



“Were not our hearts burning within us while he spoke  
to us on the way and opened the scriptures to us?”

*Luke 24:32*

# *Encounter*

One Church, Encountering Jesus,  
Equipping Disciples, and Living Mercy







## Week One: God Loves Me

### Psalm 139:1-2, 13-14

✠ I praise you, for I am wonderfully made.

Lord, you have probed me, you know me: you know when I sit and stand;  
with all my ways you are familiar. ✠

You formed my inmost being; you knit me in my mother's womb.  
I praise you, because I am wonderfully made; wonderful are your works! ✠

### Conversation Starter

1. What is your idea of a perfect day?
2. Name one thing that drives you crazy.



*Woman and Child Seated in a Garden*, c. 1881 (Mary Cassatt)



*Week One:*  
**God Loves Me**

**WRAP\* with the Gospel - Luke 12:22-31**

Jesus said to his disciples, "Therefore I tell you, do not worry about your life and what you will eat, or about your body and what you will wear. For life is more than food and the body more than clothing. Notice the ravens: they do not sow or reap; they have neither storehouse nor barn, yet God feeds them. How much more important are you than birds! Can any of you by worrying add a moment to your life-span? If even the smallest things are beyond your control, why are you anxious about the rest? Notice how the flowers grow. They do not toil or spin. But I tell you, not even Solomon in all his splendor was dressed like one of them. If God so clothes the grass in the field that grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith? As for you, do not seek what you are to eat and what you are to drink, and do not worry anymore. All the nations of the world seek for these things, and your Father knows that you need them. Instead, seek his kingdom, and these other things will be given you besides."

Write

Reflect

Apply

Pray

\*WRAP is an acronym and method for Lectio Divina from the book WRAP Yourself In Scripture © by Karen & Lawrence Dwyer published by The Institute for Priestly Formation (2011, 2018). The WRAP Method involves four steps: Write, Reflect, Apply, and Pray with Scripture.



*Week One:*  
**God Loves Me**

## Going Deeper Questions

1. When does your life feel most burdensome?
2. What do you wish Jesus would do for you?

## Summary Thought

You are not merely an accident or an afterthought, but the intentional creation of a loving God. And because he loves you, you can trust him to care for you.

## Group Action

Make a list of all the things in your life for which you are most grateful (e.g. family, friends, career, experiences, etc.). Put it in a place where you will see it often.

## Psalm 139:1-2, 13-14

**℟ I praise you, for I am wonderfully made.**

Lord, you have probed me, you know me: you know when I sit and stand;  
with all my ways you are familiar. **R**

You formed my inmost being; you knit me in my mother's womb.  
I praise you, because I am wonderfully made; wonderful are your works! **R**







## Week Two: God Made Me for Relationship

### Psalm 103:8, 13

**℟ The Lord is kind and merciful.**

Merciful and gracious is the Lord, slow to anger and abounding in kindness. **℟**

As a father has compassion on his children, so the Lord has compassion on those who fear him. **℟**

### Conversation Starter

1. In your opinion, what are some qualities of a good father?
2. If you could ask God any one question and get an answer, what would you ask and why?



*The Prodigal Son in Modern Life: The Return, c. 1882 (James Tissot)*



*Week Two:*  
**God Made Me for Relationship**

**WRAP with the Gospel - Matthew 6:6-15**

[Jesus said to his disciples] "When you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him. This is how you are to pray:

Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as in heaven.  
Give us today our daily bread;  
and forgive us our debts, as we forgive our debtors;  
and do not subject us to the final test, but deliver us from the evil one.

If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions."

Write

Reflect

Apply

Pray



*Week Two:*  
**God Made Me for Relationship**

## Going Deeper Questions

1. Do you want a deeper relationship with God? What could that look like for you?
2. What is currently standing in the way of you having a deeper relationship with God?

## Summary Thought

The Bible shows us that God is a good Father who loves all his children. He wants us to live in relationship with him, loving him and loving one another.

## Group Action

Think about the people in your life. Is there anyone you need to forgive? Try saying, "In Jesus' name, I forgive \_\_\_\_\_ for \_\_\_\_\_. Amen."

