jesus better? Where do you need to submit to Jesus as King in your life? How can you place your desire for Jesus above your need for control, status, position, privileges?
- Reflect and fill out the **I Want to See-Prayer Tool in the Appendix IV.**

Personal Notes

“How insignificant earth  
seems to me when I  
consider Heaven.  
Saint Ignatius of Loyola”



LAETARE SUNDAY

*Fourth Sunday of Lent*

EVENT

*Way of the Cross*

JESUS IS

*Champion*





## DAY 1: PRAYING WITH SCRIPTURE

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Jesus cannot be understood apart from the cross. It is the greatest expression of who God is. This week, we focus on Jesus as He suffers the Way of the Cross, as He champions our suffering. With His strength and courage, we can submit to the crosses in our lives.

**Jesus, help me to see You more clearly, to know You more deeply, and to trust You completely.**

### **The Way of the Cross Luke 23:26-32**

- How is Jesus being revealed in this passage by how He acts and what He says?
- How does Simon of Cyrene model true discipleship.
- Jesus is the one about to die, yet he comforts the women to “weep for yourselves”. Why does Jesus say this?
- Turn to the **Jesus, I Want to See - Prayer Tool**, located in the Appendix IV. Reflect and fill out the chart.

## DAY 2: MEDITATION STARTER

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### **John the Apostle**

We had been waiting for a long time, expecting Jesus to pass this way. All convicts followed this road on their way out of the gates. Mary wanted to be close to Him one more time. This seemed to be our best chance. We stood together, her hand gripping my arm, keeping her upright. She had endured His tortures with courage, but it had cost her—her face now pale and ashen, her shoulders bent low. She had been mostly silent, occasionally a groan of anguish passing through her tight lips. Now, she was whispering, praying. “I am your handmaid, may it be done to me. I am your handmaid, may it be done to me. May it be done.”

The noise of an approaching crowd grew louder and suddenly the procession was upon us. The cracking whips, the screaming soldiers, and the shouts of the mob overwhelmed me, but not Mary. Her eyes were fixed straight ahead on her Son, His body caked in blood and dirt, the cross digging into His shoulder, punishing Him and pushing Him toward the ground. Exhausted, He misstepped, lost His balance and collapsed, the cross landing squarely on His back. Immediately, she was down at His side, her hand touching His bruised and mangled face. She spoke to Him



## DAY 2 CONT...: MEDITATION STARTER

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until the soldiers ripped her away and shoved her back toward the crowd and right into my arms.

We watched as they forced Jesus back to His feet, their whips biting His back and legs. She looked up at me, tears streaming down her face, "He is good. He is so good, John."

- What stood out to you in the meditation above? What stood out to you about Jesus? Mary? John?
- Consider the life of Mary. What crosses did she face? How did the Father champion her suffering and transform her crosses?

## DAY 3: PRAYING WITH SCRIPTURE

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**The Way of the Cross Luke 23:26-32** Call to mind Day 1's prayer.

- Picture how Jesus views His Father while agonizing under the weight of the cross? How does this show you how to carry your crosses?
- How is the strength of God revealed through Jesus' carrying of the cross? What qualities of God are revealed in how He carried the cross?
- Picture yourself in the shoes of Simon of Cyrene. What cross is Jesus asking you to carry with Him?



## DAY 4: REFLECTION-CHAMPION

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It is easy to believe the crosses in our lives are unjust, an unnecessary burden, or a punishment. The devil wastes no time in tempting us to avoid our crosses or to carry them with resentment and self-reliance. Our suffering seems like evidence that the Father lacks goodness, power, and love for us or that He is not attentive and moving in our lives.

But, Jesus stands in direct opposition to these lies. The Father did not desire Jesus' pain. He did not revel in His Son's suffering. Instead, the cross reveals the depth of the Father's love for us. Nothing could keep the Father from reaching out to us. He holds nothing back. Jesus humbly and willingly suffers the cross to make the Father known to us.

New understanding and hope is given to our crosses through His. Our trials reveal our weaknesses and our need for Him. He has already shown us that He holds nothing back. Our crosses expose our selfishness and sin. His cross showed His total love for us anyways. We feel uncertain and afraid. He showed the Way. He has championed our crosses through His. Fix your eyes on Jesus carrying the cross and see the love of the Father.

- How is Jesus a champion when He needs the help of Simon? How is He strong if He falls again and again? Do you believe that strength and victory are mainly physical, worldly? Or do you see faithfulness as the greatest victory? That no circumstance, nothing could take you away from the love of Jesus?
- How has the Father strengthened you in your crosses? Consider how the Father consoled Jesus through His gift of Mary, St. John, Simon, Veronica, Mary Magdala. How has He offered His consolation through the presence of others?
- Think of a past difficulty. How did the Father transform it into a blessing through your faithfulness? How did He unite Himself to you in that trial?



## DAY 5: PRAYING WITH SCRIPTURE

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### Conditions of Discipleship Matthew 16:24-28

- Jesus warns His disciples of the upcoming rejection that He will face, but they could not accept it. They wanted to tell Jesus how He should accomplish His victory. What are the things in your life that your trying to control and not hand over to Jesus?
- What is a difficulty that you grow weary of carrying? That you feel like Jesus will never redeem?
- How have the different crosses in your life changed you? Did they open your heart to the love of God or close you off from Him and others? Why?

## DAY 6: JESUS SPEAKS

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The full mediation is provided in Appendix III.

See Me embrace My cross, your cross. Do you see the battle already begun and that I will be your victor? Can you see that My humility is already crushing the pride of generations? That My torture is already bearing fruit? My passion is the fight for your salvation. Every step, every fall, I am closer to your redemption. I use every last bit of My strength and I keep going no matter the cost, because the moment is here for your freedom to be won. The moment is here for Satan to fall and for your Messiah to rise up. The moment is here for your God to win you back forever. I hold My weapon and carry it step after step, ready to destroy death beginning with Mine. Come with Me.

