

A Personal Retreat

a journey as a disciple through the Gospel of Mark



Journey's Prayer to Begin Each Reading

Christ be with me,
 Christ within me,
 Christ behind me,
 Christ before me,
 Christ beside me,
 Christ to win me;
 Christ to comfort
 and restore me;
 Christ beneath me,
 Christ above me,
 Christ in quiet,
 Christ in danger,
 Christ in hearts of
 all that love me,
 Christ in mouth of
 friend and stranger.
 - St. Patrick

A Journey Into Mark As A Disciple

Each day set aside at least thirty minutes to meditate and journal on a prescribed passage from the Gospel of Mark. The point is not to get through the chapter but to *imaginatively enter into the chapter* by reading from the perspectives of one of the characters who is on the scene. Use the natural chapter divisions to help select a manageable portion. For example, in chapter one of Mark, you may choose to read vs. 16-20 where Jesus calls his first disciples. You would read as if you were one of those disciples being

1

READ

From the perspective of one of the characters in a chapter section.

2

REFLECT

What does it mean to follow Jesus as this person?

3

RESPOND

Journal thoughts, concerns, insights from the day's journey.

called that day. At the end of each reading, journal through the following questions:

- Why are you there?
- What do you see? Hear? Smell? Taste?
- What surprises? Saddens? Moves? Angers? What other feelings are you sensing?
- I feel _____ about _____ because _____. (Apply to different parts of the story.)
- What do you learn about God’s way of life? Yourself? Others?
- End this time of reflection by talking with Jesus about your discoveries as one does with a close friend.



Retreat Schedule

Choose a natural portion from each chapter to journey through for the day.

- | | |
|---------------------------------|----------------------------------|
| <input type="checkbox"/> Mark 1 | <input type="checkbox"/> Mark 9 |
| <input type="checkbox"/> Mark 2 | <input type="checkbox"/> Mark 10 |
| <input type="checkbox"/> Mark 3 | <input type="checkbox"/> Mark 11 |
| <input type="checkbox"/> Mark 4 | <input type="checkbox"/> Mark 12 |
| <input type="checkbox"/> Mark 5 | <input type="checkbox"/> Mark 13 |
| <input type="checkbox"/> Mark 6 | <input type="checkbox"/> Mark 14 |
| <input type="checkbox"/> Mark 7 | <input type="checkbox"/> Mark 15 |
| <input type="checkbox"/> Mark 8 | <input type="checkbox"/> Mark 16 |

“It is not knowing a lot but grasping things intimately and savoring them that fills and satisfies the soul.”

- St. Ignatius of Loyola

SHARE WHAT YOU’RE DISCOVERING ON THE JOURNEY

A journey with Jesus is always better in community! As you feel free, share on Create Space’s web page what especially intrigued, provoked, disturbed, challenged, encouraged, warmed, helped, or surprised you from a particular reading. Be sure to share whose perspective you read from.

<http://createspaceforlife.org/journey-through-mark>.

