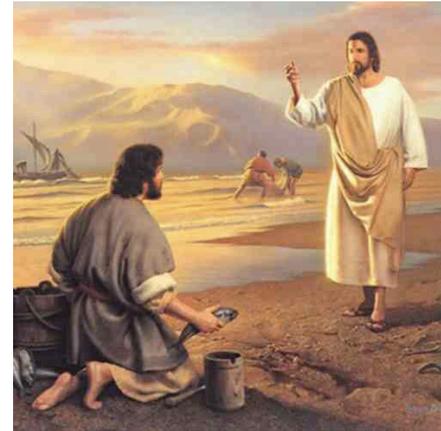


Start with Jesus: Walking the Path of Missionary Discipleship

Session 4

Scripture passage: **John 21:1-25**



Ignatian Style Guided Meditation on John 21

Ignatian Composition of Place Imaginative Prayer

by Fr. Josh Waltz

I first encountered the power of contemplative prayer through Ignatian Composition of Place. St. Ignatius of Loyola encouraged people to engage their whole body in prayer, using all their senses. This type of prayer evokes all the senses and unleashes the power of the imagination. You begin to see the scene, smell the flowers, touch your surroundings, and taste air. I have used this type of prayer extensively in my own life and have found it incredibly fruitful.

However I, like most people, am not that good at staying focused during prayer. I found it helpful to write my own mediations based off of past prayer periods and scripture study and then record them so that I can simply listen to a guided meditation in the chapel with a pair of earphones. I found it easier to practice this type of prayer when a voice was guiding me through it.

So how is it done? First, find a place to pray, preferably before the Blessed Sacrament. Put yourself in the presence of God, ask for the Holy Spirit to guide your contemplation. Next, grab your Bible and read the passage that you will be contemplating. Read it a second time but this time much slower, soaking in every word. Put the Bible down and sit up straight with your hands on your knees in a chair. Breathe deeply for several minutes calling on the Holy Spirit. Then simply press play and do exactly as the recording says. You will be asked to visualize with your imagination all types of things. Do your best to smell the air around you or feel the sand on your feet or the water splashing against your legs. Whatever it is, enter deeply! Use your whole person in the prayer. At certain points the voice guiding the mediation will bring you face to face with Jesus, when you get to these points just rest. Don't make your prayer happen, just use your imagination to build the scene and then let God take over.

The link below is an audio example of this prayer style using John 21. There are some parts of the audio recording where there is long periods of silence so just let the recording play through its entirety.

<https://frwaltz.com/news/peter-do-you-love-me#>

(approx. 20 minutes)

Fr. Mike Schmitz Lenten Retreat Session 5

Please watch link below. This was part of a virtual Lenten retreat given by Fr. Mike Schmitz. Once you have opened the link you can forward to about 5 minutes into the session when Fr. Mike begins with opening prayer and then goes into the reflection on John 21-the story of Peter and Jesus.

https://zoom.us/rec/play/v5MqduCrrDM3G4CR5QSDUPB7W47ofP-sgCEa-_BfzEnmViYLOlv1MOcXMOcyCGcxKRw9p6qy19loHWyE?continueMode=true&_xzm_rtaid=9LDRJSi5T6aIx4V7oixkkQ.1589734073524.898386d0a95adba65bf912154ce697f8&_xzm_rhtaid=536

The information below is copied from a handout taken from Fr. Mike Schmitz Lenten Retreat related to the above video.

RESTORATION AND RECONCILIATION SESSION FIVE

Fr. Mike Schmitz Lenten Retreat

Do You Love Me? Then Feed My Sheep.

"SIMON, SIMON, BEHOLD SATAN HAS DEMANDED TO SIFT ALL OF YOU LIKE WHEAT, BUT I HAVE PRAYED THAT YOUR OWN FAITH MAY NOT FAIL; AND ONCE YOU HAVE TURNED BACK, YOU MUST STRENGTHEN YOUR BROTHERS."

This last prayer time of the retreat is devoted in a unique way to the knowledge and belief in the power of the Lord to restore all that has been broken. God is not content with Reconciliation...He actively restores the sinner to grace and elevates them even higher than they were prior to their sin.

Please read John 21:15

Consider Peter. His betrayal was not a shock to the Lord. In fact, Jesus was praying specially for Peter that, "after he had failed, "he would return and basically keep his job as Pope until Jesus returns.

Our sins do nothing to nullify God's plans so long as we repent of them. This morning, renew your love for Jesus. The One who loves you. The One who has called you. The One who longs for you. The One we have denied. Allow Him to elevate you to the heights.

