



Who Do You Say That I Am?

TJP 2023 Lenten Retreat

Retreat Week Seven My Identity as a Disciple

Does God's love for us ignite our head, heart, and feet to follow Christ? After taking a look at our sins we are met with a healthy and good dose of confusion for God's immense love for us. And so we ask ourselves, are we disciples of Christ?

THE MEDITATION

For our meditation, we will take directly from St. Ignatius using a translation from George Ganss, SJ. This meditation is in three parts. Take each part and pray with them slowly. Don't feel you need to pray with them in one sitting. Consider praying with one part each day of the triduum: Holy Thursday, Good Friday, and Easter Vigil.

First Part

"Imagine Christ our Lord suspended on the cross before you, and converse with him in a colloquy: How is it that he, although he is the Creator, has come to make himself a human being? How is it that he has passed from eternal life to death here in time, and to die in this way for my sins?"

Second Part

In a similar way, reflect on yourself and ask: What am I doing for Christ? What have I done for Christ? What ought I do for Christ?

Third Part

In this way, too, gazing on him in so pitiful a state as he hangs on the cross, speak out whatever comes to your mind.

Remember, a colloquy is a conversation, a kind of conversation one would have with a dear friend. And, just like when we have a conversation with a dear friend, we also listen to what is being said to us.

At the end of each prayer part, say the *Our Father*. Allow the *Our Father* to not be a formality but a way of giving a conscious prayer to the community that loves us: God the Father, God the Son, and God the Holy Spirit.

SCRIPTURE

If you would like to pray with scripture, consider [Matthew 25:31-46](#) – *all the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats.*

LISTEN

- [How Deep the Father's Love for Us](#) sung by Anna Golden
- [Lord, I Need You](#) by Matt Maher
- [A Safe Place to Land](#) by Sara Bareilles (featuring John Legend)

LISTEN BONUS

[Oh Come to The Altar](#) (an Elevation Worship cover) by Trey McLaughin and the Sounds of Zamar

Want to share your prayer, your experience of the retreat, or maybe you have a prayer request, feel free to email Damian at dbotellosj@thejesuitpost.org.