# Psalm 103:8, 13

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Merciful and gracious is the Lord, slow to anger and abounding in kindness. **℟**  
As a father has compassion on his children, so the Lord has compassion on those who fear him. **℟**







## *Week Three:* **Jesus Came to Forgive Me**

### **Psalm 51:3-4**

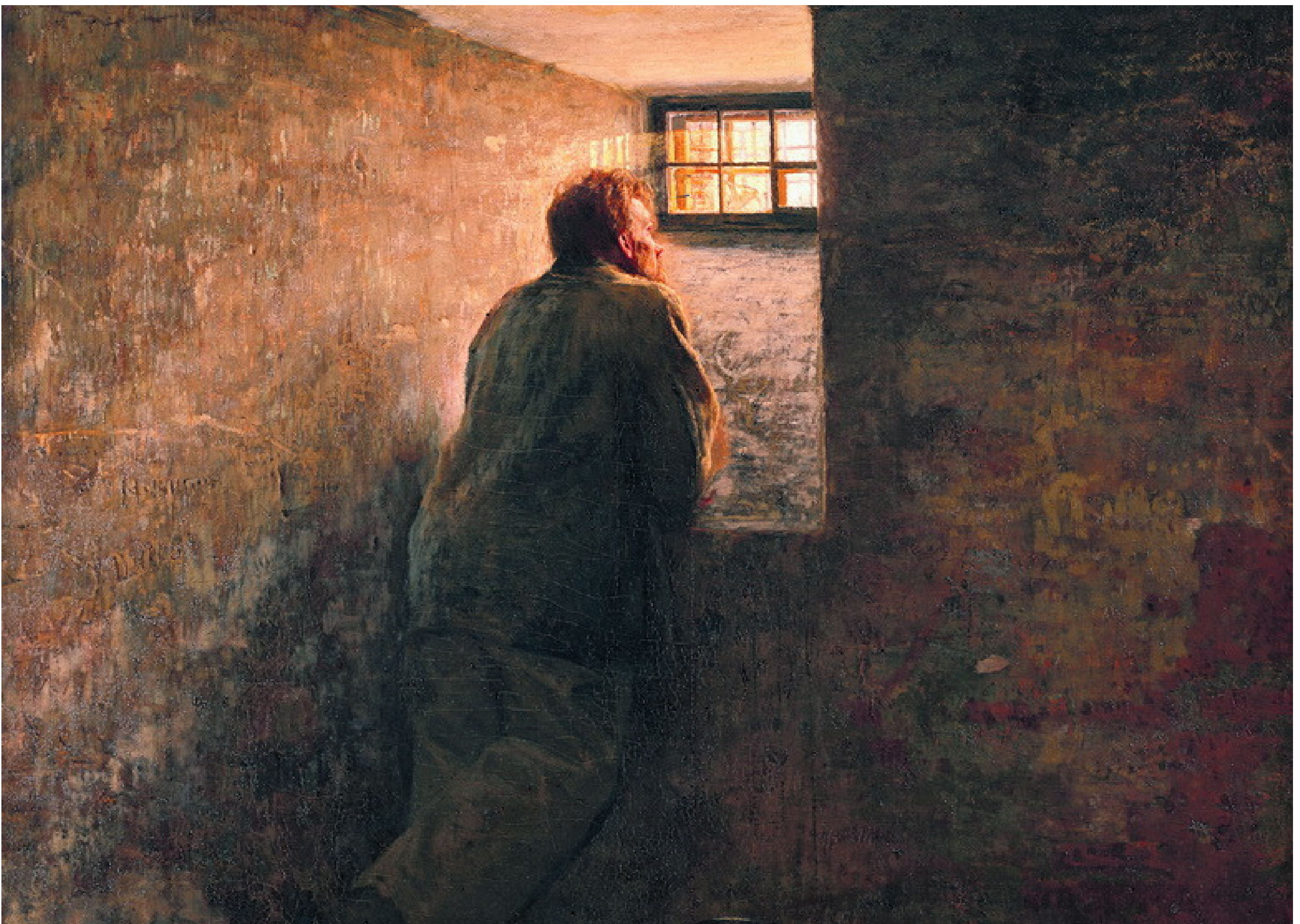
**℟ Create a clean heart in me, O God.**

Have mercy on me, O God, according to your steadfast love;  
according to your abundant mercy blot out my transgressions. **℟**

