

*(Continued from preceding page)*

As I continue to watch Jesus come out of the water, the heavens open and a dove rests on Jesus. How is Jesus reacting? How is John reacting? How am I reacting?

Listen carefully to the voice from heaven: "This is my Son, whom I love; with him I am well pleased." How is Jesus reacting? How is John reacting and/or responding? How am I responding?

Stay quietly with Jesus and John on the banks of the Jordan River for a while

#### 4. Affections

Be attentive to my heart in these moments with Jesus and John. Recognize and enjoy what God is saying to me. Allow myself to be touched by Jesus as I stay with him.

#### 5. Resolution

What am I being asked to do with this experience today? Decide on some concrete, do-able response I can make today. How can I bring the fruit of my prayer to someone today?

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

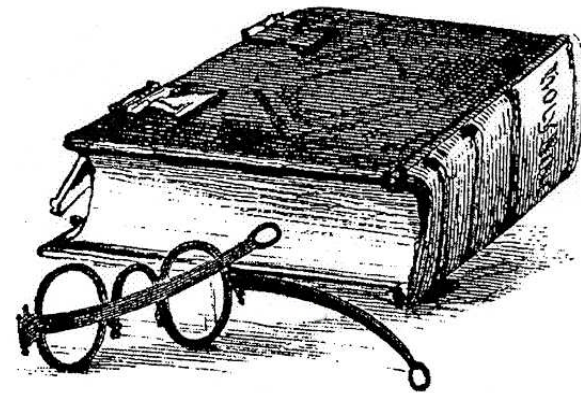
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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



## Baptism of Jesus Matthew 3: 13-17



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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 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 3: 13-17

Then Jesus came from Galilee to the Jordan to be baptized by John. But John tried to deter him, saying: I need to be baptized by you, and do you come to me?" Jesus replied, "Let it be done now; it is proper for us to do this to fulfill all righteousness." Then John consented.

As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like and dove and lighting on him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased."

## **2. Immediate Preparation**

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

## **3. Considerations**

Recall the incident of Jesus' baptism by John. What might have been in the mind of Jesus that would bring him from Galilee to be baptized by John in the Jordan River?

Consider John's reaction when he sees Jesus coming to be baptized by him. We're told that John tried to deter him. What do John's words say about the relationship of John and Jesus? What might be in their hearts?

Observe Jesus responding to John. Jesus wants John to understand that baptizing him is part of the will of the Father right now, a part of setting things right between God and his creation. As I watch Jesus and John, what do I see and sense?

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