- Do you feel Jesus' victory and power as your champion over sin, suffering, and death as you see Him carry the cross? In what way?
- In what ways are you still resistant to the crosses in your life? Ask Jesus to show you the way to Him is through those crosses.
- Read through the statements on the following page, pausing and staying when something resonates with you. Rest in true statements. Call to mind when you have experienced that truth in your life. Ask the Holy Spirit to reveal any distortions or lies you believe.

Day 6 continued on next page...



## DAY 6 CONT...: JESUS SPEAKS

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Crosses are my salvation.	Crosses are unnecessary burdens.
The Father loves me.	I can only count on myself.
I want to carry my crosses with Jesus.	Pain should always be avoided.
Crosses unite me to Jesus in faithfulness and love.	Carrying my crosses prove I'm good enough for heaven.

## DAY 7: TAKE-AWAYS

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Revisit the content that has been read and prayed with this week. Call to mind any movements that came from your prayer and/or reading.

- How did Jesus reveal Himself to you this week? Knowing Jesus in this light, what have you learned about yourself?
- How do you long to know Jesus better? What cross is Jesus inviting me to carry with Him today? How can you better allow suffering to unite you to God?
- Reflect and fill out the Jesus, **I Want to See-Prayer Tool** in the Appendix IV.

“In the world you will have  
trouble, but take courage,  
I have conquered the  
world.”  
John 16:33



*Fifth Sunday of Lent*

EVENT

*The Crucifixion*

JESUS IS

*Son of God*



## DAY 1: PRAYING WITH SCRIPTURE

---

God the Father sent His Son, Jesus, to reveal the love of God and to save us from death. God is a mystery to us and so is His love for us. This week, we watch and listen as the Son of God dies on the cross, offering Himself to the Father on our behalf. In Jesus' sacrifice, all is united: God to man and man to God. We behold the Son of God.

**Jesus, help me to see You more clearly, to know You more deeply, and to trust You completely.**

### **The Crucifixion of Jesus John 19:23-30**

- What stood out to you in this passage? What words struck you? Actions? Why?
- When you consider Jesus hanging from the cross, what do you see?
- Do you believe that Jesus Christ is the Son of God and that He died out of love for you personally? Ask Him to know and experience His love.
- Turn to the **Jesus, I Want to See - Prayer Tool**, located in the Appendix IV. Reflect and fill out the chart.

## DAY 2: MEDITATION STARTER

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### **Mary**

Come with me to the foot of the cross. Do not be afraid. It is Jesus, the One who loves you more than life itself. Look up and see His feet, pierced by a thick, iron nail. He endures it for you. Do you see His hands, stretched open wide? He did that willingly. The soldiers didn't have to wrestle Him to the cross, pull His arms apart, or hold Him down. He lay down and spread His arms to the Father and to you. He thought of nothing for Himself, because He is good. Because He is love. Why do you fear the cross? The cross is love. Be not afraid of love that costs you. It will change you. It will make you like Him.

Look at His chest struggling to breathe. It is covered in bruises and wounds. It contains the Most Sacred Heart of God. Look up and see His face. Do you see His crown of thorns? He freely chose that crown. A crown of gold was offered to Him many times. Great numbers wanted to carry Him off and make Him king of Israel, a king on earth. But, He did not forget who He was and why He was sent. He wants



## DAY 2 CONT...: MEDITATION STARTER

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more for you. He wants to be with you forever. Behold my Son, the son of a poor, young woman. Behold the Son of God. Behold the love of God for you.

Come closer and touch the wood of the cross. Yes, it is rough, hard, and heavy. But this wood is saturated with the blood of Jesus, it is filled with His love. Do not be afraid of love that costs you. It will make you like Him. It will bind you to Jesus forever.

- What stood out to you in the meditation? Offer a prayer of gratitude for Jesus' sacrifice on the cross.
- How has Mary helped you face your crosses, your fears? How can you turn to her help and encouragement more often?

## DAY 3: PRAYING WITH SCRIPTURE

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**The Crucifixion of Jesus John 19:23-30** Call to mind Day 1's prayer.

- Place yourself in the shoes of the beloved disciple, and pray again with verses 26-27. How do you feel when Jesus makes eye contact with you from the cross? What happens when He entrusts you with Mary, His Mother?
- When you look at the cross, do you see God's deep and personal love for you? Or do you see something you'd like to avoid?
- How has the common symbol of the cross become less meaningful? What do you take for granted about it? What are some depictions of the crucifixion that make it easy to overlook the sacrifice of Jesus?





## DAY 4: REFLECTION—SON OF GOD

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God is a mystery, far beyond our understanding. If we could see Him and know Him perfectly, He would not be God. And so, even though we are asking for clearer sight, we know that He is beyond us. How can it be that God loves us so much that He took on our nature? How can it be that the Father was willing to sacrifice His Son for our sake? That the Son of God suffered and died because He wanted us to live? How can it be that Jesus opens heaven, not through anything we merited, but through His own generosity and goodness?

How can this be? The mystery of our faith is not an excuse for an illogical and indefensible religious belief. Jesus has given too much evidence to ignore and dismiss the truth. He is the Son of God. He loves us. He really did come to earth and die for our sake. And yet, our minds and hearts are left in awe at who He is, at His goodness.

The mysteries of faith can be pondered and studied, but more importantly, they are meant to be lived. The revelation of the Trinity—Father, Son, Holy Spirit—is more than theology. The Father claims you as His beloved child and wants you to live this truth, to experience the freedom that comes from His Fatherhood. The Son died for you and saved you. He wishes you to know His love and affection, the joy that comes from His gift of life and love. The Holy Spirit has been imprinted on your soul. He speaks to you and moves within you. Do you know Him?

Stand at the foot of the cross. Look at the condemned, dying man. Ask for faith. Jesus promised to reveal Himself to the childlike, the lowly. In humility, ask to see the Son of God, the Love of God revealed.

- Spend time at the foot of the cross, ponder the mystery of the cross. Express gratitude for Jesus' sacrifice.
- Why is it important to remember that God is a mystery to us? Do you struggle needing to know and understand everything? How can focusing on experiencing the answer help shift your mindset?



