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SEEKING JESUS

Visuals With Points To Ponder
To Help You Find Jesus' Principles

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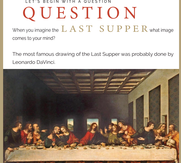
LET'S BEGIN WITH A QUESTION

QUESTION

When you imagine the LAST SUPPER what image comes to your mind?

The most famous drawing of the Last Supper was probably done by Leonardo DaVinci.



NOTICE

What do you notice about this more recent drawing of the Last Supper?

In this picture, women and children are depicted as being present.

WHAT DO YOU THINK?

Is this just an artist's fanciful imagination or is it realistically possible that women and children were present at the Last Supper?

In Matthew, Mark, and Luke the Last Supper is presented as a Passover meal and Passover is traditionally a family gathering.

It's good to have a "guys night out" but not on Thanksgiving—that's a family day. From that perspective, it wouldn't be unusual for women or children to be at a Passover meal.

In Mark 15:40-41 we learn that women were present at the cross of Christ, and that these women had come up with Christ from Galilee. If they had been following Christ for months or more, it seems possible that they were included at THE LAST SUPPER.

CONSIDER

the possibility

In Mark 14:28, VIII AT THE LAST SUPPER, Jesus says,

"After I am raised up, I will go before you to Galilee."

Now flip over to Mark 16:7 This is after the resurrection. THE WOMEN are at the empty tomb and the young man there has a message for them. He says,

"Go, tell his disciples and Peter that he is going before you to Galilee. There you will see him, just as he told you."

One way that you can read that phrase is the angel is saying to the women,

"Don't you remember when Jesus told you he would meet you at Galilee?"

This would infer that the women WERE ALSO THERE PRESENT at the last supper.

"I will meet you at Galilee"

TO BE CLEAR, we don't know for sure whether women and children were present at the last supper, but it's interesting to consider the possibility.

If you were a disciple, a follower, of Jesus would you have desired to be there? What would you have given up to be there?

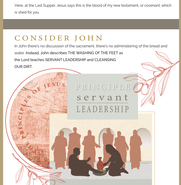
EVENTS OF THE LAST SUPPER

In Matthew 26:26-28 we read, "As they were eating, Jesus took bread, and blessed it, and broke it, and gave it to the disciples, and said,

Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying,

Drink ye all of it; For this is my blood of the new testament, which is shed for many for the remission of sins."

JESUS | THE LAST SUPPER
THE FIRST SACRAMENT



In our Youth Class together, we talked about the old covenant. An animal was slaughtered and Moses took the blood, threw it on the people and they made a covenant that they would follow the law that Moses had given them.

This was called "The blood of the covenant." Centuries later Jeremiah wrote that **the Israelites had broken this covenant and that a new covenant would be coming.**

Here, at the Last Supper, Jesus says this is the blood of my new testament, or covenant, which is shed for you.

CONSIDER JOHN

In John there's no discussion of the sacrament, there's no administering of the bread and wine. Instead John describes THE WASHING OF THE FEET as
the Last teaching: SERVANT LEADERSHIP and CLEANING
OUR DIRT.

In John 13 we read,

"Jesus, ...got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. ... After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you?

You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet." (John 13:3-5, 12-14, NIRV)

JESUS | WILLING TO TOUCH
EVEN THE MESSIEST PART OF
OUR LIVES

CONSIDER

THE FEET WERE THE DIRTIEST PART OF THE BODY

In Christ's time people wore sandals and walked on dirt paths. Sanitation wasn't what it is today and people might have walked in things worse than dirt!

Washing somebody's feet wasn't a pleasant task—but Jesus did it. At the end of a day, the feet were the dirtiest part of the body.

Perhaps one application for us from this moment is that CHRIST is willing to reach out and touch even the messiest parts of our lives and our children's lives.

At first Peter resisted Christ washing his feet, and maybe sometimes we don't want to let Christ into certain areas of our lives—but he is here to make us clean.

