



SEQUELA CHRISTI

following Jesus

REMEMBERING DEPARTED LASALLIANS

XX January 2021

669

How long has
Jesus been knocking
at the door of your heart,
waiting to enter?

MEDITATION 85.1 – VIGIL OF THE NATIVITY





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As Pope St John Paul II said in *Veritatis Splendor*, the martyrs of our tradition offer the most eloquent witness to the truth of the connection between morality and faith. They are embodying this Sequela Christi (following Christ) and the gospel morality that we are striving to live. All the saints of our tradition offer to us this eloquent witness to the Sequela Christi in real life. So, what does it take and what are the authentic characteristics of the life of Jesus that we must follow in order to be a true witness to the Sequela Christi?

SEQUELA CHRISTI: AN INTRODUCTION



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We can always look at his life and ministry. As we reflect on these, we also ask ourselves, when and where in our lives do we find meaning? Have we considered reaching out to the last, the lost and the least? Who is first in our lists and books? When and where have we found ourselves being the best versions of who we are and unknowingly making a difference in those around us?

Each day is a constant invitation to Sequela Christi. We are called to follow Christ. Each encounter, each moment, no matter how big or small, no matter how ordinary or special is a window to point those entrusted to us to Christ and to “live” Christ.

EXPERIENCE OF CHRIST



As a new calendar year begins, we include in this prayer session a remembrance of Lasallians of the past. We remember all those who have gone ahead who have been part of the Lasallian story, who have been part of your story, of our story.

It is our hope that in your journey as a Lasallian, you have had encounters with fellow Lasallians that have been both formative and transformative to you. Their presence may have enriched our lives and changed us in more ways than one.

For inspiration and reflection, let us look at the life of one who is a model of Sequela Christi. He is Br Harold Reynolds FSC.

EXPERIENCE OF CHRIST





WATCH

<https://tinyurl.com/BrotherHarryFSC>





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We Remember.

As Br. Harry led countless Lasallians to justice, that he may shine like the stars forever.

We invite everyone to recall someone who has led them the same way, to remember them by placing their names in our virtual **Lasallian Honor Wall**.



Lasallian Honor Wall

GO TO

<https://tinyurl.com/LasallianHonorWall>



SCAN ME



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So Jesus said again, “Amen, amen, I say to you, I am the gate for the sheep. All who came [before me] are thieves and robbers, but the sheep did not listen to them. I am the gate. Whoever enters through me will be saved and will come in and go out and find pasture. A thief comes only to steal and slaughter and destroy; I came so that they might have life and have it more abundantly. I am the good shepherd. A good shepherd lays down his life for the sheep. A hired man, who is not a shepherd and whose sheep are not his own, sees a wolf coming and leaves the sheep and runs away, and the wolf catches and scatters them. This is because he works for pay and has no concern for the sheep. I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for the sheep.

JOHN 10:3-15





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The Good Shepherd walks with his sheep, cares about their welfare all the time, and puts his life on the line for them... Jesus is a shepherd... and he wants us to stay close to him, listen to his voice and follow his ways, in order to travel safe to the rich pastures and refreshing waters. He wants us to know that he cares for us as a shepherd does his sheep. Every good shepherd wants his sheep to be healthy and happy all the time. He wants them to have the best of grass, fresh water, and safety, for them to grow and multiply as much as possible.

SEQUELA CHRISTI (FOLLOWING CHRIST) by Fr. Henry Ibe



We need to pray for those called in this special way, [for an increase in vocations to the priesthood and the religious life], for the courage to accept the invitation. In the words of Saint Pope Paul VI: “The problem of having a sufficient number of priests has an immediate impact on all of the faithful: not simply because they depend on it for the religious future of Christian society, but also because this...is the precise...indicator of the vitality of faith...and the evidence of the moral health of Christian families. However, not everyone is called to the priestly or consecrated life. So, we need to pray also for the stability of marriage and family life because the family is the domestic church and the nursery for all other vocations.

SEQUELA CHRISTI (FOLLOWING CHRIST) by Fr. Henry Ibe



Jesus the Good Shepherd invites us to follow him everyday. And we need to respond by rededicating ourselves to him. We need to respond through the practice of the sequela Christi (following Christ). This Latin expression defines the path we need to take as Christians, to live in complete imitation of Christ. To follow Jesus is not only to listen to his teachings but also to follow his sacrificial way of life. It means letting the image of Christ shine through us in our daily conduct. As Scripture says: “For this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps” (1 Peter 2:21).

