

"Do you love Me?"

Meditation on John 21: 15-19

- I would like to invite you to come on a journey with St. John.
 - ↳ Close your eyes.
- Imagine a beach.
 - ↳ See the waves of the water coming in and flowing back out.
 - ↳ Smell the salt of the ocean air.
 - ↳ Can you hear the squawk of the seagulls as they go around looking for fish?
- Imagine yourself there. You are all by yourself and nobody else is around.
 - ↳ Yet you are not afraid.
 - ↳ You feel peaceful and begin to walk forward on the sand. Imagine feeling the sand under your feet.
- You walk on ahead. In the distance, you see a group of men sitting on the sand by the water. They have made a fire in the middle and are sitting around eating fish. Can you see them? There are thirteen men all together. Look at them for a little bit.
 - ↳ They are big and strong men. You start walking closer to where they are.
 - ↳ Imagine the group.
- As you approach the group, you see that one of the men sitting there with them is... JESUS. Picture Him. Imagine seeing Jesus there. Then, He sees you coming and *He Himself stands up* and slowly begins to *walk toward you*.
 - ↳ What is in your heart as He stands and begins to walk towards you? Are you afraid? Are you excited? Are you happy? Are you nervous or unsure? What does your heart feel as you see Jesus coming to you?
- When He reaches where the place where you are, He looks at you and then you hear His voice say to you: "*Do you love Me?*"
 - ↳ What do you respond to Jesus?
- Then He asks you again... "*Do you love Me?*"
 - ↳ What do you say to Him?
 - ↳ What does His voice sound like?
 - ↳ Look at Jesus' face. What does He look like? He is so close to you...
- Then Jesus asks you one more time: "*Do you love Me?*"
 - ↳ What do you answer Jesus?
 - ↳ The truth is that Jesus is God, and He *already knows* what we are going to say... but He wants to hear it from us... from you.
- What does Jesus do?
 - ↳ Look at how He looks at you; look at His face.
 - ↳ What is in your heart right now? Tell Jesus about it...
- In your imagination, look up at Jesus. And hear him say to you: "*Do not be afraid... for I am with you always, until the end of time...*"
 - ↳ What does JC do?
 - ↳ How do you feel there with Jesus?
- After a little time, listen as Jesus tells you: "*Follow Me.*"
 - ↳ Do you want to stay with Jesus?

- ↳ Are you willing to stay and learn the way that He will teach you?
- ↳ Open your heart to Him... give Him your heart...
- When you are ready, I invite you to open your eyes, pick up your paper and pencil and answer the question...

Lord Jesus, You come and ask me: “*Do you love Me?*” Lord, you know what is in my heart because You made it; You made me. Sometimes, I don’t choose to follow You the best that I can and I fall and I make bad choices. Lord, I come and ask You from the deepest part of my own heart, “*Do you still love me?*” even when I am not always good and kind? Help me to know that...



JESUS TIME REFLECTION



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Carmelite Sisters of the Most Sacred Heart of Los Angeles

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