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Not long after this we arrive at the home of the official. The scene is a real zoo. People are crying, wailing and playing music because the girl has died. Jesus walks into the midst of the chaos and tells the crowd to tone it down: the girl isn't dead after all. Initially stunned, people start laughing at and ridiculing Jesus. Undeterred, he directs the crowd to leave the house.

Jesus approached the dead girl's body. Without saying a word, Jesus kneels down and simply touches her hand. Much to my surprise, she opens her eyes and stands up!

The faith of the official led him to believe that Jesus' touch could save his daughter. The faith of that woman in the crowd led her to believe that touching Jesus could heal her. What leads people to have that kind of faith?

4. Affections

How do I need Jesus to touch me? What do I need Jesus to do for me? How might I need to reach out to - and touch - Jesus? What role does my faith play in unlocking God's healing power in my life?

5. Resolution

How might I need to approach Jesus with my needs? How can I bolster my willingness to come to Jesus with what I need? How do I need Jesus to heal me? How might I need to include myself in the healing process?

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

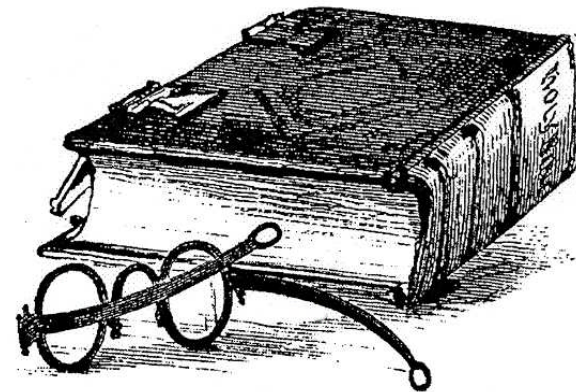
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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



Jesus and the Dead Girl/Sick Woman Matthew 9: 18 - 26



www.oblates.org/dss
dss@oblates.org

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 whole 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 Matthew 9: 18 – 26

While Jesus was speaking, a ruler approached and knelt before him, saying, "My daughter has just died. But if you come and put your hand on her, she will live." Jesus got up and went with him, and his disciples followed them.

Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. She said to herself, "If I can only touch his cloak, I will be healed." Jesus turned around and looked at her. "Take heart, daughter," he said, "your faith has saved you. And at that very moment the woman was healed.

When Jesus entered the ruler's house and saw the flute players and the noisy crowd, he said, "Go away! The girl is not dead, but only asleep." At this, they laughed at Jesus. The crowd was put out, and Jesus went in and took the girl by the hand: and she got up. News of this miracle spread throughout the region.

2. Immediate Preparation

Ask for a deeper awareness of God's Presence
Ask for God's inspiration

3. Considerations

I am sitting with Jesus and his disciples when a government official walks right up to Jesus and begs for his help. He claims that if Jesus would just come with him and touch his dead daughter, she will live. Jesus doesn't hesitate: he stands up and goes with the man immediately. A large crowd is following Jesus, the official and the disciples when a woman manages to work through the crowd and gets right behind Jesus. Suddenly, Jesus turns around, speaks to her and clearly something very powerful and positive happens to her.

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