

6) JESUS EMBRACES OUR HUMANITY

Read and Pray with Matthew 4:13-5:11

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

The Baptism of Jesus was a very important moment in Jesus' life as was the Temptation. He emerges from these experiences with a more or less clear idea of what He is supposed to do and how He is supposed to live.

For your journal or notes:

Does it seem that God is saying something in particular to me?

How am I called to live my life as a follower of Jesus?

Are there insights that came to me from the Scripture passage or from my prayer?