HE IS THERE TO MAKE US CLEAN

"Come now and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isaiah 1:18

Which of the two main events in the Last Supper have you thought more about, the Sacrament or the washing of the feet?

For most of us it's the sacrament because every Sunday we participate in this ordinance. I wonder how our lives might be different if every week we also reminded ourselves of the other key event from the last supper, the washing of the feet?

We are not suggesting that the deacons go around with little bowls of water and wash everyone's feet, but maybe we could take a private moment on the Sabbath to think about Christ washing his disciple's feet.

He is the Son of God. He has no responsibility, no need to do this menial task, but he does it. He lowers himself and then he says

"I have set you an example, that you also should do as I have done to you."

CONSIDER

WHAT DOES THIS LOOK LIKE IN OUR LIVES?

How can we, metaphorically speaking, wash people's feet?

We are impressed by the fact that Jesus didn't wait for his disciples to ask, "Could you wash my feet;" he just acted.

Sometimes we might think, "If somebody asks for me help" or "If I receive such and such a calling, then I will go out and serve." The Savior didn't wait, he acted. It reminds me of this story, told by Elder Clayton Christensen. He said.

Harvard Business Review

BE A DOER FOR GOOD

"I once felt passed over when another man was called to a leadership position I had felt I might receive. In the crisis of self-confidence that ensued, I realized that because our minds are finite, we create hierarchies and statistically aggregate people.

We perceive stake presidents to be higher than bishops and Primary presidents higher than Primary teachers because they preside over more people.

But God has an infinite mind. He needs no statistics above the level of the individual in order to have a perfect understanding of what is happening.

This means, I realized, that the way God will measure my life is not by the numbers of people over whom I have presided but by the individual people whose lives I have touched with His love and with the gospel of Jesus Christ.

With this sense of my most important calling, I began to fast and pray that God would give me opportunities daily to bless and help people. As I acted on the promptings I received, it was as if God spoke to me more frequently because he knew I was listening. This period in my life proved to be one of extraordinary growth.

"There is a calling far higher than that of stake president, bishop, or relief society president, it is to be a doer of GOOD, a disciple of CHRIST, and intermediary for whom God answers others' prayers."

Elder Clayton Christensen.

QUESTION

HOW might you translate these ideas in your life?
WHAT would things look like if you and I remembered a little more frequently the Savior washing his disciples' feet?

EVENTS AFTER THE FOOT WASHING

JESUS GIVES A NEW COMMANDMENT

TO LOVE ONE ANOTHER AS HE LOVES US

After the foot washing Christ said,

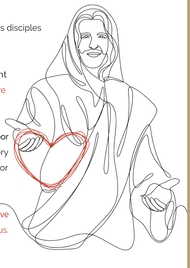
"A new commandment I give unto you that ye love one another as I have loved you, that ye also love one another. By this shall men know ye are my disciples, if ye have love one to another."

Jesus is saying that people will know we are his disciples IF we love each other.

Jesus says this is a new commandment and the "new" part is in HOW we are supposed to love.

The old commandment was to love your neighbor as yourself—but what if I don't love myself very much? Then I'm not going to love my neighbor very much.

But Jesus is saying it's not about how much you love yourself. He wants us to love others as He loves us. That raises the bar.



JESUS

THE NEW COMMENDMENT

JOHN 13:31-35 / JOHN 15:1-17 / 1 JOHN 4:7-21

According to John, this is not only a new commandment, it is also the last commandment Christ gives to His disciples.

In John 13:31-35, Christ says, in His discourse:

"This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends."

And then in verse 17 he says,
"These things I command you, that ye love one another"
(John 15:17)

the Jesus Sermon on the Mount, by J. Kirby 2014

These are the final commands Christ gives in mortality. Jesus clearly describes and demonstrates the type of love he has for us and then calls us to THAT KIND of love.

How will we respond to this commandment? In some ways, we're talking about simple things—Love, "Service"

CONSIDER

commenting is timing of serving whatever the LORD places in front of you each day!