## DAY 5: PRAYING WITH SCRIPTURE

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### **The Baptism of Jesus Matthew 3:13-17**

Baptism would quickly be seen and realized as a participation in the death of Christ. St. Paul tells us, "Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death?" (Rom 6:3). In a real and mystical way, we die with Christ as we go under the waters of baptism and rise with Him coming up from the water.

- Call to mind the moment of your baptism and reflect on being united to the cross of Christ at that moment.
- Hear the Father say, "You are my beloved son/daughter." Is your sonship/daughtership something you have experienced? That you have a good and perfect Father with you always? Is it only intellectual knowledge? Why?

## DAY 6: JESUS SPEAKS

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The full meditation is provided in Appendix III.

I love you. Look up, see Me upon the cross. I am here, abandoned, rejected, betrayed, wounded, forgotten. I am dying. I can see you standing at the foot of My cross and I know I would do this again and again, because I love you. You are My beloved. Nothing you do will change this. I know it pains you, the realization that you have abandoned Me, rejected My love, forgotten Me, wounded Me. But I do not see that when I see you. I see the one whom I love.

- Is it hard to believe that Jesus sees you this way? That He doesn't dwell on your sin, but rather His love for you?
- What do you most fear disqualifies you from being loved by Jesus?
- Read through the following statements, pausing and staying when something resonates with you. Rest in true statements. Call to mind when you have experienced that truth in your life. Ask the Holy Spirit to reveal any distortions or lies you believe.

Jesus loves me uniquely and personally.

I am a beloved son/daughter of God.

Jesus delights in me.

Jesus sees beyond my sins.

My sins do not define me.

Jesus has to love me, because He loves everybody.

Jesus puts up with me.

Jesus is disappointed in me.

I will never be good enough.

My sin is the most noticeable thing about me.



## DAY 7: TAKE-AWAYS

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Revisit the content that has been read and prayed with this week. Call to mind any movements that came from your prayer and/or reading.

- How did Jesus reveal Himself to you this week? Knowing Jesus in this light, what have you learned about yourself?
- How do you long to know Jesus better? How can you live out your identity as a child of God more fully?
- Reflect and fill out the **Jesus, I Want to See-Prayer Tool** in Appendix IV.

“And as for a book from which to learn how to grow in the love of God, there is no better book than Jesus Christ crucified.  
—Saint Maximilian Kolbe”



PALM SUNDAY

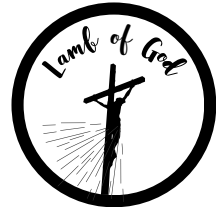
*Holy Week*

EVENT

*The Piercing*

JESUS IS

*The Lamb*



## DAY 1: PRAYING WITH SCRIPTURE

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Jesus is the Lamb, His heart pierced by a lance. All that was left in Him immediately poured out: blood and water. This week, we watch God empty all of Himself, giving us everything. We ask for courage to respond with a total gift of our own hearts back to Him.

**Jesus, help me to see You more clearly, to know You more deeply, and to trust You completely.**

### **The Blood and Water John 19:31-37**

- What stood out to you in this passage? What words struck you? Actions? Why?
- When you consider Jesus, dead on the cross, what do you see? What do you notice? How do you react when Jesus' heart is pierced?
- Turn to the **Jesus, I Want to See - Prayer Tool**, located in Appendix IV. Reflect and fill out the chart.

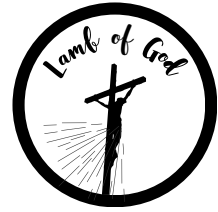
## DAY 2: MEDITATION STARTER

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### **Mary Magdalene**

I was completely spent. I had no more tears to cry, my veil completely soaked from weeping throughout His trial and crucifixion. I sat in the dirt, weak from the horrors of the day and their grief it had caused me. My sandals, garments, and face were filthy, but what did that matter? He was dead. I looked up at the lifeless body of Jesus. A wave of anguish and disbelief washed over me. His head hung forward, limp and heavy. His body sagged under its deadweight, pulling at the hands still nailed to the wood. He was unrecognizable, covered in blood and bruises. Here was the One who had given me a new life of hope and love. Now, He was dead and I lived.

Off to one side, an argument broke out amongst the Roman soldiers. They were pointing at Jesus and debating something. I felt the knot in my stomach tighten at the thought of what they were going to do to Him now. Hadn't they done enough? What was left to do? Based on how they had treated His Body while He was alive, I



## DAY 2 CONT...: MEDITATION STARTER

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couldn't imagine how they would handle His corpse.

Two soldiers emerged from the group, one carrying a club and the other carrying a lance. The latter approached the body of Jesus and stopped at the foot of the cross. I held my breath. He lifted his spear, and with the force of a seasoned soldier, he thrust the lance deep into the side of my dead, beloved friend. Immediately, blood and water poured out.

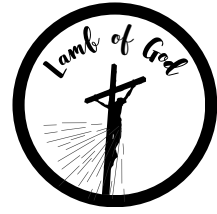
- What happened during your meditation? What did Jesus reveal about Himself? About you?
- What stood out about the image of Jesus, already dead on the cross, yet still subject to violence from humanity? How did it feel, watching Jesus be pierced? What was it like to see the blood and water flow out from His side?

## DAY 3: PRAYING WITH SCRIPTURE

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**The Blood and Water John 19:31-37** Call to mind Day 1's prayer.

- Place yourself at the foot of the Cross and imagine the blood and water pouring out from the side of Christ upon you. How do you react?
- Just as Adam was put to sleep and Eve, his spouse, was drawn out from his side, now Christ, the new Adam, enters the sleep of death and brings forth the Church from His pierced side (the waters of baptism, the blood given in the Eucharist). How is Jesus inviting you to receive the blood and water, His graces and mercy faithfully? More often?



