

“20 Hours with Jesus”

Section V (2021) “Becoming More Like Jesus”

Overview and Instructions

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

As in Retreat Sections III and IV my focus in Section V continues to be ***on Him ... on Jesus ...*** and on how the events of His life and the words spoken by Him enlighten and challenge me in my own life going forward. Again, I want to remember that God is trying to display for me that “picture” of what my life is supposed to look like going “into the future.”

Furthermore, during Retreat Section V I try to bring everything together and into perspective from the days of retreat and get ready to again enter the “now” of my every day life.

In Retreat Section V ... I reflect upon how I might become more like Jesus in His Resurrection.

Once again I begin with the “Graces” Ignatius suggests I seek as I move through Section V ... 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 final retreat section.

“Graces I seek” in Section V

-to experience true human gladness and joy ... and to rejoice intensely because of the great glory, the joy and the hope the Resurrected Christ gives me.

-to see clearly the changes You yet plan for me in my own life as I venture forward from this time of retreating. Make clear O Lord the "picture" of what my life ought to look like going forward: how I might see and take upon myself all of the graces You intend for me.

B. Handout/Exercises:

Three Handout/Exercises are provided for Section V. Again note that the Exercises presented herein are "optional." Utilize them, or ignore them. The Holy Spirit is your *actual* retreat Director. Hence once again, the key for me is that I somehow "connect" with the Spirit ... getting a sense as to how He might have me meditate during this final Section ... and then doing whatever He directs me to do.

Handout/Exercise V-1: "Gladness & Joy in the Resurrection"

This Exercise challenges me to attempt to **FEEL** the gladness and joy that various of the Scriptural participants felt as they came to realize that Jesus was in fact alive. Four specific "after the Resurrection" passages are provided for my consideration. Using my imagination I want to step into each scene and search out whatever else might have occurred that was not written down.

Extra: "Prayer + 1 Question"

The fifth of what we'll consider this year as we look at five ways to better Become More Like Jesus ... is Prayer. This handout is an extract from one of the chapters from the book, Excerpts from a Father's Journal (Pastor Fischer's writings regarding his first 25 years on silent retreat ... written for his children).

(At the end I am again challenged as to what I believe the Holy Spirit would have me do regarding my own personal life of prayer going forward.)

Handout/Exercise V-2: “Growing in Obedience”

In this Exercise I will have an opportunity to review and summarize for myself where I stand in terms of each of the 5 specific spiritual activities presented during the course of the retreat. Utilizing a worksheet provided, I will come to grips with my own “desires” into the future with regard to each of the 5.

C. Suggested Scriptures:

John 20: 1-9	The empty tomb
John 20: 10-18	Jesus appears to Mary of Magdala.
John 20: 19-31	Disciples hiding ... Jesus comes to them and then to Thomas
John 21: 1-14	Jesus appears to disciples who are fishing.
Psalms 19	Glory Glory
2 Corinthians 1: 3-5	We share abundantly in Christ’s consolation.

D. Section I Notes:

Paul says it this way in Colossians 3:

*“So if you’re serious about living this new **resurrection life** with Christ act like it. Pursue the things over which Christ presides. Don’t shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ - that’s where the action is.”*

For some this final Section of retreat might be best spent wandering in slow, quiet reflection on all that has occurred during the time of retreat. Or possibly one might meditatively work through some of the Resurrection scriptures (see above) in whatever way seems to make sense ... with no particular agenda other than what the Lord might want to add as a final statement on the retreat.