As these are two of my first teachings, to love & serve.

we should FOCUS ON letting loving and serving others *with Jesus* into our own hearts.

EVENTS OF THE LAST SUPPER

In John 14:6 - John shares some of Christ's final discourses with his 11 ARP statements:

"I am the way, the truth and the life."
Christ is not one of many paradigms, he is THE WAY

Let's connect Christ's phrase "I am the truth" with something he taught in JOHN 18: *"If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free"* (John 8:31-32).

Jesus is the truth—deeply knowing the truth—Jesus—who is free. In time, he can make us free from worry, free from fear, free from sin.

The last of the "I am" statements is:
"I am the true vine" (John 15:1)

In other words, as Raymond Brown puts it, "Jesus is emphasizing that he is the source of 'real' life, a life that can come only from above and from the Father." Many of the things we encounter are fake, including false promises of happiness through sin, or bogus beliefs that don't lead to peace.

JESUS, on the other hand, is 100% REAL, 100% TRUE.

THE TRUE VINE

The Savior continues:
"Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing."

Commenting on this verse, Eldon Jeffrey R. Holland taught:

"Christ is everything to us and we are to abide in him permanently, unyielding, steadfastly, forever.

For the fruit of the gospel to blossom and bless our lives, we must be firmly attached to Him, the Savior of us all, and to this His Church, which bears His holy name.

Christ

The vine that is our true source of strength and life and fruitfulness."

CONSIDER

THIS QUESTION

A question that each of us can periodically ask ourselves is:

"How am I doing in staying closely connected to the true vine?"
If we're not careful, we can become "branches" that are insufficiently connected to the "vine."

In many cases this happens, not because we're trying to be malicious or do something wrong, we just get caught up in too much stuff that we lose sight of what matters most. JESUS here reminds us to stay connected with him.

EVENTS OF GETHSEMANE

Before the Savior and his disciples entered Gethsemane, Christ offered a special prayer. There are many important aspects to this prayer, we're highlight just two.

JESUS

PRAYED FOR HIMSELF AND THE DISCIPLES

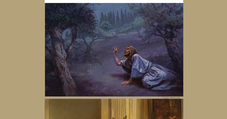
AND THOSE WHO WOULD BELIEVE

First, notice how Jesus is about to go through immense suffering and yet he still focuses his prayer on others. He says:

"I pray for them" (John 17:9) *"Sanctify them through thy truth"* (John 17:17)
"O Father, for them... which shall believe" (John 17:20)

Thinking about these prayers from the Savior makes us wonder how much of our prayers are about us, and NOW MUCH ARE WE REALLY PRAYING FOR OTHERS.

Remember: just after this prayer, CHRIST will endure the most horrific things that he has doesn't focus his prayer on himself. He focuses on others.



NOTE

Note in this prayer CHRIST PRAYS FOR UNITY

IN JOHN 17:21, JESUS SAYS: *"I pray for those who believe in me. I pray that they may all be one. Father, may they be in us just as you are in me and I in you. May they be one just as you and I are one."*

Which Jesus prays that "they" may be one. The "they" is all believers in Christ. Jesus's prayer cites Jews, Samaritans, Catholics, or Baptists. Just all believers who may have felt an "us versus them" mentality between Christian denominations. That is what Jesus is praying for.

Jesus is praying that all Christians will be one in the same way that he and his Father are one.

Church leaders in modern times have also called for UNITY among different religious groups.

CHURCH LEADERS

"IN ORDER TO CREATE PEACE AND UNITY AMONG RELIGIONS"

Joseph Smith said:

"The majority is frequently made of my friends, for you alike from others to your religious rancor? Or notably proof reasons we do not differ in the main religious tenets of Christianity with other sects, and why not unite together with such other, and cultivate the principles of union and friendship in their minds and they will, in future, be willing to unite with us?"