## DAY 4: REFLECTION-LAMB OF GOD

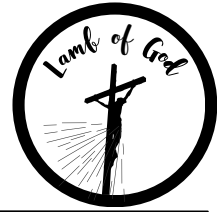
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For Israelites, the lamb was a symbol of sacrifice. It was the lambs' blood that saved Israel's firstborn sons from death. The life of the lamb was their protection and what united them to God. In the Gospel of John, when John the Baptist saw Jesus approaching, he called out, "Behold, the Lamb of God, who takes away the sin of the world" (John 1:29). He prophesied Jesus' final end, that He would sacrifice Himself to save Israel's children from death. It was Jesus' blood that would give life, not just to Jews, but to the whole world.

John the Baptist's prophecy was fulfilled on the cross as Jesus offered up His life for us. He was the perfect sacrifice: innocent and without blemish. He owed nothing, yet He paid the price for our sin. As His side was pierced, Jesus became the true Lamb, emptying Himself completely, shedding every last drop of blood. Consider how the lance not only pierced the side of Christ, but was thrust deep into the heart of God. The blood and water that poured out was contained in God's heart. He held back nothing; He gave everything.

The Father received Jesus' offering of His life, His heart, and transformed the blood and water into a fountain of life. It was the Father's mercy that drew from the side of Christ, His bride: the Church. She offers the water flowing from the Lamb: Baptism. She gives us the blood that poured from His side in the Eucharist. And because these flow from the Lamb, they give life and unite us to the Father. Behold, the Lamb of God, who takes away the sins of the world. Happy are those called to the supper of the Lamb.

- Ponder the total outpouring of Jesus, even after His death. Do you see it as His personal love for you? Do you see the Father's mercy and generosity? What does it mean that the blood and water came from Jesus' heart?
- How has the Church blessed your life? How can you be more grateful for the gifts she offers you?
- Consider the times in the Mass when Jesus is referred to as 'the Lamb' (Lamb of God, you take away the sin of the world; Behold the Lamb of God). How can you see these moments in the Mass with new understanding?



## DAY 5: PRAYING WITH SCRIPTURE

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### John the Baptist's Testimony to Jesus John 1:29-37

- Imagine Jesus walking toward the Jordan River, all the people present for John's baptism. See Him in His vitality and humility. Hear John proclaim, "Behold, the Lamb of God, who takes away the sin of the world." What would it have meant for Jesus to be called a lamb (namely, an animal that was used for sacrifice)?
- What is easier for you to accept: Jesus as lion or Jesus as lamb? Do you see His gentleness as weakness? Do you see His selflessness as weakness? How does His lowliness reveal His true strength?

## DAY 6: JESUS SPEAKS

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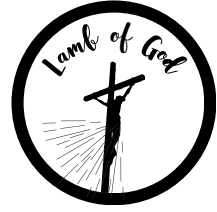
The full meditation is provided in Appendix III.

Have you seen Me pierced? Have you seen mercy flowing out of My side to give you new life? You see, with the blood and water that gushed from within Me and poured out, I was drained of every last life-giving drop of My blood. I allowed this so that I could heal you, you who are so drained by the sin and pain of this world. This blood and water, released from My side, is meant to release you from your bondage to sin and shame. Place yourself there often, you need no longer drown in your struggle with sin. Let Me wash you with My mercy and surround you in My protection.

- What do you experience when you place yourself under Jesus' blood and water pouring out from His side? What does He want to free you from?
- Read through the following statements, pausing and staying when something resonates with you. Rest in true statements. Call to mind when you have experienced that truth in your life. Ask the Holy Spirit to reveal any distortions or lies you believe.

The Father is generous.	The Father is withholding.
The Father is merciful.	The Father is demanding and wants to condemn me.
The Church is a gift in my life.	I don't need the Church, just a personal relationship with Jesus.
The sacraments are my strength and my freedom.	The sacraments are not enough to conquer my weakness.
I can give Jesus all of me.	There are some parts of me Jesus doesn't want; there are some parts I should get to keep for myself.





## DAY 7: TAKE-AWAYS

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Revisit the content that has been read and prayed with this week. Call to mind any movements that came from your prayer and/or reading.

- How did Jesus reveal Himself to you this week? Knowing Jesus in this light, what have you learned about yourself?
- How can I give of myself more completely? Who is Jesus calling me to give myself completely to today?
- Reflect and fill out the **Jesus, I Want to See - Prayer Tool** in Appendix IV.

“O blood and water, which gushed forth from the heart of Jesus as a fountain of mercy for us, we trust in you.  
Prayer given to Saint Faustina by Jesus.”



EASTER SUNDAY

*Easter Week*

EVENT

*The Upper Room*

JESUS IS

*The Resurrection*



## DAY 1: PRAYING WITH SCRIPTURE

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Jesus is the Resurrection and the Life. He suffered, died, and was buried, but on the third day, He rose from the dead. This week, we rejoice that our Lord, our Savior, our Friend is alive. We watch and listen as He reveals the Good News to His disciples, treasuring and celebrating the hope of the Resurrection. Alleluia!

**Jesus, help me to see You more clearly, to know You more deeply, and to trust You completely.**

### **Appearance to the Disciples John 20:19-23**

- How is Jesus being revealed in this passage by how He acts and what He says?
- Reflect on the significance of Jesus retaining the wounds in His hands and side.
- Why were the disciples afraid? Why are the first words of Jesus to His disciples powerful?
- Turn to the **Jesus, I Want to See - Prayer Tool**, located in Appendix IV. Reflect and fill out the chart.

## DAY 2: MEDITATION STARTER

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### **Peter**

The last time I had seen Jesus, I had denied knowing Him at all. I was in the courtyard of the high priest, sitting at the fire, my mind racing with what I should do, weighing all the options. The vicious hatred of the leaders, the witnesses, and the growing crowd alarmed me. They wanted His death. Suddenly, someone recognized me, and I denied Him. Three times I was asked and my final answer resounded, "My friend, I do not know what you are talking about." I turned to look at Jesus across the way and His eyes were locked on me. He had heard. The shame was unbearable. I ran away, hating myself and my weakness. Eventually, I rejoined the others in the upper room, hiding from the Temple Guards. I had left only once to confirm the alarming story that Jesus' body was gone. What it meant, I did not know.

