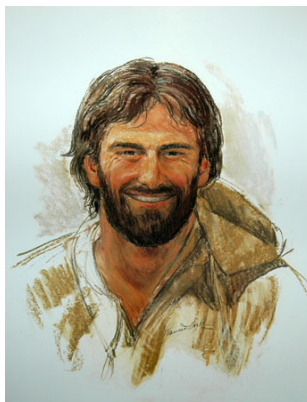


To See and Love as Jesus Sees and Loves An imaginative prayer

*"[We] can make present the fragrance of Christ's closeness and his personal gaze." - Pope Francis
(Evangelii Gaudium #169)*

This imaginative prayer can be used to pray about someone whom you are concerned with, have difficulty with, or desire to care in a greater way for. It can also help you grow in letting go and greater trust in God.

- Take time to be aware of God's presence through rhythmic breathing (exhaling and inhaling slowly & fully for five times) ... Ask God for the grace to see with as Jesus eyes and to feel with his heart.
- Picture the person engaged in a typical activity or set of activities that he or she normally does Imagine Jesus being present to the person, perhaps next to the him or her ... Notice how Jesus looks at the person, ... notice how Jesus sees the person's unique needs and current struggles ... See how Jesus treats the person, observe how Jesus cares for the person in his or her present needs and struggles... .. notice how he loves the person deeply and freely ... *(Continue for 5 minutes to observe Jesus looking at and relating to the person) ...*
- Ask Jesus if he wants you to help him directly in caring for and loving the person. *(Don't answer for him. Allow him to respond. Try not to project your own wants) ...* Ask Jesus how he invites you to concretely cooperate with him in caring for and loving the person. *(At times, he may invite you to indirectly love the person from a distance) ...* Spend time just being with Jesus, resting in him ... Thank him for this time of learning to see, care for, and love the person as he sees and cares.
- You can try the same prayer to envision how God might invite you to grow in self-care or spiritual growth by imagining seeing yourself as Jesus sees and loves you.



"One who loves realizes that love is an experience of truth, that it opens our eyes to see reality in a new way, in union with the beloved." - Pope Francis