SEQUELA CHRISTI (FOLLOWING CHRIST) by Fr. Henry Ibe



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As we strive to
follow Jesus,

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let us always remember in all that
we decide to do, to always
decide to follow Jesus.



A silhouette of a family walking towards a large cross in a hazy, golden light. The family consists of a man, a woman, and a child. The man is on the right, the woman is in the middle, and the child is on the left. They are walking away from the viewer towards the cross. The background is a soft, golden glow, suggesting a sunrise or sunset. The cross is a simple, large wooden cross.

**I Have Decided to
Follow Jesus**



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I COMMIT!

After deciding to follow Jesus, let us ask ourselves how do we commit to following Jesus?

As we commit to follow Jesus, let us realize this by placing a word or a phrase in our **Commitment Wall**.



Our Commitment

GO TO

<https://tinyurl.com/LasallianCommitment>

SCAN ME





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Commitment Prayer

Oh Jesus Christ, I want You to become the Lord of my life, to rule and reign in my heart and my whole life from this day until the last day when You will come again. Send down your Holy Spirit to guide me to obey You, and to always do Your Holy Will now and forever. I pray this trusting and believing in Jesus' name. Amen.



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Intercessions

Strive after the example of your divine master, Jesus Christ, to want only what God wants, when he wants it, and in the way he wants it.

(MDF 24.1)

LEADER:

Each one is called to follow Christ. Let us ask for the grace to respond courageously to the call to becoming “followers of Jesus” and witnesses of God’s love to those we meet and to those entrusted to our care.

For each intention we say,
“JESUS, HELP US TO FOLLOW YOU”.

A white Starbucks paper cup lies on its side on a light-colored concrete surface. The cup is tilted, and several pennies are visible inside. The word "Poverty" is written in a white, elegant cursive font across the middle of the cup. On the side of the cup, the Starbucks logo and some menu options are visible, including "STARBUCKS", "Milk / Latte", "Caramel / Syrup", and "Drink / Espresso".

Poverty

That we may be ready to share in the hunger and thirst of the poor. May the poverty of those around us remind us to grow in humility and to see constantly the face of Jesus in the last, the lost and the least, we pray.

Poverty

Love



That we may learn to love our neighbor sincerity and constancy. May the selfless Love that we have received inspire us to love deeply and faithfully, we pray.

Love

A person wearing a brown sweater is shown from the side, with their hands clasped together in a prayerful gesture. They are looking out over a blurred, green landscape. The word "Prayer" is written in a white, cursive font across the center of the image, overlapping the person's hands.

Prayer

That we may grow deeper in our knowledge and trust in God.
May the prayers in our hearts allow us to seek and find, even
when we least expect it, we pray.

Prayer



*Truth and
Justice*

That we become instruments of truth and justice. May our voices be dedicated for those who have been silenced, as a beacon of strength for those who are weary and hope for those who have lost it. We pray.

Justice

Healing

That we may help others experience healing and comfort.
May those who meet us find in us a presence of calmness,
and a welcoming space for healing and mercy. We pray.

Healing

ALL:

Loving Father, you have sent your Son, as a model for what is true, what is good and what is just. May your Spirit move us and work through us. Help us to be your true disciples in word and in deed.

Teach us, Lord, to follow you.

Amen.



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CLOSING PRAYER

General Chapter Prayer



LASALLIAN EAST ASIA DISTRICT
2011-2021
DECADE • DIVERSE • DYNAMIC

To You, Most Holy Trinity
We entrust this online community of Lasallians sharing the
same faith that you have given St. La Salle.

We ask you, Father, Son and Holy Spirit,
Who guide all things in our lives
As Brothers and Partners,
To grant us joy in thanksgiving,
Boldness in truth,
And strength in decisions.

Despite our fragility,
Our hearts are filled
With reasons to hope,
Because of our desire
To commit the Institute
To following new paths
To transform lives.



LASALLIAN EAST ASIA DISTRICT
2011-2021
DECADE • DIVERSE • DYNAMIC

With your grace,
We will have the strength and courage
To move to the peripheries
And release our creative energies.

Together, as Brothers and Partners
Committed to the Lasallian mission,
we want to work
In the spirit of the gospel
To change our way
Of viewing the world,
To take care of our common home.
And to become true missionary disciples.

We ask Our Lady of the Star,
Saint John Baptist de La Salle,
All our Lasallian saints and holy Brothers
To intercede for us.

Amen.



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As we part ways, take this simple reminder on how to follow the footsteps of Jesus.



SCAN ME

Live Jesus in our hearts . . . Forever!



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