

Fifty Questions to Ask in Prayer During Gospel Meditations

1. How did you feel at that moment, Jesus?
2. What was the expression on your face, Jesus?
3. What was it like for those looking into your eyes at that moment, Jesus?
4. How did the disciples feel during that scene?
5. How did Mary and the other women feel at that moment?
6. How did _____ (the others in the story) feel in that moment?
7. How would I feel if I saw my son doing that?
8. How would I feel if they said that to my dad?
9. How would I feel if they did that to my sibling?
10. How would I feel if I saw my best friend going through that?
11. How would I feel if my pastor suddenly did that?
12. What were the others feeling when they did that to you, Jesus?
13. What was the weather and landscape like?
14. When was your last meal, and what did you eat?
15. What are the smells in this scene?
16. Jesus, does anything in this scene remind you of where you came from?
17. What are the sounds in this scene?
18. What was the culture like in that town/region?
19. Why was this person receptive to you, Jesus?
20. Why was this person hardened to you, Jesus?
21. What caused you to be drawn to that person, Jesus?
22. What caused that person to be drawn to you like that, Jesus?
23. Why did you do that, Jesus?
24. Jesus, how does this show me the Father?
25. Jesus, what does this scene reveal about your divinity?
26. Jesus, what does this scene reveal about your humanity?
27. Jesus, would you tell me this part of your story again?
28. Jesus, how does this scene show me your humility?
29. Jesus, how does this scene show me that there is no one like you?
30. Jesus, how could they say that to you?
31. Jesus, why did you say that to them?
32. Jesus, how did you feel physically at that moment?
33. What makes you so vastly different than every other person in this scene?
34. What makes you respond so differently than I would in that moment?
35. When I ask you these questions how do they make you feel right now?
36. What was your fellowship with the Father like in this moment?
37. What was your fellowship with Holy Spirit like in this scene?
38. Jesus why did you restrain yourself in that moment?
39. Jesus how could you be so patient and kind in this moment?
40. Jesus, what was your favorite part of this scene?
41. Why did you go there next?
42. Why did you keep coming back to this place?
43. Jesus, what was it like when you went to bed the night after this happened?
44. Was it ever hard for the disciples to fall asleep after they watched you do what you did?
45. What did you talk about with your disciples in private prior to this moment?
46. What did you and the Father talk about in prayer before this moment?
47. What was the purpose of doing what you did in that moment?
48. Jesus, did anyone really understand you in this scene?
49. Jesus, what was your most frequent emotion during this time of your life?
50. Jesus, why? Why? Why?

*** The goal of asking these questions is not necessarily to get information but rather to have our hearts awakened and touched with awe and love as the Holy Spirit glorifies Jesus. The goal of meditation is worship!