

My Portrait of Jesus Christ

Introduction

- ✓ *This exercise is meant for adult and \serious Christian audiences*
- ✓ *It can be had by itself, or as a part of a Retreat or recollection. .*
- ✓ *The exercise dwells on three areas of the person of Jesus,*
 - *His physical appearance.*
 - *His emotional (psychological) personality.*
 - *His spiritual life.*
- ✓ *The materials suggested in these jottings are lengthy.*
- ✓ *Choose only what suits best to your needs..*

Intent of the exercise:

To discover the imager we have of Jesus. .

To know, to love and to follow Jesus more closely.

Requirements

Writing materials.

New Testaments.

Both a "photo" and a "portrait" of a historical person well known to the participants: for instance, Gandhiji, Mother Theresa, etc.

A chapel or prayer- room.

Soft background music, if possible

1. Introductory Session

- ✓ Welcome the participants.
- ✓ Song and prayer

2. A Short Input:

Explain what's the difference between a photo and a portrait.

- ✓ Show the participants a photo and a portrait of any person known to them.
- ✓ Ask them to examine them and answer the following questions
 - What's the difference between a photo and portrait?
 - What does a portrait add to a photo?

The answers sought after are:

- A photo gives us the image of the person as he is.
- A portrait gives us the image of the person as the artist sees him or her.
- A photo gives us the objective facts and details of the person.
- A portrait stresses the important characteristics and traits of that person as seen by the artist.
- A photo reveals us only the person photographed.
- A portrait reveals much both of the person portrayed and of the portrayer.

Explain the work to be done today:

- ✓ Today we shall draw a "verbal portrait" of Christ. Each one of us will try to draw his portrait of Christ.
- ✓ You will describe, as accurately as you can, your image of Christ – how do you see Jesus

3. A Fantasy

Getting Ready

- ✓ Darken the room.
- ✓ Quiet down, Breathing and awareness exercises will help. .
- ✓ Play for a while some soft background music.

Instructions

Lead the participants through a Fantasy as if they were moving in the company of Jesus and his disciples during the days on earth.

Imagine that you live in Jesus' days. You are one of the twelve apostles...

See Jesus talking to you and explaining his Gospel.

Look at Jesus going from village to village....

Preaching...

Curing the sick...

Playing with children...

Forgiving sinners..

Feeding the crowds..

Look at Jesus praying...

Doing miracles...

Keep staring at Jesus: what does he look like?....

What is his appearance?...

How he talks...

His face... His voice...

His dress.... Is he tall or short?...

What sort of physical appearance has he?...

Look at Jesus again: This time look at his character.

How is he dealing with people?...How does he listening to them?...

How kind he is?... How attractive?... How pleasant?...How friendly?...

Find out his human personality,, his qualities....

Look again at Jesus: This time look at Jesus praying...

His trust in God his Father.., His Obedience to his Heavenly Father....His suffering... His ever doing the will of God...

Find out his spiritual qualities....

4. Personal Work. WRITING YOUR PORTRAIT OF JESUS

Request the participants to write their Portrait of Christ; namely, to describe how they see Jesus. Ask them to write it in three parts:

1) Jesus' external or physical appearance. What does he look like?

- 2) **Jesus' character and personality.** What sort of person was he, his feelings, his qualities, his dealings with others, his emotional life,
- 3) **Jesus' spiritual portrait. His spiritual qualities, his prayer life, his dealings with God his Father, his virtues.**

NOTE: For the Moderator:

You will find below some hints to help the participants do their work in case They find it difficult to proceed on their own.

Physical Appearance: Write how do you see Christ's external appearance:

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|----------------|----------------|------------------|
| * His face | * His dress | * His mannerisms |
| * His eyes | * His smile | * His voice |
| • His postures | * His talk | * His walk |
| * His body | * His laughter | Etc. |

Write what appeals to you most of all about Him.

Personality and Character. How do you see as a human person. What sort of person was he?

- | | | |
|--------------------|-------------------|-------------------|
| * Friendliness | * Affection | * Grief |
| * Kindliness | * Understanding | * Sincerity |
| * Compassion | • Integrity | * Hardiness |
| * Fears | • Courage | * Simplicity |
| * Endurance | * Self-control | • Humility |
| • Loyalty | • Forgiveness | * Human relations |
| • Love* Acceptance | * Love for nature | Etc. |

Write what appeals to you most of all about Him.

Spiritual Portrait, Spiritual Character. Spiritual Qualities.

- | | | |
|------------------------|---------------------------------|----------------------|
| * Zeal for God's cause | * Dedication to God's work | • Prayer life |
| * Devotion | • Trust in God | * Sense of adoration |
| * Faith | • Obedience to God's will | * Love of God |
| * Child-like humility | * Tenderness towards the Father | * Spiritual joy |
| • Inner joy | • Simplicity towards God. | Etc. |

Write what appeals to you most of all about Him.

5. Sharing in Small Groups

- Divide the participants into groups of 6 to 8 each.
- As far as possible secure a good moderator for each group.
- They will share their portraits of Christ.
- Foster interaction.
- Let them search in the New Testament, passages that confirm what they have written in their portraits of Christ.
- A secretary will draw a composite "verbal portrait" from the sharing of the group members,

6. General Session

- The secretaries will read the "composite group portraits of Christ"
- Ask the group members the following questions:
 - What have you learned today?
 - What do you feel about Christ right now?
- The moderator will wind up the session by giving some thoughts on the following points:
 - Clarifying ideas about the person of Christ.
 - How to relate effectively and affectively with Christ. .
 - On being a Christian. How to imitate Christ in our daily life.

7. Personal Prayer and Reflection.

In the chapel or prayer-room in silence ask the participants to reflect on the following points:

- How do I compare with the Christ of my portrait?
- What shall I do to be more like him and how shall I do it?

Request the participants to write a personal prayer to Christ bringing into it the ideas suggested in the above given questions..

APPENDIX

Hints for a Closing Eucharistic Celebration

Ideally, the session could close down with an active and shared Eucharist
The participants either in the small groups or individually should get actively involved both in the preparation and execution of the Liturgy

Suggested activities:

We offer below some suggestions for the Liturgy.

1. Personal Prayers to be shared at a convenient time during the Liturgy or the Prayer Meeting. The prayers written in step 7 above will be very suitable.
2. Prayer Petitions: Individually or group-wise the participants may prepare some petitions in keeping with the theme of today's exercise.
3. N.T. Readings: Each small group may choose, study and explain a text of N.T. passage where some characteristic trait of Christ's person is manifest.
4. Acting: Small groups may act any of the passages mentioned above. The passage may be mimed also.
5. Posters: Small groups can prepare some posters or collages to explain some of the striking personality traits of Christ.
- 6.. Hymns and Religious Songs: Small groups may choose one hymn or song about Christ. They will explain its meaning to the rest, sing it, and Invite others to join in.
- 7, Bhajans: We have some beautiful bhajans on Christ. Small groups can choose one of those bhajans and lead others in singing it.