

# **GOSPEL EXERCISES**

## **BETTER YOURSELF BY IDENTIFYING WITH GOSPEL PEOPLE**

### **YOUR MODELS AND THEIR OPPOSITES.**

#### **With whom do you identify?**

##### **Intent of this Exercise.**

- ✓ *To get acquainted with the personages of the Gospel narratives*
- ✓ *To compare with and imitate the best of them and avoid behaving like the bad ones.*
- ✓ *To become better followers of Jesus - Better Christians*

##### **Before the Session**

The Moderator will choose before the session a passage from the N.T. where he finds personages suitable to develop the theme he wants to work on at the session.

- Cowardice - Pilate -
- Greed for money - Pharisees, Judas.
- Repentance - Mary Magdalene-
- Prejudice - Jesus cures a blind man (Jn. 9:1-41)
- Promptness to follow your vocation – Call of the Disciples, Mathew
- Etc.

##### **PROCEDURE**

##### **Step 1. Introductory Session**

- ✓ Meet the participants.
- ✓ Singing hymns/or bhajans.
- ✓ Opening prayer

##### **Step 2. Presentation of the Passage by the Moderator.**

- ✓ Read the chosen passage.
- ✓ Add a few exegetical notes, if necessary.
- ✓ Explain it in the context of the N.T.

##### **Step 3. Personal Work Studying the Passage and its Characters.**

- Ask the participants to reflectively read the passage in silence.
- Next, request them to compile a list of the persons found in the passage: for instance, in (Jn 9:1- 41) you can find:
  - Tile blind man
  - The Pharisees
  - The disciples
  - The Jewish authorities
  - The blind man's parents

- The neighbors
- After compiling the list of the persons found in the passage, the participants will write against each person's name, his main characteristics, good qualities, virtues, vices, etc. in short, they will describe what sort of person he/she was.

**Step 4. Group Work: Sharing and Discussion.**

- ✓ The participants will share their findings and reflections
- ✓ Discussion and interaction will follow.
- ✓ The moderator or the chairperson will moderate the group.
- ✓ The secretary will prepare a short report. The report should read like the group view on the characteristics of the persons found in the N.T. passage under study.
- ✓ Next, the moderator will distribute copies of the Questionnaire below here..

**Step 5. Personal Work:**

**Answer to the Questionnaire.**

<b>QUESTIONNAIRE</b>
Instructions:
<b>Reflect on the questions below and take some jottings of your reflections.</b>
1. With which person of this Gospel narrative do you identify most? How do you compare with him? ( <i>i.e. The one which expresses best what you are, your nature, reactions, behavior</i> ).
2. Give instances of your life when you behaved like him?
3. What are your feelings about yourself? Are you happy being this way? Why?
4. Would you like to change in future? In what way? How?
5. Write any other thing you would like to express either about that person or about yourself
6. Write a prayer to God expressing your feelings and desires.

**Step 7. Group Sharing: Interaction and Prayer.**

- The participants will be requested to share with the group their replies to the questionnaire. (*They are free to share only what they feel comfortable to share*).
- Clarifications and interaction will be most welcomed.
- No discussion will be entertained on personal points.
- After a person finishes his sharing, the group will be invited pray for him/her.
- Those on his right and left hand will be the first to pray.

**Step 7. Personal Reflection and Prayer**

- ✓ The participants will spend some time in silent and personal prayer and reflection.

- ✓ Request the participants to answer in writing and to themselves to the following *"Is there anything God is asking me change in me today? What is it?"*