But, now I do. For the same eyes that looked at me in the courtyard are staring at me now. They are loving and joyful. There is no pain, only light and glory. Jesus



## DAY 2 CONT...: MEDITATION STARTER

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reaches out His hand, revealing the wound from a nail, and places His hand on my shoulder. My heart pounds wildly in my chest, from surprise that I can feel His touch and in fear of what He will say to me. I had denied Him, failed to believe and trust Him, and here He is truly risen from the dead.

He smiles and leans forward, "Peace be with you."

- What happened during your meditation? What did Jesus reveal about Himself? About you? What stood out about the image of the Resurrected Jesus and His encounter with Peter?
- What is an area of your life that you need to hear Jesus say, "Peace be with you"? What is an area of your heart that needs His life and His hope?

## DAY 3: PRAYING WITH SCRIPTURE

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### **Thomas John 20:24-29**

- What stood out to you in the description of Jesus? In the encounter with Thomas? How do you relate to Thomas?
- Imagine placing your finger in Jesus' hand and side. How is your heart moved?
- When have you encountered Jesus in the past? How did it change you? How did it unite your heart more completely to His?



## DAY 4: REFLECTION - THE RESURRECTION

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Thomas is not present when Jesus appears to the Apostles in the Upper Room. His brothers proclaim to him that they have seen the Resurrected Lord. For Thomas, the word of the disciples is not enough. He must see for Himself. "Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe."

Jesus answers Thomas' desire. He appears again, this time with Thomas present, allowing him to see with his own eyes, to touch His wounds with his own hands. He does not condemn Thomas, but instead He pleads, "Do not be unbelieving, but believe." Thomas is filled with wonder and joy, as he offers one of the simplest and most profound prayers in the Gospels, "My Lord and my God!"

We can ask too little of Jesus. He wants our belief, to draw out of our lukewarm hearts the burning passion to know Him and encounter Him. The Father, through Jesus, wants us to know His joy, to experience the Good News of the Resurrection. He wants to give us hope. Thomas, in his own way, offered the prayer of the blind man, "I want to see." And Jesus answered.

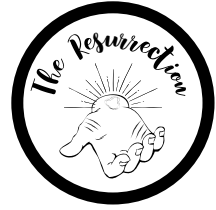
- Do you believe that Jesus wants you to settle for only knowing about Him and hearing about Him through other people? Or do you believe that you can ask to know Him personally?
- How has the Father given you joy? How has the Good News of Jesus' resurrection changed your life? What hope do you have in this truth?

## DAY 5: PRAYING WITH SCRIPTURE

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### **The Raising of Lazarus John 11:17-27 OR 35-44**

- Which words of Martha are easy for you to say? Which ones are harder to believe?
- Imagine yourself in Lazarus' place. What would it sound like to hear the voice of Jesus calling you to awaken and have life? What is it like to hear Jesus call your name? Do you believe the resurrection is for you?



## DAY 6: JESUS SPEAKS

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The full meditation is provided in Appendix III.

Have you seen Me in the upper room after My Resurrection? This is the moment. This is the encounter when you see all My Father's promises fulfilled. This is when I show you that no matter how dark, hopeless, or painful things may be, you can always depend on My promises. This is when you see that My power conquers even death itself. There is nothing in your life I cannot conquer and redeem. This is when I remind you that I am God. See My wounds, put your hands into my side, and know that I am truly risen. You will rise too and your present wounds will be glorified, if you believe in My promises and allow yourself to be saved by My Resurrection.

- What do you experience when you put your hands in Jesus' side and hear Him speak to you about His Resurrection?
- Read through the following statements, pausing and staying when something resonates with you.

Jesus is alive and with me always.	Jesus leaves me.
I will live forever through Jesus, the Resurrection.	As long as I'm a nice person, I'll go to Heaven.
The Father gives me joy.	The Father gives me burdens.
I have hope the Father will make all things new.	There are some things God can't make new.
I can place all my hope in Jesus.	Jesus will disappoint me.
Jesus makes Himself known to me.	Having a personal relationship with Jesus is not for me.



## DAY 7: TAKE-AWAYS

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Revisit the content that has been read and prayed with this week. Call to mind any movements that came from your prayer and/or reading.

- How did Jesus reveal Himself to you this week? Knowing Jesus in this light, what have you learned about yourself?
- How do you long to know Jesus better? How can I participate today in the joy of the Resurrection?
- Read "The Conclusion" John 20:30. Express your gratitude to Jesus for His resurrection.
- Reflect and fill out the **Jesus, I Want to See - Prayer Tool** in Appendix IV.

“O Death, where is your sting?  
O Hell, where is your victory?  
1 Cor 15:55”



**DIVINE MERCY SUNDAY**

*2nd Sunday of Easter*

**EVENT**

*The Road to Emmaus*

**JESUS IS**

*Merciful Savior*





## DAY 1: PRAYING WITH SCRIPTURE

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Jesus appeared to two disciples on the Road to Emmaus, revealing who He is through the scriptures and through the breaking of the bread. This week, we watch and listen as Jesus makes Himself known through the scriptures and the Eucharist. He offers both to us today, because He is our Merciful Savior.

**Jesus, help me to see You more clearly, to know You more deeply, and to trust You completely.**

### **The Appearance on the Road to Emmaus Luke 24:13-29 (Part 1)**

- What stood out to you in this passage? What words struck you? Actions? Why?
- Jesus explains to the disciples how He is being revealed in all of the Scriptures. Was it at this point that their eyes were finally opened? Why not?
- How have you asked Jesus to stay with you throughout your day? What is still hard to understand or accept about Jesus? Ask for Him to continue revealing Himself to you.
- Turn to the **Jesus, I Want to See - Prayer Tool**, located in Appendix IV. Reflect and fill out the chart.

