

Hand out after First Follow Session

This page is a reminder of your homework, a summary of tonight's teaching, and the further guide to help you pray the homework passage.

The homework

Pray at least 10-15 minutes a day with the Gospel Passage 1:35-42 in the manner we learned and prayed last night. Pray the same passage each day this week and put yourself "in the shoes" of different people in the passage.

A summary of tonight's teaching

Here is the process we learned on how to pray a Gospel passage:

1. Ask for the Holy Spirit to come on you/in you during your prayer time.
2. Ask Jesus to reveal Himself to you.
3. Read the passage one time through to get a Big Picture.
4. Then put yourself in the shoes of one of the characters in the passage (in this passage begin with Andrew), and read AGAIN the passage prayerfully and SLOWLY, seeing the scene, imagining as much as possible, see the sights, hear the sounds, smell the smells, feel the feelings, think the thoughts that Andrew would. Continue through the passage this way. Feel free to allow insights to come, questions to be pondered, let the images or feelings remind you of times/situations in your life. Let it come alive. Don't be afraid to go off-script!
5. You are not trying to as much understand the meaning of the passage, you are trying more to make room for Jesus to talk to you, to reveal Himself or something to you. No matter how advanced a pray-er you are, or if even a complete beginner at reading scripture, God can speak to you during this time/process.
6. There may be parts of the passage you don't understand, or that you can't relate to, try not to let that frustrate you and distract you, but be open to

what does speak to you, and how God could speak to you through the passage, no matter how well or not well you understand it. In other words, you may have to “wrestle” with it.

7. Feel free to read again doing the same, you can read many times in this way.
8. If you like to journal, do that about the insights you had.
9. **Close in a prayer of the heart. During the prayer move from the mind to the heart. End by lifting up thanks and praise to God, and lift up your heart in Love. Let God's love sculpt your heart like the clay on the potter's wheel. note this is in bold print because it's important to end this way, lifting up your heart in love to God.**
10. Each day you can repeat, and if you need to you can be a different person in the scene. In this scene that might be John the Baptist, the other disciple, Peter, or Jesus. Or additionally, in this scene and any scene, you could be a third person observer not mentioned in the scene.

Some additional help to pray this particular passage:

In every passage, it can be interpreted at different levels; at one level we can look at what the passage might mean in general that is for all people of the church, but also every passage can, through the Holy Spirit, reveal an individual meaning to us. The following chart is meant to help you pray this passage at both levels.

Verse	General Points	Questions for Individual prayer
<p>John, the Baptist points out Jesus to his two disciples, and they follow, Jesus.</p>	<ol style="list-style-type: none"> 1. There comes a time in our faith life when we change from listening to someone like the church, a teacher, or a parent, who tells us about Jesus, to taking the time in our life to actively seek to follow Jesus. 2. John's Gospel is considered the most contemplative and deepest for meditation. Jesus is inviting us to dwell with Him and get to know Him better through taking time to meditate upon this Gospel in prayer. 	<ol style="list-style-type: none"> 1. Who in your life acted like John the Baptist for you? 2. When did you start to actively follow Jesus in your life, and seek to know him better?
<p>Jesus turned around and saw them and asked them 'What do you want?'</p>	<ol style="list-style-type: none"> 1. Jesus respects our free will he won't force himself upon us. 2. Jesus is seeking to address not only our mind, but to awaken our deepest desire, the yearning God put in our hearts to be in communion with Him. 	<ol style="list-style-type: none"> 1. If Jesus asked you the question 'What do you want?' How would you answer? 2. The disciple's response is to stay with Jesus, or to be where Jesus lives. Are these strange responses to you? Or could they be very wise requests, seeking to satisfy our deepest desire and longing?
<p>Andrew goes to tell his brother Peter, telling him 'We have found the Messiah', and he takes Peter to Jesus.</p>	<ol style="list-style-type: none"> 1. Andrew is so moved and filled with joy that after an encounter with Jesus, he can't help but want to tell others! 2. Andrew wants others, those in his family and who he cares for, to experience the joy he found. Andrew becomes a John the Baptist. 3. The disciples recognize that Jesus is the Messiah, but they still have much more to learn about who this Messiah is and what type of Messiah He will be. 	<ol style="list-style-type: none"> 1. Who is Jesus for you? A Teacher? A distant God, and authority figure? An intimate friend? 2. Do you have a Joy in being with Jesus that you cannot contain but want to share with others? 3. Who have you told about Jesus? Have you been able to bring others to Jesus? Reflect on who. 4. Do you feel you know how to bring others to Jesus and discover this Joy? Perhaps you might want to ask God for this gift?
<p>Jesus said 'You are Simon, you are to be called Cephas' which means Rock.</p>	<ol style="list-style-type: none"> 1. A name change in scripture signifies a Mission, or a purpose for that person's life. 2. 'Rock' signifies that Peter is to become the foundation of the church. 	<ol style="list-style-type: none"> 1. Do you feel Jesus has given you a Mission? What might it be? 2. What name would Jesus give you?