The Lamb of God Forgives Our Sins (John 1:29-42)
Bill Gaultieri ~ Ignatian Meditation Guides ~ SoulShepherding.org

Guidelines: Protect confidentiality and follow the leader’s prompts.

Ignatian Meditation Process: Ignatius focuses on our need for forgiveness of sin (as in this Gospel reading), especially at the end of Week 1 of The Spiritual Exercises. Read the introduction and then “Ask for the grace”. Then quietly read the passage by using your imagination to enter into the story, sensing and feeling what’s going on. Don’t analyze the passage or seek insights — experience yourself as a character in the story. After the second reading have a “colloquy” (short, personal conversation) with the Lord. You can use the prompts and questions at the bottom to guide your prayer time and journaling (and sharing with others).

Introduction: John the Baptist’s famous prophetic ministry culminates in him pointing out Jesus as the holy Son of God who is “God’s Passover Lamb” to forgive the sins of the world. Then his own disciples begin to follow Jesus as the Messiah. Soon crowds of people will join them.

Ask For the Grace: O Christ who was crucified for me, I ask for the grace I desire: to feel increased sorrow and confusion over my sins so I cry out earnestly for your mercy.

Imagine Yourself in the Gospel: John 1 (MSG)
29-31 The very next day John saw Jesus coming toward him and yelled out, “Here he is, God’s Passover Lamb! He forgives the sins of the world! This is the man I’ve been talking about, ‘the One who comes after me but is really ahead of me.’ I knew nothing about who he was—only this: that my task has been to get Israel ready to recognize him as the God-Revealer. That is why I came here baptizing with water, giving you a good bath and scrubbing sins from your life so you can get a fresh start with God.”
32-34 John clinched his witness with this: “I watched the Spirit, like a dove flying down out of the sky, making himself at home in him. I repeat, I know nothing about him except this: The One who authorized me to baptize with water told me, ‘The One on whom you see the Spirit come down and stay, this One will baptize with the Holy Spirit.’ That’s exactly what I saw happen, and I’m telling you, there’s no question about it: This is the Son of God.”
35-36 The next day John was back at his post with two disciples, who were watching. He looked up, saw Jesus walking nearby, and said, “Here he is, God’s Passover Lamb.”
37-38 The two disciples heard him and went after Jesus. Jesus looked over his shoulder and said to them, “What are you after?”
They said, “Rabbi” (which means “Teacher”), “where are you staying?”
39 He replied, “Come along and see for yourself.”
They came, saw where he was living, and ended up staying with him for the day. It was late afternoon when this happened.
40-42 Andrew, Simon Peter’s brother, was one of the two who heard John’s witness and followed Jesus. The first thing he did after finding where Jesus lived was find his own brother, Simon, telling him, “We’ve found the Messiah” (that is, “Christ”). He immediately led him to Jesus.

1st Reading: Visualize yourself in the Gospel story. Don’t seek intellectual insights — stay with the imagery. Use your senses to see, touch, feel, and hear. What part of the story are you drawn to? Which character do you identify with or are you a bystander?

2nd Reading: Experience the story in the role of the character God led you to. Then talk with the Lord. What do you feel? How does this relate to something in your life today? What is God saying to you?