## DAY 2: MEDITATION STARTER

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### **The Disciple**

We were running as fast as we could. Cleopas kept laughing and shouting, he was less winded than I was. We had seen Jesus! He really was alive! And as soon as He had vanished from our sight, we had taken off down the road back to Jerusalem. The twelve must know! He really was alive!

I knew it wasn't a figment of my imagination, a trick of my mind, because Jesus' appearance hadn't been just a short, brief moment. We had walked almost the whole journey from Jerusalem to Emmaus with Him. As soon as He had joined our conversation, He began explaining the necessity of Jesus' suffering, according to the prophets. We were amazed at this Stranger's understanding and His knowledge of the Scriptures. When we neared the village, I did not want Him to leave. A new hope had sprung up in my heart and I knew it was from His presence, His wisdom. We had asked Him to stay and He did so willingly.

Cleopas interrupted my thoughts, shoving me and asking wildly, "How did we not know it was Him?" He shook his head in amazement as our feet pounded the



## DAY 2 CONT...: MEDITATION STARTER

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ground, pushing us closer and closer to Jerusalem. “Were not our hearts burning within us while he spoke to us on the way and opened the scriptures to us?” I nodded my head in agreement, conserving as much energy as I could. We needed to make it all the way back to Jerusalem tonight. One solitary image would occupy my mind the rest of the way: the face of Jesus, His eyes looking right into mine. In His hands, He held out a piece of bread, the words still ringing in my ears, “Take it: this is my body.”

- What happened during your meditation? What did Jesus reveal about Himself? About you?
- How has Jesus revealed Himself to you through the Scriptures?

## DAY 3: PRAYING WITH SCRIPTURE

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### **The Appearance on the Road to Emmaus Luke 24:28-35 (Part 2)**

- At what point do the disciples recognize that it was Jesus with them? What is the relationship between hearing the Scriptures and receiving the Eucharist?
- What is your relationship with the Eucharistic Lord now? What do you see when you look at the Eucharist now? When you attend Mass and receive the Eucharist?
- Do you see the Scriptures and the Eucharist as the primary way Jesus chooses to make Himself present to you? The way He wants to save you? The way He wants to love you?



## DAY 4: REFLECTION - MERCIFUL SAVIOR

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During Mass, Jesus begins by revealing Himself to us through the Liturgy of the Word. The Scriptures are proclaimed, making known the truth of who He is and who we are. Do we receive His word? Do our hearts burn within us as He speaks? Do we ask Him, His word, to stay with us throughout our day? We conclude the Liturgy of the Word professing the mysteries of our faith and humbly asking the Father for all we need.

The Liturgy of the Eucharist begins and again Jesus reveals Himself. During Consecration, we gaze upon the Body of Christ, held in the hands of the priest and raised high above the people of God. We are spiritually made present in Bethlehem, the House of Bread, where the Son of God lies innocent and defenseless in a feeding trough. Then the priest elevates the chalice—the Blood of Jesus—toward heaven and we are made present at the foot of the cross. Blood from His pierced side pours down the wood and into the cup, the blood of the new covenant. Here before us is the Savior of the world, exposed and unguarded.

The moment of unity and mercy comes and Jesus beckons us forward to receive His body and blood. Do we recognize Him in the breaking of the bread? Do we see our Merciful Savior, offering Himself to us, generations after His death and resurrection? Do we see the fulfillment of the Father's plan? His desire for us? The priest holds up the host and proclaims, "Body of Christ."

- How is the gift of the Eucharist and the gift of the Scriptures merciful? How is the Father reaching out to you through these two parts of the Mass?
- What is on your mind and heart during the Mass? How can you attend Mass with more faith? Receive the Eucharist with more faith? What revelations about Mass would deepen your love for Jesus?



## DAY 5: PRAYING WITH SCRIPTURE

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### The Prayer of Jesus John 17:20-26

- Jesus prayed for you during the first Mass. What words of His stood out to you? Why?
- Read verse 26 slowly and rest in His presence and love. Consider how Jesus offered this prayer during the Last Supper, when He instituted the Eucharist. Thank Him for the gift of the Eucharist.

## DAY 6: JESUS SPEAKS

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The full meditation is provided in Appendix III.

Have you seen Me in the tabernacle or monstrance? Do you recognize Me there? Come, be present. I long for you to invite Me into your life by calling you here into Mine. Journey with Me by returning here often? I will always be with you through ups and downs and twists and turns of life. It is here you can draw your strength for the road. Will you allow Me to open the scriptures to you, to share My story with you? You will discover it is your story too. I will open your mind and heart to so much joy and fulfillment.

Come, see Me here, I wait for you. I long for you. Behold Me, your Merciful Savior

- Read through the following statements, pausing and staying when something resonates with you.

Jesus is walking the way to heaven with me.	Jesus would never want to journey with me.
The Father speaks to me through the Scriptures.	I can't understand the Scriptures.
The Eucharist is medicine for my soul.	The Eucharist has little effect on me.
I know Jesus in the Eucharist.	Jesus will never reveal Himself to me in the Eucharist.
Jesus came to save me.	I am not worth saving.



## DAY 7: TAKE-AWAYS

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- What did Jesus reveal about Himself to you this week? What did Jesus reveal about you this week?
- How can you more completely receive the mercy Jesus offers you?
- How can you continue growing in relationship with Him? What is the Holy Spirit calling you to next?
- Reflect and fill out the **Jesus, I Want to See - Prayer Tool** in Appendix IV.

“O blood and water, which gushed forth from the heart of Jesus as a fountain of mercy for us, we trust in you.  
Prayer given to Saint Faustina by Jesus.”

# 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.”

## **Step Two: Make and Act of Trust**

Another difference between reading scripture and praying with scripture is that 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.

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.

**Step Two: Make an Act of Trust Continued...**

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.

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

It is also important to note that when you pray with a bible passage you will read it slowly, and "savoringly." Use your five senses to imagine the scene. Be aware that the Holy Spirit works in 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.