Wash me thoroughly from my iniquity,  
and cleanse me from my sin. **℟**

### **Conversation Starter**

1. How much trouble did you get into as a child? Explain.
2. What is the greatest act of kindness you ever received?



*The Prisoner*, c. 1878 (Nikolai Yaroshenko)



*Week Three:*  
**Jesus Came to Forgive Me**

**WRAP with the Gospel - John 8:2-11**

Early in the morning Jesus arrived again in the temple area, and all the people started coming to him, and he sat down and taught them. Then the scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle. They said to him, “Teacher, this woman was caught in the very act of committing adultery. Now in the law, Moses commanded us to stone such women. So what do you say?” They said this to test him, so that they could have some charge to bring against him. Jesus bent down and began to write on the ground with his finger. But when they continued asking him, he straightened up and said to them, “Let the one among you who is without sin be the first to throw a stone at her.” Again he bent down and wrote on the ground. And in response, they went away one by one, beginning with the elders. So he was left alone with the woman before him. Then Jesus straightened up and said to her, “Woman, where are they? Has no one condemned you?” She replied, “No one, sir.” Then Jesus said, “Neither do I condemn you. Go, and from now on do not sin any more.”

Write

Reflect

Apply

Pray



\_\_\_\_\_

1. What bad habit or character trait are you trying to change?
2. Is it harder to receive forgiveness from God or from yourself? Why?

God invites each person to accept his love, but we often reject him through our sins, which distance us from him. Jesus came to show the mercy of God, by forgiving our sins in order to heal us and set us free.

Take turns praying for the person on your left. You can say:  
"Lord, please bless *[name]* this week. Remind *[name]* that *[he/she]* is your beloved child, and that you came not to condemn, but to forgive. Amen."

**℟ Create a clean heart in me, O God.**

Wash me thoroughly from my iniquity,  
and cleanse me from my sin. **R**







## Week Four: Jesus Died to Save Me

### Psalm 22:2, 17, 20, 23

**℟ They will praise you, Lord, who long for you.**

My God, my God, why have you abandoned me? Why so far from my call for help?  
A pack of evildoers closes in on me. They have pierced my hands and my feet. **℟**

But you, Lord, do not stay far off; my strength, come quickly to help me.  
Then I will proclaim your name to my brethren; in the assembly I will praise you. **℟**

### Conversation Starter

1. Who is a friend that will always be there for you when you most need them?
2. What is the greatest sacrifice you have made for another person?



*Crucifixion with the Virgin and St. John, c. 1625 (Hendrick ter Brugghen)*



*Week Four:*  
**Jesus Died to Save Me**

**WRAP with the Gospel - Luke 23:33-43**

When they came to the place called the Skull, they crucified [Jesus] and the criminals there, one on his right, the other on his left. Then Jesus said, “Father, forgive them, they know not what they do.” They divided his garments by casting lots. The people stood by and watched; the rulers, meanwhile, sneered at him and said, “He saved others, let him save himself if he is the chosen one, the Messiah of God.” Even the soldiers jeered at him. As they approached to offer him wine they called out, “If you are King of the Jews, save yourself.” Above him there was an inscription that read, “This is the King of the Jews.” Now one of the criminals hanging there reviled Jesus, saying, “Are you not the Messiah? Save yourself and us.” The other, however, rebuking him, said in reply, “Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal.” Then he said, “Jesus, remember me when you come into your kingdom.” He replied to him, “Amen, I say to you, today you will be with me in Paradise.”

Write

Reflect

Apply

Pray



*Week Four:*  
**Jesus Died to Save Me**

## Going Deeper Questions

- 1.If you were a live witness of Jesus' crucifixion, how would you react?
2. What do you think about God's solution to the problem of sin?

## Summary Thought

Because he loves us, Jesus freely chose to suffer and die on the cross for each one of us. He took upon himself the pain and humiliation of our sins, so that we can live transformed lives, free from the slavery of sin.

## Group Action

Spend 5 minutes looking at an image of Jesus hanging on the cross, considering how he sacrificed himself out of love for *you*.

