

WHO DO YOU SAY I AM?

To Know Jesus

INTRODUCTION:

- ✓ This exercise with proper adaptations can be given to all Christian audiences.
- ✓ It was prepared and given as a full day recollection
- ✓ You may shorten it to suit your requirements.

AIMS:

- ✓ To grow in a deeper understanding of the person of Jesus Christ.
- ✓ To help the participants to have an "experience" of Christ.
- ✓ To enrich our personal relationship with Christ.

SETTING:

A chapel or a quiet prayer room.

In the chapel or prayer room, place in a visible spot a big size picture of Jesus.

NATURE OF THE EXERCISE

This exercise consists of two parts:

Part One deals mainly with our "conceptual knowledge of Christ". **How much we know about him.**

Part Two of the exercise deals with our "experiential knowledge of him", namely, **How much we know him, about our "Christ experience".**

Part One How much you Know About Jesus ?

1. Introduction

Singing hymns
Opening prayer

2. Gospel Text. Who do you say I am? (Mt. 16:13-20)

- ✓ Read the passage or have it read in dialogue form.
- ✓ Explain it as vividly as you can: Jesus was inquiring about two things.
- ✓ First: What people around, what others were thinking and saying about him.
- ✓ Second: What his disciples, what you and I have to say about him.

3. Personal Work. Filling up the Reflection Form.

Give the participants the questionnaire form found below here.
Tell them to fill up by themselves in silence

Jesus is Asking You Who People say I Am?

Please, answer Him!

WHAT DO PEOPLE SAY JESUS IS?

Note:

Answer this question according to what people around you: in church, in catechism class, in school or college, in your neighborhood people - Christians, non-Christians - think Jesus is?

You may also answer it from what you read in books, novels, newspapers, etc.

1. Jesus is
2. Jesus is.....
3. Jesus is
4. Jesus is.....
5. Jesus is.....
6. Jesus is.....
7. Jesus is
8. Jesus is
9. Jesus is.....
10. Jesus is.....

4. Sharing in Groups.

- ✓ If the number of Participants is large, divide them into small groups of no more than 8 or 10 each (*In that case secure moderators for the small groups*)
- ✓ Either in the small groups or in the general group follows these instructions.
 - Ask the participants to share their replies to the questionnaire
 - The moderator will help the group through a group discussion.
 - Clarifications and discussion to be encouraged.
 - A secretary will prepare a summary of the main ideas shared and discussed

5 . Input. Talk and comments by the Moderator.

The moderator may elaborate on the findings and ideas of the participants. (*The thoughts below, were brought up by the participants in previous sessions.*)

- Christ was a "great man" (*overlooking or underplaying his divinity*).
- Christ was a "revolutionary".
- Christ was a "social reformer, a great social worker".

- Christ was a "philanthropist".
- Christ was a great "religious teacher
- Christ was a "keen psychologist". (*He had a deep knowledge of man*)
- Christ was a "liberator, a freedom fighter".
- "Christ was a "great historical figure".
- Christ was the "founder of a new religion".
- Christ was a "humanist".
- Christ fought against organized religion.
- Christ was "God" (*overlooking or underplaying his humanity*).
- Christ was a "prophet".
- Christ was a "superman".
- Christ was an "avatar" (*like Krishna*).
- Christ was an "idealist", a "visionary".
- Christ was a "mahatma" (*like Gandhi*).
- Christ was a "miracle worker".
- Christ was a "healer".
- Christ was the "son of God".
- Christ was "our savior".
- Christ was a true friend.
- Christ was like one of us in everything except sin.
- Christ was the Messiah.
- Christ was God made man
- Christ was a great lover of the poor.
- Etc. etc.

After commenting and enlarging on the ideas given by the participants and those above, the moderator may give some teaching and theological insights on the Person of Jesus Christ and his work

Part Two

How Much do you Know Jesus?

