

GOD WITH US

“The Son of God...worked with human hands; he thought with a human mind. He acted with a human will, and with a human heart he loved. Born of the Virgin Mary, he has truly been made one of us, like to us in all things except sin.” **(CCC 470)**

Jesus experienced...

Hunger (Matthew 4:2, Matthew 21:18, Mark 11:12)

Thirst (John 4:7, John 19:28)

Anger (Mark 3:5, Mark 10:13-14, John 2:13-17)

Family drama (Mark 3:20-22, Mark 6:1-4)

Misunderstanding (Matthew 16:5-12, Mark 8:14-21, John 2:18-22, John 12:12-16)

Exhaustion (Mark 6:30-31, John 4:6)

Poverty (Luke 9:58, 2 Corinthians 8:9)

Temptation (Matthew 4:1-11, Luke 4:1-12)

Anxiety and distress (Mark 14:32-33, Luke 22:41-44)

Mockery (Matthew 27:27-31, Mark 5:38-40)

Betrayal (Matthew 26:47-50, 56, Luke 22:54-62)

Sadness (Luke 19:41-42, John 11:33-36)

Joy (Luke 10:21-22, John 15:10-11)

Whatever you are going through, Jesus can relate. More than that, Jesus is with you in it. Use the prompts on the back of this handout to spend some time in prayer with Jesus, who knows you and is present with you.

Acknowledge

Take a moment to reflect on what is going on inside you right now. Try to calm your thoughts and actions, and pay attention to how you feel in this moment.

- How do you feel?
- What is on your mind?
- What weighs heavy on your heart?
- What are you excited about or worried about?

Relate

Speak to Jesus about what you are feeling. Be as real as possible, and simply talk to him like you would talk to a friend. Share what's going on in your heart.

- Jesus, I feel...
- Jesus, I'm worried about...
- Jesus, I'm grateful for...
- Jesus, I don't understand...
- Jesus, I'm happy because...

Receive

Spend some time in silence, trying to receive what Jesus wants to communicate to you in return. This could take the form of a feeling, a word or image in your mind, a memory, a prompt to read Scripture or journal about something, a peaceful silence, or something else.

Respond

Think about how you want to respond after this time of prayer. Is there some action you need to take? Do you want to continue to pray about this or that thing later on? Is there a commitment you need to make, or maybe someone you need to forgive? Ask for God's help and guidance as you move forward from this time of prayer.