



Session 2 - The Prayer of Jesus

John - Chapter 16: 32-33

John - Chapter 17: 1:26

A Forgiveness Prayer

Think of a relationship in which you are dealing with anger, or resentment, or disappointment, or impatience. Imagine you see Jesus on the Cross. Take time to visualize His suffering. Listen to the sounds of the soldiers laughing...the sobs of those who loved Him. As you stand at the foot of the Cross be aware of how you feel. What do you say to Him? Now look at the scene of your resentment. Share the reasons for your anger with Jesus. The important thing is to express openly your feelings to the Lord. Listen to His living response. Imagine the person with whom you are angry walking up the hill of Calvary toward you. How do you feel as you see this person approach Jesus on the Cross? What does Jesus say or do to that person? Ask Jesus to help you see with His eyes and forgive with His heart. Look into the eyes of Jesus and share with Him your thoughts and feelings. Look into the eyes of your brother or sister with whom you were angry and share your thoughts and feelings. Celebrate the forgiveness that you have experienced in this prayer by doing something for this person...

From the *Healing Power of Prayer* by Bridget Meehan, SSC. D. Min.

*Lord Jesus Christ, Son of God,
have mercy on me, a sinner...
Jesus prayer*

1. **Jesus Prayer:** “Lord Jesus Christ, Son of God, have mercy on me, a sinner”.
2. **Centering Prayer:** rooted in ancient contemplative practice that invites us to “rest in God” and receive the gift of God’s presence and action in our lives.
 - a. Chose a sacred word as the symbol of your intention to receive God’s presence and action.
 - b. Sitting comfortably and with eyes closed, silently introduce the sacred word as the symbol of your consent to welcome God’s presence and action.
 - c. As thoughts arise, gently return to your chosen sacred word.

- d. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.
3. **ORANS:** open hands posture of prayer
 4. **Contemplative Prayer:** preparation for action that emerges from the initiation of the Spirit in the silence of our own agitation, desires, and hang-ups.
 5. **Heart Prayer:** way of listening to life and allowing life to touch us deeply. It exposes us and leaves us vulnerable. It's a courageous prayer since it comes from our very core. It is a spontaneous prayer.
 6. **Awareness Prayer:** receive each day as a gift from God, behold the day and return or regift the day to God at night as a used tool in service to others.
 7. **Intercessory Prayer:** prayer offered on behalf of others.
 8. **Breath Prayer:** inhale and exhale "Lord have mercy" - inhale and exhale "Christ have mercy" - inhale and exhale "Lord have mercy".
 9. **Communal Prayer:** praying in spirit with a group with journaling and especially spending periods of solitude in your personal **POUSTINIA** or place of prayer and penance.
 10. **Auditory Prayer:** praying with our ears to allow the truth we hear to resonate, without trying to analyze or memorize it.
 11. **Formula Prayer:** to offer prayers to the Father through the Son in the Spirit.
 12. **Prayer of Quiet:** to experience an extraordinary peace and rest, accompanied by delight in contemplating the presence of God.
 13. **Serenity Prayer:** God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardship as a pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His will; that I may be reasonably happy in this life and supremely happy with Him forever in the next.

Engaging Spirituality: A Program of Just Faith Ministeries, www.justfaith.org



Session 3
Jesus Arrested
Peter's Denials
John - Chapter 31: 1-27

First Station: Jesus is condemned to death...

Leader: We adore You O Christ and we praise you

All: Because by Your holy cross You have redeemed the world.

Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your entire life to helping others, listening to the smallest ones, and caring for those who were ignored by others. They don't seem to remember that as they prepare to put you to death. Sometimes I feel abandoned, treated unfairly, or blamed for things unfairly. I have a hard time when people criticize me at home, work, church, and community. Help me to be grateful for what you did for me. Help me to accept criticism and unfairness as you did, and not complain. Help me pray for those who have hurt me. My Jesus, have mercy on us and may the souls of the faithful departed, through the mercy of God, rest in peace, Amen.



A Traditional Way of the Cross

The Way of the Cross (Stations of the Cross, Via Dolorosa, Via Crucis, Devotion to Jesus)

By tradition, it is said that the origin of this devotion was that each time our Blessed Mother was in Jerusalem after the Resurrection, she and other women would walk the streets Jesus walked when carrying the cross to Calvary. She would stop from time to time and recall what happened to Jesus at that place. She did this in the spirit of gratitude for what Jesus had suffered for her spiritual children and she prayed for them.

