

A Place For Jesus



**"Some hae meat and canna eat,
And some wad eat that want it,
But we hae meat and we can eat,
Sae let the Lord be Thankit!**

THE SELKIRK GRACE

Through the Incarnation Jesus comes alongside us — cosmically, biologically, and spiritually — to experience human life: to walk our road, to feel our pain, to know our sorrow and joy, and to break bread with us. This Holy Week let's take a moment to come alongside Jesus in a special meal and prayer.

'A Place For Jesus' Meditative Exercise

At your table arrange a place setting for Jesus! Take your time and thoughtfully prepare a special space where you can enjoy some food and meet Jesus through meditative prayer.

Create somewhere that is:

○ Comfortable

○ Hospitable

○ Meaningful

○ Informal

○ Special

Special but informal...
like catching up with a
dear friend.



Food is important to Jesus

John 21: 8-13 (NRSVA)

8 The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards 9 When they landed, they saw a fire of burning coals there with fish on it, and some bread.

10 Jesus said to them, “Bring some of the fish you have just caught.” 11 So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. 12 Jesus said to

them, **“Come and have breakfast.”** None of the disciples dared ask him, “Who are you?” They knew it was the Lord. 13 Jesus came, took the bread and gave it to them, and did the same with the fish.

What do you want to eat?

Breakfast with Jesus



**What would make this time
special?**



Lunch with Jesus

Your 'table' could be a picnic blanket, or a coffee table, out in the garden, perched in the kitchen or the dining room — anywhere you can set aside for a reflective, peaceful time.

Cuppa with Jesus



What follows is a suggestion for structuring your prayer inspired by the Daily Examen — a contemplative sequence for reviewing the day that comes from the Ignatian spiritual tradition.



Dinner with Jesus

A mealtime adaptation of

The Daily Examen

- **Before you start take a moment simply to 'be' with Jesus, inviting him to join you at your table for your meal.**
- **As you begin, look over the day you have had so far and tell him what you have been grateful for. Then go on to describe other emotions that you are feeling and have felt. What has made you happy today? What has made you unhappy? Perhaps tell him why you chose to prepare this specific meal. Why is it special to you? What memories does it evoke for you?**
- **As you eat go through the events of the day with Jesus. What has surprised you? What has frustrated you? Is anything making you anxious? What have you learned? What have you discovered? Tell Jesus.**
- **As you tidy and clear away look ahead to tomorrow and tell Jesus what you are going to be up to and how you're feeling about it.**

**Give us this day our daily bread
and let the Lord be Thankit!**