1. Fantasy. Who Do You Say I Am?

- ✓ Darken the room or chapel.
- ✓ Have the picture of Jesus well lit.
- ✓ Lead the participants through some quieting exercises like breathing, awareness of sensations or sounds.
- ✓ Read the text of Mt 16:13-20 very slowly and emphatically.
- ✓ Lead them through a fantasy on this passage.
- ✓ Ask them to stare at the picture of Jesus.
 - Imagine that Christ is visibly present here among us.
 - Christ is asking us the question: "And you, what do you say I am?"
 - Give them time for reflection.

- Keep insisting on the same question: "And you, what do you say I am?"
- Ask them to hold a dialogue with Christ.

2. Personal Work` Questionnaire

Put on the lights.

Request the participants to fill up this second questionnaire

Second Questionnaire (Part A)

Jesus is Asking You:

Who Am I?

Please, answer Him

Answer to Jesus only

- according to what you feel about Him
- according to what he has been to you.
- how you experienced him to be.

- 1 Jesus you are
- 2 Jesus you are.....
- 3 Jesus you are.....
4. Jesus you are.....
6. Jesus you are.....
- 5 Jesus you are.....
7. Jesus you are.....
8. Jesus you are.....
9. Jesus you are.....
10. Jesus you are.....

Questionnaire (Part B)

Write on the back of the Questionnaire form, your replies to the following questions:

1. How did my fantasy go? What did you do? Describe it.
2. How did you feel during the fantasy? How did you experience Jesus?
3. What have you learned? Describe.

3. Group Sharing.

- ✓ If the number of Participants is large, divide them into small groups of no more than 8 or 10 each (*In that case secure moderators for the small groups*)
- ✓ Either in the small groups or in the general group follows these instructions.

- Ask the participants to share their replies to the questionnaire parts A and B.
- The moderator will help the group through a group discussion.
- Clarifications and discussion to be encouraged.
- A secretary will prepare a summary of the main ideas shared and discussed

4. Moderator's Input and Reflections.

The moderator will offer his comments and observations, such as:

- Our replies to the question Christ was asking us – “Who do you say I am?” - are mostly bookish and intellectual; concepts and ideas we have imbibed from what others have told us about Jesus or what we read about Him
- We have little "experiential" knowledge of Christ.”
- We know lots about Him, but Him, we know little!
- To lead a good, active and enthusiastic Christian life we need a "deep personal knowledge of Jesus".
- How can we come to know Jesus more?
 - Reading and meditating on the scriptures
 - Personal prayer life.
 - Serving and loving others, etc....

5. Closing Liturgy or Prayer Session.

Notes:

- ✓ Ideally we should close the event with the Liturgy of the Mass or a Prayer Service.
- ✓ Get the small groups actively involved in the preparation of the Liturgy or the Prayer session. The Bible texts suggested below can be used both for the Mass and /or Prayer Session.
- ✓ Divide the participants into small groups
- ✓ Groups could prepare a skit on one of the texts suggested below.
- ✓ They also, may prepare some prayers and/or petitions for the Mass or the Prayer session.
- ✓ If a Mass is held, each group will prepare one of the parts of the Mass such as: the welcoming rite, penitential service, offertory, rite of peace, communion, thanksgiving, recession.

APPENDIX ONE

Gospel Texts Suitable for the Mass and Prayer Session.

Acts 9:1-18	Saul meets Jesus.
Mt 2:1-11	The Magi Came to see Jesus.
Mt 11:25-30	Jesus tells us: "Come to me... and rest..."
Mt 25:31-46	The Last Judgment. Where to meet and serve Jesus today.
Mk 3:13-19	Jesus chooses his disciples to stay with him.
Lk 7:16-48	Mary Magdalene comes to know Jesus.
Lk 10:38-42	Martha and Mary knew Jesus.
Lk 19:1-10	Zacchaeus discovers Jesus.

1Jn 1:35-4	"Master, where do you live?" "Come and see!"
Jn 3:1-21	Nicodemus meets Jesus at Night.
Jn 4:1-42	The Samaritan Woman makes acquaintance with Jesus.
Jn 10:1-16	Jesus the Good Shepherd.
Jn 12:20-26	Some Greeks want to know Jesus.
Phil 3:7-11	"All I want is to know Jesus..."
Rom 8:35-39	"Who can separate us from the love of Christ?...."