

John 1:43-51 NLT

The next day Jesus decided to go to Galilee. He found Philip and said to him, “Come, follow me.” Philip was from Bethsaida, Andrew and Peter’s hometown.

Philip went to look for Nathanael and told him, “We have found the very person Moses and the prophets wrote about! His name is Jesus, the son of Joseph from Nazareth.”

“Nazareth!” exclaimed Nathanael. “Can anything good come from Nazareth?”

“Come and see for yourself,” Philip replied.

As they approached, Jesus said, “Now here is a genuine son of Israel—a man of complete integrity.”

“How do you know about me?” Nathanael asked.

Jesus replied, “I could see you under the fig tree before Philip found you.”

Then Nathanael exclaimed, “Rabbi, you are the Son of God—the King of Israel!”

Jesus asked him, “Do you believe this just because I told you I had seen you under the fig tree? You will see greater things than this.” Then he said, “I tell you the truth, you will all see heaven open and the angels of God going up and down on the Son of Man, the one who is the stairway between heaven and earth.”

For Reflection and Prayer:

Listening with the “ear of your heart”, was there a word, phrase or image which caught your attention you as you listened to or slowly read the text? Gently repeat the word or phrase, giving it room to settle deeply in your heart.

Reflect on what you heard. Relish the words. Notice how the word or words affected you. You might choose to journal about what you noticed.

Respond to what you heard and reflected on in your prayer with God. Is there a prayer which rises within you?

Rest in God as you simply be and entrust yourself to God in the quiet.