

# **“20 Hours with Jesus”**

## **Section II (2021) “Becoming More Like Jesus”**

### ***Overview and Instructions***

#### **A. “Graces I Seek” in Retreat Section II:**

Section II of our retreat is a natural follow-up to Section I. As was the case in Section I the focus continues to be *on me ... on my needs* as I have come to retreat.

Section I led me to delve into and reflect upon the goodness of God ... the Who He is, His attributes, His work in my life and, most particularly, His love for me. Now, in view of that, I move on into Section II whereby I now take a careful, honest look at myself, recognizing the great chasm that exists between Him and me.

***In Retreat Section II ... I take a careful look at myself. I again recognize the great chasm that exists between Him and me. I call that what it is: my “sin” ... and I deal with it in this section.***

Again I begin with the “Graces” Ignatius suggests I seek as I move through this Section II ... remembering that in doing so Ignatius wanted to make it very clear to me the retreatant the “what” I am trying to accomplish as I move through this next retreat section.

#### ***“Graces I seek” in Section II***

*-to have it made clear to me my sinfulness ... I want to see “all” of it ...  
 (“Don’t spare me the details Lord for I know that it is often the “small”  
stuff that makes for holiness.”)*

*-to see whatever it is that still holds me back from becoming all that You Lord desire me to be ...*

*-to see, in all honesty, where I “really” do stand with You today Lord ... help me not to lie to myself ... I desperately need to come clean as to all manner of selfishness and sin in my life, the worldly attachments I yet cling to and the lies and addictions that keep me from You.*

[It is suggested that retreatants might re-read these graces to be sought a number of times while proceeding through the material in this section

### **IMPORTANT:**

**As you now proceed to seek out the above “Graces” in Retreat Section II, you will have 3 1/2 hours after having viewed the Message. The following materials are provided to help in your reflections, prayers, and meditations, etc.**

**2 Handout/Exercises**

**1 “Extra” Handout**

**A Number of Suggested Scriptures**

**Move slowly, break-up your meditations, take walks, at times just sit and do nothing, make use of your**

## **B. Handouts/Exercises:**

The Handout/Exercises herein will assist me in accomplishing (entering into ... experiencing) that which comprises Section II.

[Note again that everything presented in these Handouts is “optional.” Feel completely free to utilize or ignore anything. In the end it is God the Holy Spirit Who is your *actual* retreat Director. A key for each of us on retreat is that we somehow “connect” with the Spirit ... get a sense as to how He would have us spend our time ... and then do that.]

So, if the Spirit leads you in a different direction as to how you might reflect upon and consider your sin in Section II ... by all means follow that.

### **Handout/Exercise II-1: “Examination: 10 Commandments”**

An important part of every retreat is the examination of myself for sin ... and then the dealing with whatever I find (the confessing). In this Exercise the 10 Commandments have been broken down into minute details ... allowing me to see clearly some of the sins contained therein that are not obvious.

As I confess I am challenged to consider making this confession ... **less easy.**

### **Extra: “Confessing + 1 Question”**

The second of what we’ll consider this year as we look at 5 ways to better Become More Like Jesus ... is Confessing. This Handout incorporates various of the things covered in the section message. At the end I am challenged as to what I believe I am to do about it going forward.

## **C. Suggested Scriptures:**

Below are various additional *Scriptures* that might be used for consideration/meditation/prayer as you proceed through Section II.

They can be used at any time.... whenever you want. (Do not, however, think that you must use all of them... or even any of them. You decide!)

Psalm 102	[A prayer of one whose life is falling to pieces, and who let's God know just how bad it is.]
Psalm 32	“When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me ... “  “Then I acknowledged my sin to you ... “
Psalm 38	“ ... my bones have no soundness because of my sin. ... I am bowed down and brought very low ... “
Psalm 39	“Show me, O Lord, my life's end and the number of my days; let me know how fleeting is my life.”
Psalm 130	“If you, O Lord, kept a record of sins, O Lord, who could stand?”

## **D. Section II Notes:**

We go off on retreat every year because ... though as ministers we are often helping others to uncover and deal with their sin ... our own sins are at times obscured to us. We are charged with helping others ... while for us ... often, as Hamlet once said (and as I once spoke of during retreat), “*The time is out of joint*” in our own life. We want to rectify that in Section II.

During my time in this section I also want to avail the Lord the opportunity of looking deeply into the recesses of my life. A good way to close out this section might be for me to imagine the Lord asking me these three questions:

*“What else is there that yet separates me from You Lord?”*

*“What sin (or areas of sin) do I yet need to consider?”*

*“More than anything else, what is the sin(s) that today cripple me?”*