

JESUS CAN SATISFY OUR LONGINGS

A prayer Exercise

Note:

- ✓ *These jottings are based on some cyclostyled materials of unknown authorship.*
- ✓ *Moderators and users of these notes may dish out the materials herewith, in the way they deem best for their purpose, for instance, inputs, shared prayer, Bible study, Etc.*

Suggested Uses of These Notes

- ✓ For personal meditation.
- ✓ For directed prayer exercises.
- ✓ For prayer meetings.
- ✓ For N.T. study session on the person of Christ.
- ✓ For recollections.

Intent of these notes.

- ✓ To experience Christ as a friend.
- ✓ To deepen our personal relationship with Christ.
- ✓ To become aware that Christ can fulfill our deepest longings.

INTRODUCTION

1. We start the exercise by becoming aware of our many personal longings and desires.
All of us are hankering for love, friendship, understanding, acceptance, supports, etc.
2. Next, we ponder on how Christ is able to satisfy all these longings and desires.
3. Finally, we shall try to find in Christ the satisfaction of our cravings.

Procedure

1st Step: Becoming aware of our longings:

We try to become conscious of the longings and needs we carry within in ourselves
Here below you find a long list of such lodgings.

We would like:

1. To be understood.
2. To live the right way.
3. To be known and accepted.
4. To have a goal for which it is worth living.
5. To know the way.
6. To posses something which is not passing or provisional, and which cannot be lost
7. To be loved without ulterior or selfish motives

8. To be allowed to love without being degraded
9. To be sheltered and protected
10. To be secure
11. To be invincible, insurmountable

We would like to have a friend:

1. In whom I can confide
2. Who is always ready to listen to me
3. Who always understand me
4. Who desires what is best for me
5. Who tells me my faults
6. Who gives me joy
7. Who is a support to me
8. Who never disappoints me
9. Who does not deceive me
10. Who seeks my friendship

We would like to have a master:

1. Who I can look up to
2. Who does not overlook anything I do
3. Who makes no demands on me
4. Who desires that I should become whole
5. Who helps me to get rid of my faults

We allow these longings to surface. We acknowledge their existence, We permit ourselves to feel them, and we affirm them as true, real and good.

**2nd Step: We investigate in what manner Jesus Christ fulfills
all these desires;**

Next, we read, reflect and pray on the Bible quotes where we find how Jesus can satisfy those longings

We would like:

- | | |
|--------------------------------|--|
| 1. (Mk 12:43) | To be understood. |
| 2. (Mt 22:16) | To live the right way. |
| 3. (Jn 1:47; 4:17-18 Rev 2:19) | To be known and accepted. |
| 4. (Phil 3:12-14) | To have a goal for which it is worth living. |
| 5. (Jn 14:6) | To know the way. |
| 6. (Mt 6:19 ff) | To possess something which is not passing or provisional, and which cannot be lost |
| 7. (Gal 2:20) | To be loved without ulterior or selfish motives |

- | | |
|------------------------------------|--|
| 8. (Jn 21 15-17) | To be allowed to love without being degraded |
| 9. (Mt 23:37) | To be sheltered and protected |
| 10. (Jn 10:29) | To be secure |
| 11. (Jn 16:33 Acts 6:41-42 1 Jn 5) | To be invincible, insurmountable |

We would like to have a friend:

- | | |
|---------------------------|-------------------------------------|
| 1. (Jn 15:15) | In whom I can confide |
| 2. (Mt 11:29) | Who is always ready to listen to me |
| 3. (Lk 7:44-47) | Who always understand me |
| 4. (Rom 6:28) | Who desires what is best for me |
| 5. (Mt 9:5-7; Lk 9:46-48) | Who tells me my faults |
| 6. (Jn 17:13; 16:22) | Who gives me joy |
| 7. (Rom 1:38-39) | Who is a support to me |
| 8. (Mt 7:24-25) | Who never disappoints me |
| 9. (Heb 10:23) | Who does not deceive me |
| 10. (Rev 3:8) | Who seeks my friendship |

We would like to have a master:

- | | |
|----------------------------|--|
| 1. (Jn 6:68) | Who I can look up to |
| 2. (Rev 2:4) | Who does not overlook anything I do |
| 3. (Lk 9: 57-62) | Who makes no demands on me |
| 4. (Rev 3 15-16) | Who desires that I should become whole |
| 5. (Phil 4:13; 2 Cor 12:9) | Who helps me to get rid of my faults |

3rd Step: We try to experience the fulfilling and satisfying power of Christ.

- Through prayer and contemplation, we try to insert our longings and desires into our “Christ-experience”. In this third step our approach is experiential and prayerful.
- At prayer time, we strive to experience a fulfillment of our human cravings in Christ.
- It is only through assiduous and strenuous meditation on Christ that with God’s grace, we may be able to find in Him a true and genuine fulfillment.
- It is left to each one of us to dwell for several days on one or other of the references given above in our daily prayer.