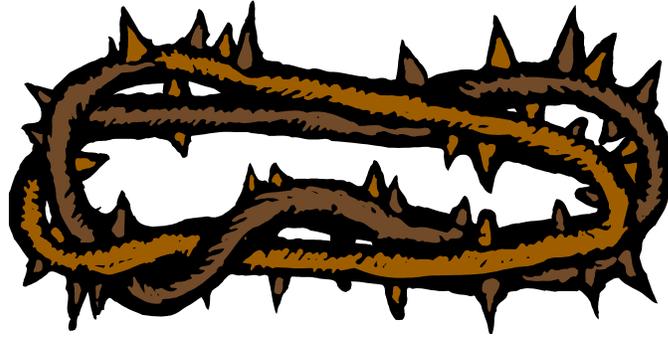
Introductory Prayer: Lord, grant me your Holy Spirit to understand the meaning of your Passion and the depth of your love in dying for me. Teach me to die to my sinful inclinations and to live with You for the heavenly Father. In union with our Blessed Mother, let me retrace your steps to Calvary and by her intercession win the grace of closer conformity to your will.

- 1. Jesus is condemned to death: We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord give me the grace to face things squarely. Let me tremble only at the sight of spiritual and eternal death.*
- 2. Jesus receives the Cross. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, let me carry my cross willingly, joyfully. When I find it heavy, let me remember how gladly You carried your cross for the love of me.*
- 3. Jesus falls the first time. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, when I fall through weakness and fear to do your will, humble me to acknowledge my failure and strong enough to take up my cross once more and to go on.*
- 4. Jesus meets His mother. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, wherever I am, make me an instrument of peace, unity and love.*
- 5. Simon of Cyrene helps Jesus carry the cross. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, help me get rid of foolish pride, which makes me unwilling to accept from others the help I need.*

6. *Veronica wipes the face of Jesus. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, help me to neverforget to be grateful for the favors shown to me. Just a smile or thank you is often sufficient.*
7. *Jesus falls a second time. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, help me carry my crossdaily with renewed strength.*
8. *Jesus meets the holy women. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, may I learn to forget myself and think of others.*
9. *Jesus falls the third time. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, when I am discouraged and feel like saying, "What's the use"? Remind me to ask myself what would havde happened if Jesus had said "What's the use"?*
10. *Jesus is stripped of his garment and given gall to drink. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, help me strip myself of anything that makes me look more like a child of this world than a child of God.*
11. *Jesus is nailed to the Cross. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, help me to understand how dear reconciliation is to your Father and grant me the conviction to mean it when I say "Forgive us our trespasses as we forgive those who trespass against us.*
12. *Jesus suffers and dies on the Cross. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, teach me the value of suffering out of love for You. From suffering comes joy; from self-denial comes happiness and peace; from death comes life.*
13. *The body of Jesus is placed in the arms of His mother. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, let me be willing to be at the disposal of others and to cooperate with their wishes, You perfect me through them.*
14. *Jesus is laid in the tomb. We adore you O Christ and we praise You. Because by your holy Cross You have redeemed the world. Lord, teach me to bury my past life in the newness of the Christ-life, to live from now on for the glory of Your Heavenly Father.*

Concluding Prayer: *Lord, I have followed You on the Way of the Cross in union with Your beloved Mother. May she stand by me in every trial, especially at the hour of my death. By her holy intercession, grant me a renewal in the Holy Spirit so that from now on I may be motivated only by the love of God that manifests itself in good done for others. Amen...*

Prayer Book, *Imprimi Potest Very Reverend Joseph Simon, SVD Provincial Superior,
Edited by the Arnold Janssen, SVD—Secretariat c\o Stanley Plutz, SVD*



Session 4 – John Chapter 19: 17 - 42

The Crucifixion of Jesus

The Blood and Water

The Burial of Jesus

The Three O’Clock Prayer



Session 5 – John Chapter 20: 11:31

Appearances to Mary of Magdala

The Disciples and Thomas

Apostle: A person personally commissioned by Christ to represent Him. The original 12 apostles or disciples were chosen by Jesus after He had prayed all night. Apostles are persons sent with a special message or commission. Jesus empowered His apostles to cast out evil spirits and to heal. (Bible Dictionary, George Knight)

