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Again, Jesus stops and calls two other brothers, James and John, who are preparing to fish with their father. As I watch, they immediately leave the boat and their father and join Jesus. How is their father reacting to all this? And to James and John? How I am reacting?

What is there about Jesus and his call that results in an immediate response from two sets of brothers? They leave all and follow Jesus.

4. Affections

What is stirring in my heart as I spend time with Jesus, listening to him all these first disciples? How is Jesus speaking to my heart? Let me allow myself the time to experience these divine stirrings.

5. Resolution

What are these stirrings leading me to do today? Decide on some concrete, do-able response that I can take with me that will make my life different today.

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

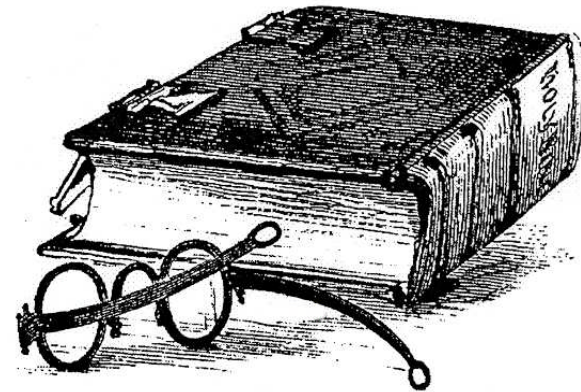
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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



Jesus Calls His First Disciples Matthew 4: 18-22



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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 4: 18-22

As Jesus was walking beside the Sea of Galilee, he saw two brothers; Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. "Come, follow me," Jesus said, "and I will make you fishers of men." At once they left their nets and followed him.

Going on from there, he saw two other brothers, James son of Zebedee and his brother John. They were in a boat with their father Zebedee, preparing their nets. Jesus called them, and immediately they left their boat and their father and followed him.

2. Immediate Preparation

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

3. Considerations

Let me join Jesus as he walks beside the Sea of Galilee and watches fishermen casting their nets into the water. The day is beautiful and there's much activity on the lake. He watches two men casting their net.

The two fishermen who are brothers notice a man watching them from the shore. The man approaches them and speaks to them: "Come, follow me, and I will make you fishers of men." What are they thinking as they hear the invitation? How did the invitation sound in their hearts?

As I watch, what do I notice about Jesus? How are the brothers reacting to him? Then I see them leave their net and accompany Jesus as he continues to walk further down the shoreline. What am I sensing as I watch them walking together?

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