## Psalm 22:2, 17, 20, 23

**℞ They will praise you, Lord, who long for you.**

My God, my God, why have you abandoned me? Why so far from my call for help?  
A pack of evildoers closes in on me. They have pierced my hands and my feet. **R**

But you, Lord, do not stay far off; my strength, come quickly to help me.  
Then I will proclaim your name to my brethren; in the assembly I will praise you. **R**







## Week Five: Jesus Offers Me New Life

### Psalm 116:1-2, 5-6

**℟ I shall walk before the Lord in the land of the living.**

I love the Lord, who listened to my voice in supplication,  
Who turned an ear to me on the day I called. **℟**

Gracious is the Lord and righteous; yes, our God is merciful.  
The Lord protects the simple; I was helpless, but he saved me. **℟**

### Conversation Starter

1. What do you think happens when a person dies? How afraid are you of dying?
2. Looking back at your life, what is one decision you wish you could change?



*The Disciples Peter and John Running to the Sepulchre on the Morning of the Resurrection, c. 1898 (Eugene Burnand)*



*Week Five:*  
**Jesus Offers Me New Life**

**WRAP with the Gospel - John 11:21-26, 38-44**

Martha said to Jesus, “Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you.” Jesus said to her, “Your brother will rise.” Martha said to him, “I know he will rise, in the resurrection on the last day.” Jesus told her, “I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?”

So Jesus, perturbed again, came to the tomb. It was a cave, and a stone lay across it. Jesus said, “Take away the stone.” Martha, the dead man’s sister, said to him, “Lord, by now there will be a stench; he has been dead for four days.” Jesus said to her, “Did I not tell you that if you believe you will see the glory of God?” So they took away the stone. And Jesus raised his eyes and said, “Father, I thank you for hearing me. I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me.” And when he had said this, he cried out in a loud voice, “Lazarus, come out!” The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, “Untie him and let him go.”

Write

Reflect

Apply

Pray



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1. In which areas of your life do you want to experience a fresh start?

- ## Summary Thought

## Group Action

# Psalm 116:1-2, 5-6

I love the Lord, who listened to my voice in supplication,  
Who turned an ear to me on the day I called. **R**

Gracious is the Lord and righteous; yes, our God is merciful.  
The Lord protects the simple; I was helpless, but he saved me. **R**







## *Week Six:* **Jesus Calls Me to Follow Him**

### **Psalm 27:4, 8, 14**

**℟ Lord, show me your way.**

One thing I ask of the Lord; this I seek: To dwell in the Lord's house all the days of my life. **℟**

"Come," says my heart, "seek his face"; your face, Lord, do I seek! **℟**

Wait for the Lord, take courage; be stouthearted, wait for the Lord! **℟**

### **Conversation Starter**

1. Who is one person you admire? What about their life do you want to imitate?
2. Who do you trust so much that you would follow them anywhere?



*Christ Calling the Apostles James and John, c. 1869 (Edward Armitage)*



*Week Six:*  
**Jesus Calls Me to Follow Him**

**WRAP with the Gospel - Mark 10:46-52**

As Jesus was leaving Jericho with his disciples and a sizable crowd, Bartimaeus, a blind man, the son of Timaeus, sat by the roadside begging. On hearing that it was Jesus of Nazareth, he began to cry out and say, “Jesus, son of David, have pity on me.” And many rebuked him, telling him to be silent. But he kept calling out all the more, “Son of David, have pity on me.” Jesus stopped and said, “Call him.” So they called the blind man, saying to him, “Take courage; get up, he is calling you.” He threw aside his cloak, sprang up, and came to Jesus. Jesus said to him in reply, “What do you want me to do for you?” The blind man replied to him, “Master, I want to see.” Jesus told him, “Go your way; your faith has saved you.” Immediately he received his sight and followed him on the way.

Write

Reflect

Apply

Pray



## *Week Six:* **Jesus Calls Me to Follow Him**

### **Going Deeper Questions**

1. What might following Jesus look like for you? Are you ready to make that commitment?

2. What are some things you can tell others about how you have encountered Jesus?

### **Summary Thought**

Jesus invites each one of us to follow him as a missionary disciple, living our lives in imitation of him and sharing the good news of his life, death, and resurrection with others.

### **Group Action**

This week, tell someone (a friend, family member, co-worker, etc) about how you have encountered Jesus.

### **Psalm 27:4, 8, 14**

**℟ Lord, show me your way.**

One thing I ask of the Lord; this I seek: To dwell in the Lord's house all the days of my life. **℟**

"Come," says my heart, "seek his face"; your face, Lord, do I seek! **℟**

Wait for the Lord, take courage; be stouthearted, wait for the Lord! **℟**





**Archdiocese *of* Omaha**