Disciple: Greek word which means a pupil or an apprentice, by English word - a learner. (www.apostle.com)

Disciple: A person who follows and learns from another person, especially a believer who observes the teaching of Jesus. (Bible Dictionary, George Knight)

Today, we define a disciple or follower of Jesus by his or her trust in Jesus as the Christ, the Son of the living God. (Smart Guide to the Bible, Larry Richards)

Jesus' twelve disciples were referred to as disciples during the period in which He was instructing them, but after the Ascension, they were always called Apostles. After Pentecost, they spoke and acted with confidence and assurance in teaching others what He had taught them and also by assuming leadership roles in the early church. They were ordained by Christ at the Last Supper and commissioned by Him to preach the Gospel to all mankind.

(www.apostle.com)

What's Special in Jesus' Instructions to His Disciples

A disciple of Jesus learns and abides by these:

To deny him/herself

To take up his/her cross

In doing so, he/she will lose his life – old life lived apart from God

But at the same time, he/she will find it – new life that Jesus gives to His followers, a life of love, joy, and fulfillment that lasts eternally.

To have a shepherd attitude toward sinners – to rejoice when a lost one is found

Servanthood: whoever desires to become great among others, let him/her become servants to others.

To love one another – a new commandment given by Jesus at the Last Supper

That Jesus alone provides access to God: John 16:14 Jesus said to him "I am the way, the truth, and the life. No one comes to the Father except through Me."

That Jesus taught his disciples that only love can motivate true obedience. He offered eternal life as a free gift and taught obedience as a product of salvation.

*To be fruitful, disciples must stay close to Him. The fruits that God produces in the believer's life as "love, joy, peace, long-suffering, kindness, goodness, faithfulness, gentleness and self-control **Galatians 22-23***

Jesus commissioned His disciples to bear witness about Him. Following Jesus means submitting to God's will, having a concern for the sinners God loves and yearning to save, and seeking to serve others.

Christians committed to Jesus will love each other as He commanded, be moved by love to obey God, maintain that intimate relationship with Jesus which is required for fruitfulness, and tell others about the love and grace of God expressed in Jesus Christ.

(The Smart Guide to the Bible, Larry Richards)



*Session 5 – John 20: 11-31
Appearances to Mary of Magdala
The Disciples and Thomas*

*Our Father Prayer: We pray the prayer Jesus taught us – Matthew 6: 9-13
Each phrase of the Lord's Prayer is significant:*

<i>Our Father</i>	<i>We need a personal relationship with God</i>
<i>Who art in Heaven</i>	<i>We acknowledge Him as Lord over all</i>
<i>Hallowed be Thy name</i>	<i>We honor God as real and powerful</i>
<i>Thy kingdom come</i>	<i>We accept God's right to rule in our lives</i>
<i>Thy will be done</i>	<i>We submit to God's will as our guide in life</i>
<i>On earth as it is in Heaven</i>	<i>We acknowledge our dependence on God</i>
<i>Give us this day our daily bread</i>	<i>We rely on Him to supply our basic needs</i>
<i>And forgive us our trespasses</i>	<i>We acknowledge our faults</i>
<i>As we forgive those who trespass against us</i>	<i>We commit to live as a forgiven and forgiving people</i>
<i>And lead us not</i>	<i>We express dependence on God for direction</i>
<i>Into temptation</i>	<i>We ask not to be tested</i>
<i>But deliver us from evil</i>	<i>We express dependence on God for protection</i>
<i>For thine is the kingdom, power, glory</i>	<i>God is our all and all ~ forever and ever</i>
<i>Amen...</i>	<i>Let it be done...</i>

The Smart Guide to the Bible, Larry Richards

Opening song

Reading: John 20: 11-31: Appearances to Mary of Magdala, The Disciples, Thomas ~ Conclusion

Meditation then questions:

- What is this passage(s) saying to you?
- Is it correct to say that although we have not seen, we do walk by faith and not by sight?
- How are we disciples of Jesus Christ?
- Have there been times when I have seen myself as a “Mary Magdalen” or “Thomas”?

