

Turn Your Eyes Upon Jesus – Prayer Guide

The Good Shepherd

Meditate on the Scripture: John 10:14-15

Spend a few moments reading through the following verses.

“I am the good shepherd. I know my sheep and my sheep know me – just as the Father knows me and I know the Father – and I lay down my life for the sheep.” John 10:14-15

Does this description of Jesus present any new insights for you?

Is there anything that impresses you or stands out to you in these verses?



Meditate on the Picture:

When you look at the picture of Jesus what comes to your mind?

What you look at the sheep in the picture what comes to your mind?

Sheep in Jesus' Arms

Are you the sheep in Jesus' arms? How did you get there? Was there a crisis? A failure? Were you running? Lost? Feeling weary? Have you ever found yourself nestled in Jesus' loving, protective arms? Or do you desire to be nestled in Jesus' loving, protective arms?

Sheep at Jesus' Feet

Are you one of the sheep at his feet? What brought you to this place? How does this proximity to Jesus, His love and

care change the decisions you make, how you think and live, how you spend your time?

Straggling Sheep

Are you one of the stragglers? How did you get so far from Jesus? Perhaps there is something that is causing this separation: feeling overwhelmed by life, a concern or problem you're carrying on your own, a fear or some anxiety, a hurt or pain you cannot let go?

Can you offer whatever you are carrying to Jesus? As you do this, do you feel the heaviness of what you've been carrying lifting from you? Maybe the space between you and Jesus is becoming less and less as you accept His grace and unconditional love.

Hidden Sheep

Do you find it difficult to see yourself in the picture at all? Why is that? What caused the distance between you and Jesus? Is there some sin you are struggling with, some unresolved anger or bitterness that is causing you to try to hide from Jesus? Whatever it may be, can you see Jesus coming to find you, to bring you back to the flock? As Jesus does, will you confess to him whatever it is that is causing you to stay so far back or hide from Him?

For Reflection and Prayer:

A shepherd cares for, protects, and leads the sheep. These verses from John 10 speak of Jesus tender loving care for us, His desire for intimacy with us. They also tell us that Jesus is always working on our behalf, that He literally lays down his own life for us. As you spend time in prayer with your loving Good Shepherd, honestly share with Him, where you are, what is happening with you. Take time to sit and listen to his compassionate response to you. Hear Jesus inviting you to come closer to him, to a deeper relationship with him.

As you sense Jesus loving gaze upon you, may you turn your eyes, your gaze to him. Spend some time in prayer asking Jesus to open your eyes to all he is doing and desires to do in and through you, in and through our world.