Thomas S. Monson Says, Monson taught: "Today, of our fellow Christians, we do know, uncertain about our beliefs and mistrust. Let us genuinely rejoice with them in our shared faith in Jesus Christ and in the New Testament scriptures we all have. In the days ahead, those who believe in Jesus Christ will need the friendship and support of one another."

IN 2019

Pontifical Council for Religious Dialogue and Pope Francis, in a joint conference, discussed the Church's Mission and Their differences in doctrine between the Church of Jesus Christ and the Catholic Church in new and Pope Francis's **but they're not nearly as important as the commandment to love one another** and the importance of religious liberty for all of society, and the importance of building bridges of friendship between Christians and people of all religions."

UNITY

CONSIDER

BEFORE GETHSEMANE, JESUS PRAYED THAT ALL THOSE WHO BELIEVE IN HIM WILL BE UNITED.

HOW CLOSE WE MUST BE TO CHRIST, THAT WE THE ELEVEN TO THE TWELFTH

EVENTS OF GETHSEMANE

In Matthew we learn that Jesus was extremely distressed as he walked into Gethsemane.

We read:
"Jesus took with him Peter, James and John, and began to be sorrowful and very heavy. Then he said unto them, my soul is exceedingly sorrowful, even unto death."

You can feel the agony Christ is already experiencing as he enters Gethsemane?
Can you sense a little Savior? Inside what he's feeling?

"He wrestle a little further and fell on his face and prayed saying, O my Father, if it be possible let this cup pass from me. Nevertheless, not as I will, but as thou wilt."

Christ's statement, "to thou, will" is part of one of the most common themes church leaders discuss when talking about Christ in Gethsemane—how Christ surrendered his will to the will of the Father.

JESUS SURRENDERED HIS WILL TO THE WILL OF HIS FATHER

Think of it! How often do we say, either in prayer, or in life, "This is what I want." But Jesus focused on what his Father wanted.

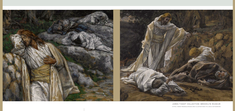
Do we submit our will to the will of our father?

After expressing his desire to do his Father's will, Jesus returned to the disciples "and found them sleeping" , he said to Peter.
"So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak."
(Matthew 26:40-41, NRSV)

We love this observation from Timothy Keller:
"Here is a man under the most crushing weight asking his friends for a little support and finding that they have gone to sleep on him. He has been completely let down, but what does he say?

"The spirit is willing, but the flesh is weak. Isn't that remarkable? He is giving them some credit.

He says, "you let me down, but I know you mean well."



Jesus Prayed Unceasingly, Artwork by Kelly Chatham, Used with permission

JESUS OUR EXAMPLE TO FOLLOW AS WE LOOK FOR THE GOOD IN OTHERS

In the depths of his agony JESUS can still find something affirming to say to his friends. There are about twenty things WRONG with the disciples' performance that night, but he finds the one or two things that ARE RIGHT and POINTS THEM OUT."

WHAT A GREAT EXAMPLE FOR EACH OF US TO FOLLOW!

Gethsemane Artwork

CONSIDER
A DETAIL MENTIONED ONLY IN LUKE

In Luke 22:44 we read,

"And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground."

Most members of the Church of Jesus Christ of Latter-day Saints see this as a pivotal time when CHRIST suffered for our sins. Although we know from modern revelation that there is atoning significance in this moment, if all we had were these verses from Luke, we wouldn't know that Christ suffered for our sins in Gethsemane. Luke simply gives a narrative description, telling us that Christ's sweat was as it were great drops of blood falling to the ground.

CHRIST TO DIE FOR US AT GETHSEMANE

So if you're ever talking with Christian friends and say, "I love how Christ suffered for our sins in Gethsemane," your friends might NOT understand, **because the Bible doesn't itself mention CHRIST atoning for our sins in Gethsemane.**

CONSIDER
LATTER-DAY SAINTS KNOW ABOUT CHRIST

suffering for our sins in Gethsemane from the Book of Mormon and the Doctrine and Covenants. Let's look at two important verses.