Closing prayer

Closing song

Fellowship

Homework: This spiritual journey is about to end, how will you continue your spiritual journey?



Session 6 – John Chapter 14: 15-31- The Advocate

Prayer to the Holy Spirit: Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Lord, I pray you send your Holy Spirit to me, into my mind to show me what you want of me, into my heart to love You, others and myself, into my hands to give me the determination to do right in Your name, and to serve You with all my love, mind, and strength. Jesus, I trust in you. Amen...

Opening song

Reading: John 14: 15-31 – “The Advocate”

Meditation on these questions:

What is this passage(s) saying to you?

Peace is a Fruit of the Holy Spirit. Based on your Bible reading, what does it mean to be at peace with God, others, and yourself?

Are you currently living with that peace of God in your life? If not, what do you plan to do to recapture that lost peace?=-

Fear of the Lord is a Gift of the Holy Spirit. Does that mean we are to actually fear the Lord?

Closing prayer

Closing song

Fellowship

Fruit of the Spirit ~ Galatians 5:22-23

- ✚ Love
- ✚ Joy
- ✚ Peace
- ✚ Patience
- ✚ Kindness
- ✚ Generosity
- ✚ Faithfulness
- ✚ Gentleness
- ✚ Self-control

Gifts of the Holy Spirit ~ Isaiah 11: 2

- ✚ Spirit of wisdom
- ✚ Spirit of understanding
- ✚ Spirit of counsel
- ✚ Spirit of strength
- ✚ Spirit of knowledge
- ✚ Spirit of fear of the Lord
- ✚ Spirit of piety

Holy Spirit, come and fill this place...



Pentecost Novena to the Holy Spirit:

These nine days of prayer, reported in Acts 1:14 and 2:2-4 were the first Novena on which all later Novenas have been based. Say this Prayer to the Holy Spirit on each of the nine days:

“Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created and You shall renew the face of the earth. God, who has instructed the hearts of your faithful by the light of the Holy Spirit, grant that by the same Holy Spirit, we may be a right judgment in all things and evermore rejoice in His consolations. Through Christ our Lord Amen”...

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| ❖ Day 1 Comforter | John 16: 5-15 | Comfort me O Lord... |
| ❖ Day 2 Peacemaker | John 14: 25-31 | Peace be with you... |
| ❖ Day 3 Root of Virtues | Galatians 5: 16-26 | Give me a clean heart... |

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|---------------------------|------------------------|------------------------------------|
| ❖ Day 4 Bestower of Gifts | 1 Corinthians 12: 1-11 | Be gifted with the Holy Spirit... |
| ❖ Day 5 Bond of Unity | 1 Corinthians 12:12-27 | Be one with the Holy Spirit... |
| ❖ Day 6 Fountain of Faith | 1 Corinthians 2: 1-6 | I believe in God, Son, Holy Spirit |
| ❖ Day 7 Cause of Holiness | Romans 8: 1-17 | Be sanctified in Jesus Christ |
| ❖ Day 8 Soul of Ministry | 2 Corinthians 3: 4-18 | Be committed to serve... |
| ❖ Day 9 Source of Love | 1 Corinthians 12:31-33 | The greatest of all... |

Close by praying the Our Father, Hail Mary, and Glory Be to the Father...



Evangelization Prayer

Heavenly Father, pour forth your Holy Spirit to inspire me with these words from Holy Scripture. Stir in my soul the desire to renew my faith and deepen my relationship with your Son, our Lord Jesus Christ so that I might truly believe in and live the Good News. Open my heart to hear the Gospel and grant me the confidence to proclaim the Good News to others. Pour out your Spirit, so that I might be strengthened to go forth and witness to the Gospel in my everyday life through my words and actions. God our Father, I pray through the Holy Spirit that I hear the call of the New Evangelization to deepen my faith, grow in confidence to proclaim the Gospel and boldly witness to the saving grace of your Son, Jesus Christ, who lives and reigns with You, in the unity of the Holy Spirit, one God, forever and ever. Amen...

Barbara Haynes
 St. Paul the Apostle Parish
 Baton Rouge, LA
<http://www.stpaulbr.webs.com/>