



FOCUSING ON JESUS: ATTENDING TO JESUS.

Aim

To develop the ability to pay attention to the presence of Jesus.

Note

It is easy to leave people feeling as though they are deficient if they are 'unsuccessful'. Your job is to both build expectation and remove a sense of failure.

People who have developed contemplation as a spiritual practice explain that at the start you may only manage to focus on Jesus for a few seconds at a time.

Activity

1. Read Mt 28:18-20. Get people to consider that if the fact is not true, the command is impossible.
2. Ask people whether there is anything that they need to put to the back of their mind in order to pay attention to Jesus. Suggest that they write it on a scrap of paper and that if they find themselves distracted to note down the distractions as they go along.
3. Sing *Turn your eyes upon Jesus* (Not in SoF). There are a host of versions on iTunes.
4. Remind people to put distractions to one side so that they can pay attention to Jesus.
5. Go through this simple script.

As you pay attention to Jesus, where are you aware of him right now? Is he in front of you? Is he inside you? Is he behind you?

When you are aware of him. Just attend to him for a while.

How does his presence make you feel?

[Assume that people will be distracted and take them through the questions again]

And when you feel his presence is there anything he wants to say to you?

6. If it seems good invite people to share their impressions.
7. Finish by reminding people of the **fact** that Jesus is present but that because of distraction or even tiredness we often find it difficult to pay attention to him.

Feedback please