

“20 Hours with Jesus”

Section IV (2021) “Becoming More Like Jesus”

Overview and Instructions

A. “Graces I Seek” in Retreat Section IV:

Section III was all about me looking at how I might better imitate Jesus in my own “public life” going forward! I focused more on Him and less on myself than was the case in Sections I and II. Unfortunately this new focus is not a once-and-for-all gift - my self-centeredness dies hard. Like others I seem to want to continually gravitate back to focusing on myself. Hence I must continually work to refocus myself on Jesus.

In Section IV I continue the process of looking at that “picture” of my own future life as that of becoming a better imitator of Jesus ... but now the focus is specifically on the Passion and Death of Jesus ... on His (and my) suffering.

In Retreat Section IV ... I reflect upon how I might become more like Jesus in His Passion and Death.

Again I begin with the “Graces” Ignatius suggests I seek as I move through Section IV ... 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 IV

-to “experience” what You went through in your passion Lord. Help me to “see” and “feel.”

-to receive a heightened sense of sorrow, regret, shame and confusion (how could all of this possibly be?) because You were going to your passion for my sins.

-to feel such compassion for You that I also suffer as I meditate through your passion and death.

[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 IV, 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.

1 Handout/Exercise

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 journal, & relax and look to connect with the Spirit.

B. Handout/Exercises:

One Handout/Exercise is provided to assist retreatants in accomplishing (entering into ... experiencing) that which comprises the content of Retreat Section IV.

Again, this is “optional.” I should feel free to utilize it or ignore it. In the end it is God the Holy Spirit Who is my *actual* retreat Director. A key for me on retreat is that I somehow “connect” with the Spirit ... get a sense as to how He would have me spend my time ... and then do that.

Handout/Exercise IV-1: Becoming More Like Jesus ... Via the Use of My Imagination”

This Exercise challenges me to utilize my imagination as I delve into the Passion and Death of Jesus. Two alternative ways of doing that are presented:

#1. I select one of the Gospel accounts for meditation ... and then I decide who in that account “*I will become in my imagination.*” Then I slowly move through the Scriptures praying and seeking for whatever the Lord might have for me in this meditation.

#2. I take the attached “Remember Me” account of one of the thieves (David) crucified with Jesus. Then “*I become David in my imagination*” slowly moving through the account praying and seeking for whatever the Lord might have for me in this meditation.

I might want to do both meditations.

Extra: “Fasting + 1 Question”

The fourth of what we’ll consider this year as we look at 5 ways to better Become More Like Jesus ... is Fasting. This handout incorporates various of the things covered in the session message. (At the end I am challenged as to what I believe the Holy Spirit would have me do about it going forward.)

D. Suggested Scriptures:

Retreatants might use any one of the four Gospel accounts of Jesus’ Passion and Death.

