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He says something about her condition, and before I know what's happening, the woman is miraculously cured: now she can stand up straight, she can walk and move around freely. Stunned, she starts raising her hands above her head and shouting about how good God is and how wonderful it is to be freed from her pain.

Out of nowhere comes a booming voice of a synagogue official telling her that if she needs a cure she should come back on another day other than the Sabbath. In an instant our amazement about her turns to embarrassment for her. For his part, Jesus is clearly upset. Moving toward the synagogue official, Jesus blasts him for being so petty and narrow-minded.

I can understand what the synagogue official is saying, but I can also appreciate Jesus' point. And Sabbath or not, how can I ignore what Jesus has done to improve the lot and life of this woman?

4. Affections

How does this exchange leave me feeling? What impact does this miracle have upon my ways of thinking and feeling?

5. Resolution

Regardless of what other people might think or say about me, how might I go out of my way today to help/heal others?

6. TOP-Off (*Thanksgiving / Offering / Petition*)

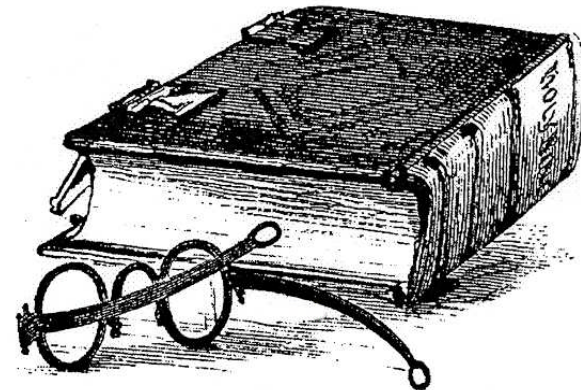
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

7. Spiritual Bouquet

Think of a phrase, word, or image that you can take with you throughout this day which will help you to stay focused on this experience and your resolution.

PRAYER OF THE HEART

A SALESIAN METHOD FOR MEDITATING



The Crippled Woman and the Sabbath

Luke 13: 10 - 17



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MEDITATION: A SALESIAN METHOD

1. Remote Preparation

- a. Tranquility of spirit/center yourself
- b. Scripture reading

2. Immediate Preparation

- a. Remind yourself of God's presence
- b. Ask for God's inspiration

3. Considerations

- a. Take an incident in Jesus' life
- b. Use your imagination
- c. Place yourself in the scene (*Recreate the moment*)
- d. Follow the Spirit's lead
- e. Act like the bee (*Get as much nectar as possible*)

4. Affections

- a. Devout movements of the mind
- b. Devout movements of the heart

5. Resolution

- a. Be specific
- b. Must be do-able (*Is it practical, concrete, measurable?*)
- c. Practice a self-check (*Did you do what you resolved to do?*)

6. Top - Off

- a. Thanksgiving
- b. Offering
- c. Petition (*Ask God to see you through the day*)

7. Spiritual Bouquet

- a. Take a phrase or thought upon which to meditate
- b. Make the entire day an extension of prayer
- c. Integrate the experience of prayer and daily life

1. Remote Preparation

- a. Tranquility of Spirit/center yourself (*Relaxation techniques*)
- b. Read passage from Luke 13: 10 - 17

On a Sabbath Jesus was teaching in a synagogue and a woman was there who had been crippled for eighteen years, stooped over and unable to stand up straight. Jesus called her forward and said: "Woman, you are free of your infirmity." He placed his hands on her, and immediately she was cured.

The synagogue ruler, indignant because Jesus had healed on the Sabbath, said to the people: "There are six days for work. So come on those days to be healed, not on the Sabbath."

Jesus replied, "You hypocrites! Don't you untie your ox or donkey from the stall and lead it out to give it water in the Sabbath? That being the case, why shouldn't this woman – a daughter of Abraham – whom Satan has bound for eighteen long years be set free from what bound her on the Sabbath?"

When Jesus said this, all his opponents were humiliated, but the people were delighted with all the wonderful things that he was doing.

2. Immediate Preparation

- a. Ask for a deeper awareness of God's Presence
- b. Ask for God's inspiration

3. Considerations

I am with a group of people Jesus is teaching in a local synagogue. We are riveted by his words and by his presence.

Suddenly, Jesus seems to lock his gaze upon a woman near the back of the group. He calls to her, and tells her to come forward. I am stunned to see how crippled she is: she cannot stand up straight, she can barely raise her head up to look at Jesus in the face, and it is very obvious that it is painful for her to walk.

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