**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.

**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.

**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.

# HEARING THE VOICE OF GOD

God's Voice	Satan's Voice
Stills you Leads you Reassures you Enlightens you Encourages you Comforts you Calms you Convicts you	Rushes you Pushes you Frightens you Confuses you Discourages you Worries you Obsesses you Condemns you
God is never early and He is never late. He is always right on time and His plans for you are good. God is a God of love and order.	If the voice you are hearing doesn't sound like goodness, love, and order, then it is not from God.

## Ways God Speaks To Us:

1. Hearing - "thought" voice
2. Seeing - Imagination
3. Feeling - ex: that feeling in the pit of your stomach
4. Knowing - Graced knowledge in a moment



# JESUS SPEAKS FULL MEDITATIONS

Method & Explanation by Sara Racicot

## Week 1: The Last Supper-Bread of Life

Place yourself under My hands again so I may heal you. Let Me put My hand upon your eyes. Open your mind and your heart to Me.

If you want to see Me, let Me see you so that I may heal you. Be like a child, who, knowing he is scraped and hurt, shows his father how he has been wounded. Show Me what you struggle with about Me in the Eucharist, where are your blind spots, where are your wounds?

Have you seen Me at My last meal with My disciples? Have you seen My actions and listened to My words? Did you understand what I was doing for you and what the Father was doing through Me? Do you see the promises the Father fulfilled in Me that night and at every Mass since? Stay, then, under My hand and let Me help you see.

What do you distrust about My request to take and eat? Show Me. Tell Me. Do you think I want to take from you in this command to remember Me? I tell you, here, take and eat Me for I remember you in every moment of eternity.

Do you fear dependence upon My body and blood may starve you and leave you wanting and needing more? Here, take My body and be satisfied by My food, My flesh for the life of the world.

Do you worry your devotion to Me will make you small or less of a man? Here, I will become smaller than small, easily forgotten, and humbler than imaginable for you, so as to make you more fully alive than you can imagine. Does My disguise in bread and wine make you think I am distant from you or hard to access? See how I and My Father desire to be so close to you that I become food just so that I may be nearer to you than anything else. So that I may dwell within you.

Do you fear I may abandon you if you don't come to My table often enough? Here, abandon Me to wait alone, as My daughter Saint Therese says, as a prisoner of love, waiting in My cell for you to come visit your God. I will be there. Always.

Do you worry I am a hoax, that My power to become food for you just can't be. Let Me show you I am here and you can believe. See Me there at that table, in the host. For My flesh is true food and my blood is true drink. Take and receive Me, see Me as your Bread of Life, as your source and sustenance for all things, and see how My Father nourishes you intimately with Himself through Me.

See Me, the Eucharist, the Bread of Life.

Return to Week 1 for reflection questions.

## Week 2: The Agony in the Garden-Comforter

Place yourself under My hands again so I may heal you. Let Me put My hand upon your eyes. Open your mind and your heart to Me.

If you want to see Me, let Me see you so that I may heal you.

Have you seen Me in my agony in the garden? Have you seen My actions and listened to My words? Did you understand the reality of My compassion?

Stay, then, under My hand and let Me help you see. Gaze upon My stressed form and My pleading hands. Keep watch with Me and see My cries and distress. What is the meaning of your God in this moment?

Have you ever thought I was the source of your distress? Making your burden heavier with My way and your shame more crushing with My law? Here, My child, distress Me, let My burden become heavier as I carry you and your burdens. Do you think you have to white knuckle through the hard times and smile through the suffering alone? Let My tears and anguish release you from this expectation of yourself as you lay it all on Me. Do you ever feel alone or abandoned by Me? Here, see Me alone and abandoned in My darkest anguish by My closest friends and know that I sought you in that moment to comfort you.

Have you ever felt alone and wondered if anyone cared? Have you ever carried a pain so deep you could literally feel your heart breaking? Have you ever borne a burden or pressure so heavy and wished someone could share it with you? Have you ever experienced loss or grief so suffocating you felt you may die? Or have you ever felt shame and guilt deep enough you thought it might actually ruin you? Yes? So have I. That night. In the garden. I took upon Myself the experience of the pain and suffering of this world, the experience of your pain and suffering. It united us that night and continues to.

I felt your loss, your darkness, your shame, your burden. All of it. The anguish dripped down My face as I broke blood vessels out of sheer distress for you and your sufferings. It pulsed through My veins as I tensed up every muscle in My body and I experienced each moment with each of My beloved. I wanted you to know you are not and have never been alone. My disciples may have left Me alone that night, but you were not left alone and never will be. I have seen, experienced, and felt all with you.

See Me there in the Garden of Gethsemane. Hear Me express My plea for this cup to pass and know My fear, pain, and willingness to suffer with you is real. And then hear Me say, "Father, not my will but yours" and know My desire to suffer for you is also real, so real I set My heart upon the will of the Father and upon the road to the Cross to die for you.

See Me, your Comforter.

Return to Week 2 for reflection questions.

### Week 3: The Trial-King of Heaven

Place yourself under My hands again so I may heal you. Let Me put My hands upon your eyes. Open your mind and your heart to Me.

If you want to see Me, let Me see you so that I may heal you.

Have you seen Me scourged at the pillar? Did you see how they tore up every inch of My body with sharp lashes of hooks, glass, and stone? Did you see My face as the whips grabbed My skin and ripped Me apart? What do you think of a king who is tortured like this? Do you find Me pathetic?

Have you seen Me crowned with thorns? Have you seen My actions and listened to My words? What do you think of a king with a crown like this—sharp thorns wound into a helmet and beat into My royal head? Do you find Me to be a joke and My kingdom to be far too distant from this moment?

Have you seen Me presented before the crowds with My twisted crown and bloodied cloak, and heard My introduction, “Behold the Man?” What do you think of a man like this? Where is his strength and valor? Can he be a king?

Have you seen Me, rather than hailed and lauded, booed and condemned by an entire crowd, yet silent and unwilling to fight back. Do you find Me weak?

Stay, then, under My hand and let Me help you see Me and what I was doing.

