

# **JESUS CALLS YOU BY NAME**

*Adapted from some notes of Fr. Philip. Terrasa, s.j. on Prayer for a Charismatic Seminar*

## **A Fantasy Prayer Method**

### **Note:**

- ✓ *Fantasy can make us feel past events as present. Even more, it can make us feel that something is happening or that it has already happened when in reality did not.*
- ✓ *We have to be conscious of its value as a means of creating or recreating reality.*
- ✓ *If properly used fantasy can be an effective method in our prayer life*
- ✓ *This prayer exercise of "Jesus calls you by name" is based on fantasy*
- ✓ *It can be used for personal prayer and also for moderation of prayer groups.*
- ✓ *A difficulty most people experience in this prayer exercise is that they are not accustomed to hear Jesus call them by name. So, at the beginning they feel a certain artificiality as if they were calling their own name.*
- ✓ *After practicing this method for a time, however, they notice that it is 'no longer I calling myself'. Something has happened to them. Christ becomes very real and personal.*
- ✓ *Quite many people have got a far more powerful experience of Christ's presence with this method than just with plain talking. This simple method is useful even when one is tired, weary and in low spirits.*
- ✓ *Prayer is contact with God, not so much in thinking and talking but on faith and feelings. Prayer is a matter of the heart.*
- ✓ *In the Bible, a person's name is very important. It stands for the person, and unless you know his name, you really do not know that person.*
- ✓ *When you strongly hear Christ calling you by name, you feel really accepted by him*

### **Preparation;**

- Take a comfortable and reverent posture. Close your eyes
- Quiet down. Relaxation and breathing exercises may help.
- Place yourself in the presence of God. Pray for the assistance of Holy Spirit
- Sing a Hymn to Jesus. (Cfr. Appendix below)

### **Fantasy:**

#### **Imagine Jesus standing in front of you.**

- Picture him in any form that appeals to you most: f. i., Jesus crucified, or as a grown up man, or as a child, etc.
- Spend time watching details such as his dress, his features, his countenance, the surroundings, etc, until Jesus' image becomes vivid and real within you.
- Yes, **believe it. He is present in front of you.**

**Look at the face of Jesus, at his eyes, his smile, etc.**

- With faith and love keep calling his name...Je-sus.....Je-sus...Je-sus...
- Breath in, and say : ‘Je-’, breathing out, and say ‘-sus’
- For a while, as you breath, keep saying rhythmically ‘Je-sus’
- Spend some time staring at Jesus’ eyes.
- Don’t think, just look at him and keep calling him by name
- In silence, relish your love and your tender feelings towards Jesus.

**Imagine now that He calls you by your name. Keep looking at Jesus’ eyes.**

- He is also looking at you, yes, into your eyes.
- Listen to him as he keeps calling you by name.
- Yes, He is calling you by the name you like most to be called; may be that very name only your friends call you. Hear Jesus calling you now by that name.
- Just listen and be aware of your feelings as Jesus keeps calling you by name.

**Next, for a while, affectionately, speak to Jesus from your heart.**

- Call Him by his name, speak to Him, and listen to Him.

**Then, just keep, gazing at Him, and tell Him**

- How you feel at this moment and what: your longings are.
- Tell him about your needs, desires, anxieties, fears, regrets, joys, sorrows, etc.

**Closure:**

- Kept calling him by his name: ‘JE-SUS’
- Keep listening Jesus calling “YOUR NAME”.
- Sing an appropriate hymn.

**Appendix: Suggested Hymns:**

Jesus what a Wonder you are.  
All to Jesus I surrender.  
Jesus Christ, Living in Us.  
Jesus is the Joy of Living.  
Jesus you are the Sweetest Name.