WHERE IS GOD POSSIBLY CALLING YOU TO GO FOR HIM TODAY? TOMORROW? WILL YOU GO? WILL YOU CARE FOR HIS SHEEP?

"No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it." 1 CORINTHIANS 10:13

"Surely he did not help angels but rather the descendants of Abraham..." HEBREWS 2:16-18

"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age." MATTHEW 28:16-20

Gospel Study—Do You Love Me (John 21:1-19)

You tube reflection on John 21 by Fr. Jim Willig

(28:41 minutes)

<https://m.youtube.com/watch?v=k6GdgMHFJD8>

Pope Emeritus Benedict XVI on the Apostle Peter

https://w2.vatican.va/content/benedict-xvi/en/audiences/2006/documents/hf_ben-xvi_aud_20060524.html

THE DAILY DISCIPLE

Jesus invites us continually into a personal relationship with him. On our faith journey, each of us will grow and respond to the Holy Spirit in different ways and at varying times. It is important to remember that God is guiding the steps of each person's journey of discipleship.

In the Scriptures, we see examples of disciples at different stages of their faith journeys. Each of these people had a particular encounter with Jesus Christ that transformed his or her life. The woman at the well, the man born blind, and Peter are all in different stages of relationship with Jesus.

Take some time to reflect on the following scripture passages and where you are in your relationship with Jesus Christ. Growth in the Christian life happens through God's grace, not our own effort or power, so it is important to remember that "you are where you are" right now. You always have the potential to grow as a disciple in your walk with Jesus. As a community of disciples, the Catholic Church offers us many ways to progress further and deeper in our discipleship walk with Jesus.

The woman at the well (John 4:1-42) develops an initial trust in the man who dares to speak to her, a Samaritan and a woman, clearly a marginalized person in society. She does not shrink, run away or ignore him but instead is intrigued. Curious about what he is telling her but most importantly that he is listening to her (verbally and nonverbally), she becomes more open to what he is saying. The Samaritan woman becomes gradually open to the possibility of change when Jesus seems to know all about her situation but does not seek to judge or condemn her. There is something about Jesus that draws her to him. She wants to know more, and she wants to tell others what she has experienced and whom she has been with: Jesus. In doing so, she runs to share the Good News that she is loved, that we are all loved by Jesus. Her compelling testimony is now offered to those who have not met Jesus and yet can still encounter him in and through her story.

The man born blind (John 9:1-41) experiences a profound conversion that leads to his healing. The blind man does not initiate his healing: Jesus, the Divine Physician, does. Darkness and blindness are metaphors for sin. The formerly blind man turns away from the dark ditch of unbelief toward the glorious light of the Son of God. But as soon as his sight is restored, life becomes more difficult for him. Why is this? When we have a life-changing encounter, others around us wonder if we are the same person as before. We seem so different because of this encounter with Christ. Like the man born blind, we shed our former identity and recognize our own blindness without Christ because we can see differently now. Life becomes clearer than ever, and, indeed, we become a new person.

If you are living in darkness today, there is no reason why you cannot learn from the example of this formerly blind man. Will you be washed and receive your sight today? “And now why are you waiting? Arise and be baptized, and wash away your sins, calling on the name of the Lord” (Acts 22:16)

Peter is asked by Jesus, “Do you love me?” This is a question not just for Peter but for all of us to ask on our journeys of discipleship. In this Gospel passage (John 21:15-17), Jesus asks, “Do you love me?” Three times Jesus asks Peter this question. He even asks Peter if he loves him more than the other disciples love Jesus. Jesus probably asked Peter this question three times because Peter had denied him three times. The same person who denied Christ is now given the opportunity to affirm his deep desire and great love for the Lord. Jesus is giving Peter a chance to “take it back,” so to speak. Peter—flawed and forgiven, just like each of us—gave his whole heart and love over to Jesus and his Church, becoming one of the greatest saints whose impact continues to be felt today.

Questions for your reflection

Which of the three Scripture stories above do you identify with most?

Where do you place yourself right now on your spiritual journey? Why?

Who is walking beside you at this time?

Where do you feel God is calling you to be? Why?

What do you need to STOP doing to grow as a disciple?

What do you need to KEEP doing to grow as a disciple?

What do you need to START doing to grow as a disciple?

Do you have someone in mind who might help you grow in faith? Name that person.

ZOOM SESSION

Icebreaker:	Share with the group one of your favorite books and why you like it	(15 minutes)
Prayer—	Meditation on John 21:15-17 (Lesley)	(5 minutes)
Scriptural Exegesis		
Feedback on Reading Material		(20 minutes)
Announcements		(5 minutes)
Closing Prayer		(5 minutes)