In Mosiah 3:7 King Benjamin says, "And lo, he shall suffer temptations, and pain of body, hunger, thirst, and fatigue, even more than man can suffer, except it be unto death; for behold, blood cometh from every pore, so great shall be his anguish for the wickedness and the abominations of his people.

GETHSEMANE

In Doctrine and Covenants 19 we hear the Savior's own words:

For behold, I, God, have suffered these things for all, that they might not suffer if they would repent; But if they would not repent they must suffer even as I; Which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit—and would that I might not drink the bitter cup, and shrink— Nevertheless, glory be to the Father, and I partook and finished my preparations unto the children of men."

JS Gethsemane Art, Jesus Weeping
https://www.lds.org/media-library/video/2014-04-0010-jesus-weeping?lang=eng

CONSIDER THE WORD
GETHSEMANE: gath, meaning 'press' and sheman, meaning 'oil'

President Nelson taught:
"The word Gethsemane comes from two Hebrew roots: gath, meaning 'press,' and shemen, meaning 'oil,' especially that of the olive. There olives had been pressed under the weight of great stone wheels to squeeze precious oil from the olives.

OLIVE SCREW PRESS AT THE BYU JERUSALEM CENTER
thumbtacksandbubblegum.blogspot.com

CHRIST in the Garden of Gethsemane was literally pressed under the weight of the sins of the world. He sweated great drops of blood—
his life's 'oil'—which issued from every pore."

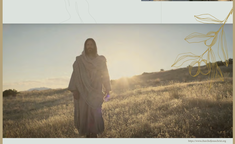
THE ATONEMENT OF JESUS CHRIST

CONSIDER THE ROAD
JESUS DIDN'T CHOOSE

If you visit Gethsemane today, you can see the remnants of an ancient road. This road existed in the time of Christ, and it led right out of town.

There is deep spiritual significance about this road because it's a reminder that Jesus Christ didn't have to atone for our sins.

He had a choice. Sometimes we think about Christ's Atonement as being inevitable, but just like you and me, Jesus had agency.



https://www.churchofjesuschrist.org

As he was walking into Gethsemane feeling heavy and knowing what was before him, maybe he looked over and saw this road. Perhaps Satan tempted him again and said, "You don't have to do this. You can just take this road, walk right out of town, go back to Galilee and live happily ever after."

The lesson from this road is that Jesus didn't leave. He stayed and suffered for us.

Some of us might be in a place where we feel like Jesus is walking away from us. HE IS NOT.

And because Jesus DID NOT give up on us then he IS NOT giving up on us now.

JESUS DID NOT WALK AWAY FROM GETHSEMANE AND HE IS NOT WALKING AWAY FROM US NOW

SEEKING JESUS

visuals & points to ponder / printables

all to help **F I N D** Jesus' Principles

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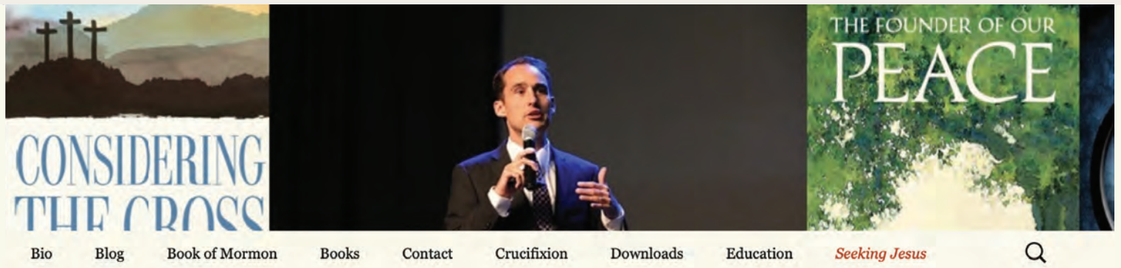

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