My kingdom is not of this world. You are not of this world. The vanities and control you seek gain you nothing in My kingdom. If you ever fear you have a cruel king, see Me beaten cruelly and know your face was on My heart. If you ever fear you have a Lord who will strike you down, see Me struck with a reed upon My abused head and know that I had your love in mind. If you ever fear you have a God who will condemn you in your darkest moments, see Me condemned, spat upon, and shouted down and know that I was finding My will to continue by knowing I was lifting you up.

I enter into your exile from My kingdom to reach you and bring you to Me. My kingship is not of this world and neither are you. Your royalty comes from Me not from what you often seek. Find your treasures in this shredded, bloodied man upon the stage, condemned to death. Find your worth and meaning in Me and I will take you home to an eternal kingdom with eternal reward.

Behold the Man, Behold Your King.

Return to Week 3 for reflection questions.

## **Week 4: The Way of the Cross-Champion**

Place yourself under My hands again so I may heal you. Let Me put My hands upon your eyes. Open your mind and your heart to Me.

If you want to see Me, let Me see you so that I may heal you.

Have you seen Me on the way of the cross? As I embrace My cross, your cross, and it is placed upon My mangled body, can you see the battle beginning and that I will be your victor? Can you see that My humility is already crushing the pride of generations? Can you see that My torture is already bearing fruit? Can you see that every voice crying "crucify him!" is already touching mercy? Can you see My passion in My fight for your salvation? Every step, every fall, every face I pass by, closer and closer to your redemption.

I use every last bit of My strength and I keep going no matter the cost. Because the moment is here for your freedom to be won. The moment is here for your God to win you back forever. The moment is here for Satan to fall and for your Messiah to rise up to strike him down and crush him forever. I hold My weapon and carry it step after step ready to wield it to destroy death, beginning with Mine. That bloodied, beaten, tortured, condemned, disgraced, and silent man, carrying your salvation upon His back, that is your God, Me. I will not back down, I will not fight back but I will win.

Behold Me, Your Champion.

Return to Week 4 for reflection questions.

## **Week 5: The Crucifixion-Son of God**

Place yourself under My hands again so I may heal you. Let Me put My hands upon your eyes. Open your mind and your heart to Me.

If you want to see Me, let Me see you so that I may heal you.

Have you seen Me crucified? Have you heard Me say to you that I love you desperately? Have you heard Me say, "You are My beloved?"

You often respond, "but what if I..."

"Mess up?" "Fail?" "Abandon Me?" "Forget Me?" "Hurt Me?"

I answer, "See Me here, upon this Cross, sent here by generations of those who messed up, failed, abandoned, forgot, and hurt Me. Yet, I say again, "you are My beloved." When I am here upon the Cross, I prove to you that you cannot disqualify yourself from this title and identity as My beloved. You can whip Me, beat Me, mock Me, spit upon Me, forget Me, and send Me to die, and I will NEVER be able to see you as anything but My beloved. I see you as the child of My Father. See Me here, proving breath after breath, even beyond My death, never taking back this truth that you are My beloved.

Behold Me, the Son of God.

## **Week 6: The Piercing-Lamb of God**

Have you seen Me pierced? Have you seen My mercy flowing out of My side to give you new life? You see, with the blood and water that gushed from within Me and poured out, I was drained of every last life-giving drop of My blood. I did this so that I could heal you, you who are so drained by the sin and pain of this world. This blood and water, released from My side, is meant to release you from your bondage to sin and shame. Place yourself there often, you need no longer drown in your struggle with sin, let Me wash you with My mercy and surround you in My protection.

See Me pierced, and know that I want to pierce you with a love and mercy so deep that your heart is changed forever. I am the Lamb of God, the one sacrificed for you, allow Me to save you.

Behold the Lamb of God, Behold Me.

Return to Week 5 & 6 for reflection questions.

### **Week 7: The Upper Room-The Resurrection**

Have you seen Me in the upper room after My Resurrection? This is the moment. This is the encounter when you see all My Father's promises fulfilled. This is when I show you that no matter how dark, hopeless, or painful things may be, you can always depend on My promises. This is when you see that My power conquers even death itself. There is nothing in your life I cannot conquer and redeem. This is when I remind you that I am God. This is when you can see the suffering and evil of this earth as truly temporary and My glory as eternal.

See My wounds, put your hands into My side, and know that I am truly risen and you will rise too and your present wounds will be glorified, if you believe in My promises and allow yourself to be saved by My Resurrection.

Behold the Resurrection, Behold Me.

### **Week 8: Road to Emmaus-Merciful Savior**

Have you seen Me in the tabernacle or monstrance? Do you recognize Me there? Come, be present. I long for you to invite Me into your life by inviting you here to Mine. Will you journey with Me by returning here often? I will always journey with you through ups and downs and twists and turns of life. It is here you can draw your strength for the road. Will you allow Me to open the scriptures to you, to share My story with you? You will discover it is your story too. I will open your mind and heart to so much joy and fulfillment. Come, see Me here, I wait for you. I long for you.

Behold Me, your Merciful Savior. Come, see Me.

Return to Week 7, & 8 for reflection questions.

# I WANT TO SEE CHART & PRAYER TOOL

*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	

# SMALL GROUP MEETINGS

*Group meetings should prioritize talking about your personal relationship with Christ and encouraging one another in that same pursuit. The provided discussion questions can be adjusted for the number of group meetings and the length of each meeting.*

## Tips for Group Discussion

- Begin with prayer. It can be spontaneous or a Scripture meditation.
- Invite the Holy Spirit into your discussion.
- Emphasize talking about prayer and what Christ is revealing to you in prayer.
- Take a moment of silence to review the reflection questions from that particular week.
- Discuss:
  - Any of the reflection questions
  - What is Christ revealing to you in prayer?
  - What is something that struck you in the passages or meditations?
- Remember, be selective in the questions that you ask.
  - Resist the urge to cover all the provided questions.
  - Do not sacrifice deep conversation on one question, just to "get through all the questions."
  - Focus on honesty, depth, and a chance for everyone to share.
- Close your conversation with prayer, interceding for each other, and those you love. Express your gratitude for God's goodness.



