

# HOW WOULD CHRIST LOOK AND BEHAVE TODAY

## A contemplation – Fantasy

### Note:

- ✓ *A fantasy contemplation to come to know Jesus, to love him more ardently and to imitate him more faithfully*
- ✓ *These jottings may help you personally to go through this fantasy and also to direct a group through the same prayer experience.*
- ✓ *These notes firstly were prepared keeping in mind youngsters and young people. Kindly, adapt them to your age and life circumstances or to those of your audience.*
- ✓ *The requirements for the exercise are a large attractive picture of Jesus for each participant, writing material and a quiet prayer room or chapel.*

### PROCEDURE:

#### Step 1 Building an atmosphere of Prayer and Recollection.

- Keep the prayer-room or chapel in semi-darkness.
- Some soft background music will help.
- Relaxing exercises, such as awareness and breathing will assist..

#### Step 2. Staring at the Picture of Jesus. (5 or 6 minutes)

- Keep gazing at the picture of Jesus
- Do not think... Just gaze... Just contemplate the picture... Feel close to Jesus... ... Feel wanted... loved... accepted... forgiven...by Jesus

#### Step 3. Fantasy. ( 8 to 10 minutes)

- Close your eyes... Do not look at the picture anymore.
- Imagine, fantasize as vividly as you can that Jesus comes today to live and stay with us.
- He comes to your home to stay with you and your people.
- He comes to live in your blocks, Chawls... in your neighborhood ...
- He moves around on our streets... .
- He rides our buses and travels in our trains...
- He goes shopping to the same places you go...
- He comes to your school as one of your class-mates...
- To your college as one of the college students...
- He comes to your playgrounds
- To your office as a one of your colleagues
- To your workshop as your co-worker...
- Look at Jesus as vividly as you can...
  - ✓ What does he look like?...
  - ✓ How does he dress?...
  - ✓ How does he move and walk?...
  - ✓ How does he talk and what does he talk about?
  - ✓ How does he behave?... How does he deal with people?
  - ✓ How does he work?...
  - ✓ Where does he live?... How is his house?... What luxuries and gadgets he has?...
  - ✓ Who are his friends?... How and where does he spend his leisure time?
  - ✓ How does he pray?... How does he perform his religious duties?...
- Keep fantasizing about Jesus being present today among us like one of us. Try to make it as real as possible.

**Step 4. Personal Work. Put down in writing your experience**

1. How was he dressed? What was his external appearance?
2. How was he talking? What were the topics of his conversation?
3. Where was he living? How were his house and locality?
4. What things he owned? Could you see any luxuries and posh gadgets in his house?
5. What were his pastimes and entertainments? T.V. shows? Videos? Books he read? Pictures?
6. Who were his friends? In whose company did he move?
7. Was he popular? Among whom? How?
8. How did he pray? How much? Where did he pray? What about his religious duties?
9. Any other thing you would like to tell about Jesus was he to live among us today?

**Step 5. Personal Reflection and Prayer.**

- Keeping in mind what you experienced during your fantasy of Christ being present today amongst us, try to put down in writing your reflections on the following points.
  - ✓ How do you compare with him in his appearance, his talks, his friends, his dealings with people, his style of life, his possessions, his leisure time, etc.
  - ✓ What things have you to change in your life to become more like Jesus? Mention them.
  - ✓ What prevents you from doing so? Why? How?
  - ✓ What concrete steps will you take to do that?
- Pray spontaneously for a while.
- Finally write a prayer to Jesus asking him to help you to be more like Him
- Recite, meditate and sing any of the Hymns below.
  - ✓ To be like Jesus
  - ✓ Soul of my Savior
  - ✓ All to Jesus I surrender.,
  - ✓ Walk with me or my Lord,
  - ✓ Make like you.