

**2014 Lent Retreat in Daily Living
Prayer Material for Week of April 1**

Day 1: The Baptism of Jesus

Matthew 3:13-17

For thirty years Jesus has been growing in wisdom and age and grace before God and people. Now is his time to enter into public ministry, which begins with Baptism in the Jordan River.

Be with Jesus and John as Jesus is baptized. Notice John's surprise and humility. Listen to Jesus' response to John.

Be with Jesus' as he enters into one of the most profound religious experiences of his life. He sees the Spirit of God descending on him and hears the Father's voice proclaim: This is my Son, whom I love; with him I am well pleased."

See, hear, touch, taste the richness of this experience, noticing the overwhelming love and delight of the Father because of Jesus. Be attentive to what Jesus feels as he experiences his Father's love and joy so vividly.

Day 2: The Wedding Feast at Cana

John 2:1-12

Enter into the scene, paying attention to what you see and hear. As you pray with the pass ask yourself:

What do I hear? What do the wedding guests sound like?

What goes on in me as I hear Mary speaking to Jesus?

What happens in me as I watch and see that Jesus has turned the water into wine?

What do I say to Mary? To Jesus?

What difference does this experience with Mary and Jesus make in my life?

Day 3: The Beginning of Jesus' Preaching

Luke 4:14-30

Jesus began his public ministry after spending forty days of prayer and fasting in the desert. He returned in the "power of the Spirit" to Galilee and proclaimed in the synagogue that the spirit of the Lord was upon him.

Contemplate Jesus' heart, mind and spirit as he proclaims these words. What was he feeling and thinking? How did he know this was his mission?

Consider in what ways you have been anointed by the Spirit to bring the Good News to the poor, liberty to captives, and recovery of sight to the blind. Who are the poor, captive, and blind in your life that need the Good news of salvation?

Notice the reaction of the people. What was Jesus' feeling about their reaction? How do you feel?

Day 4: The Feeding of the Multitude

John 6:1-14

Seeing the needs of the people around Him, Jesus takes the initiative to feed them. He saw both their physical and their spiritual need and fed them not only with bread and fish, but with love and healing.

What is the scene like? What do the people feel? What do you feel as the episode unfolds?

What do you want to say to Jesus?

Day 5: Jesus' Healing Power

Luke 4:33-44

Contemplate Jesus' spiritual power: he has the power of God within him to cast out demons.

Contemplate the power of touch in his hands. He lays his hands upon the sick and cures them.

Notice the power in his preaching. He goes to various synagogues and proclaims the Good news of true freedom and redemption.

Enter into the experience of Jesus' traveling around, preaching and healing as one of his companions. How do you feel being with Jesus during this vibrant time in his life? How do you feel as you listen to him preach and watch him heal many people of various diseases?

Converse with Jesus as you companion him on his journey and ministry of compassion and love. Share with him your feelings and listen to his heart.

Day 6: The Transfiguration

Mark 9:2-13

Two significant and seemingly opposite realities take place at this moment in Jesus' life. One is that Jesus experiences the epitome of consolation, a peak experience, overwhelmed again by God's special love for him: "This is my Son, my beloved. Listen to him." Peter, James, and John are so overcome by this event that they want to preserve it by building three tents.

However, they also experience a valley experience as they come down the mountain and Jesus explains again that he must suffer much and be despised.

How similar to our journey with God: at times we experience deep consolation and at other moments we experience the deep desolation of seeming separation from God because of our own suffering, darkness, or sinfulness.

Contemplate this passage. See, listen to, feel what was going on in Jesus, God and the disciples. As you enter into and relive the experience, share with Jesus any feelings that arise within you and be attentive to his response.

Day 7: Washing of the Disciples' Feet

John 13:1-20

"Jesus loved his own in this world, and would show his love for them to the end."

Enter into the mind and heart of Jesus. What was he thinking and feeling?

Notice the reactions of the people present, especially Peter's reaction.

If you feel so moved, let Jesus wash your feet. How do you feel as he does this? What do you want to tell him?

[Portions of these prayer materials were taken from Maureen Conroy, *Giving the Retreat in Everyday Life* and from Joseph Tetlow, *Choosing Christ in the World*]