



Jesus, Our Teacher

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate Jesus as Our Teacher.*

INTRODUCE TOPIC & SCRIPTURE **Matthew 23:10** "You have one teacher, Christ."

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE **Lord, give me a heart capable of listening and of understanding Your Words."**

MEDITATION "When Jesus began His public life, the people were amazed at His teaching, for He sat there teaching them like one who had authority, not like the scribes. When they were listening to Him, the crowds forgot their hunger, their cold... Very often Jesus uses the expression, 'but I tell you'. He wants to show us that His doctrine carries special force: it is the Son of God who speaks. From the cloud came a voice which said, 'This is my beloved Son; to Him then listen. From then on there has been no other to whom to listen.

[Jesus] is our only teacher. We feel safe with Him. He always tells each one what he needs to hear. When we read the Gospel for a few minutes each day, with a faithful heart, meditating it slowly, we feel urged to say with St. Peter, 'Lord, thou alone has the words of eternal life'. Only you, Lord."³

RESOLUTION (Re-read Scripture.) "Christ always has something to tell us, each one in particular, personally. In order to hear Him, we must have a heart which knows how to listen, a heart which is attentive to the things of God. He is the Teacher of always. He was the Teacher yesterday and will be tomorrow. And He speaks to every individual to everyone who is ready to listen to Him... Our Lord does not deny His grace to anyone who truly seeks it."⁴ Do I take time every day for prayer? Do I meditate on the Gospels so that I can learn more about Our Lord and learn from Him? Holy Spirit, come...

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Help of Christians: **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Francis Fernandez, *In Conversation With God*, Vol. 1, 48.1 (Used with permission)

⁴ Fr. Francis Fernandez, *In Conversation With God*, Vol. 1, 48.3 (Used with permission)

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

