



**Praying with the  
Gospel of John -  
Chapter 1 verse  
35 to 39**

**1**

**Let's prepare**

Sit down well, breathe deeply,  
Make a gesture of entering into a relationship,  
Speak to the Lord in response to his question: "How are you? »

*Read the text for the first time*

35 The next day John was there again with two of his disciples. 36 When he saw Jesus passing by, he said, "Look, the Lamb of God!"

37 When the two disciples heard him say this, they followed Jesus. 38 Turning around, Jesus saw them following and asked, "What do you want?"

They said, "Rabbi" (which means "Teacher"), "where are you staying?"

39 "Come," he replied, "and you will see."

*Remember the story: tell yourself the story or the text that you are going to meditate on and let a picture come to you.*

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*Asking for grace*

Lord allow me to open the door of my heart

**2**

**Let's watch and listen**

**First lead**

*When he saw Jesus passing by*  
With John the Baptist's attitude, we already have everything, everything of the fundamental spiritual attitude: it is to fix our gaze on Jesus, not to take our eyes off him, to fill ourselves with his light.

**Let's look at Jesus** with the eyes of my heart. To fix my gaze on him.

**Second lead**

*Look, the Lamb of God!*

Jesus is the Lamb. In saying that, John the Baptist tells us something essential about the identity of Jesus. The Lamb does not belong to the order of predators! It is the paschal lamb of the Jews that is eaten in memory of liberation. Jesus is the lamb who gives Himself as food so that our lives may be set free. Jesus is the vulnerable God, given into our hands.

**Listen to these words:** This is the Lamb of God, let a name come up in me: the way I want to call him: Jesus my ...

**Third lead**

*When the two disciples heard him say this, they followed Jesus.*

This verse gives us the 2 fundamental attitudes of discipleship: listen and follow.

**Look at** these two disciples

**Look at** their decision to trust the word of John the Baptist and to follow Jesus because they feel that following Jesus is a good path for their lives.

**Fourth lead**

*Turning around, Jesus...*

It is Jesus who takes the initiative of the encounter by turning around. Instead of showing them his back, he uncovers his face. He is thus giving them the light that Jesus is, to see it face to face.

**Look at** Jesus who turns around and offers us his face.

**Fifth lead**

**What do you want?**

Jesus' questions are amazing. They tell us about Jesus as an awakener of desires. He is like a midwife who helps bring life into the world. What do you want deep down inside you, what is alive in you and just waiting to be born? A desire that is not influenced from the outside, but the deepest desire, that of living to the fullest.

**Let's hear** this question for me, in today's world of who I am and what I am living

**3**

**Let's talk**

According to what I have seen and heard, what do I want to say to God?

Admiration, thank you, praise, request, forgiveness, question, etc.

End with the Lord's Prayer and a gesture.