



# Session 4

Lord Jesus Christ,  
I want to grow in  
heartfelt knowledge,  
love, and imitation of  
you.

# PRAYING WITH IGNATIUS-SAINT IGNATIUS HIGH SCHOOL HOME PRAYER SELECTIONS

## Week 4

**PREPARE:** Choose Place, Posture, Prayer Time, Prayer Passage, and become mindful of the Presence of God.

**GRACE SOUGHT:** Lord Jesus Christ, I want to grow in heartfelt knowledge, love, and imitation of you.

### Pray:

Who is Jesus Christ for Me? (Handout)

Luke 1:26-56 Annunciation/Visitation

Luke 2:1-20 Nativity

Luke 2:41-52 Finding in the Temple/Hidden Years  
What did Jesus do from age 14-30?

Matthew 3:13-17 Baptism

Matthew 4:1-11 Temptations

### Review of Prayer:

1. What did you like? What resonated with you?
2. What didn't you like? Where did you feel resistance?
3. Did you experience and spiritual insight? Delight?
  1. What are you learning about God?
  2. What was revealed of yourself?
  3. What is being revealed of your relationship with God?

## Who is Jesus?

Who is Jesus for you? Who is he really? How do you think about Him? How have you experienced Him?

- Not what He could be or should be.
- Not even what others say He is like.
- Not even who the bible or Church say He is.

But who is He- for you-at this moment in your life? (i.e., How do you feel about Jesus in your heart? Or do you? Or is He just an idealized hero for you – somewhat unapproachable.)

Now describe how Jesus looks, acts, walks, eats?

- How would you describe His personality? Does He laugh, smile?
- If you could use three words that best describe Jesus for you, what would they be? And why?

Do you want to know this man more intimately, with greater intensity?

- Do you yearn for a closer relationship with Him, a deeper life of prayer?
- Would you want to vacation with Him? Why or why not?

How HUMAN is Jesus for you? Or is He an “as if” Messiah? He acted “as if” He had those feelings but He was playing the role of man-God.

- Or did He really feel sorrow or cry tears of distress or pain?
- Did He ever really feel discouraged or desolate?
- Was He ever disappointed in others?
- Did He ever question His life and how worthwhile it was?
- Did He ever ask: Is there another way?

Was Jesus lonely? Did He ever feel the need of friends to confide in, to trust, to share with them and to support Him? Or was all He needed His one-on-one relationship with the Father?

Do you need Jesus in your life now? As a friend? As a Saviour? And how can He save you this year? And from what or whom? Be specific and concrete.

**THIS MAN JESUS IS WAITING FOR YOU IN THIS  
RETREAT!**