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All of a sudden, it dawns on some of the disciples: the master can save us! He can do something about this frightful situation. We go to find him, and – believe it or not – we discover he is asleep! How could anybody sleep through such a storm?

We beg Jesus to save us. Much to my surprise, his first reaction is not to the storm but to us: he seems annoyed – almost disappointed – that we are so afraid. Why shouldn't we be? Is there something we didn't know about that we should have known?

Next thing I know, Jesus is looking up and out, speaking to the winds and the waves. No sooner has Jesus started doing this – calmly, but clearly – then the storm that popped up so suddenly is just as quickly gone

4. Affections

Many of the storms that are a part of my life pop up without warning; when conflicts catch me off guard and I find myself anxious, fearful and afraid. How can I learn to better remain clam and grounded in these situations?

5. Resolution

With the help of Jesus, I want to grow my faith. I want to grow in my ability to take consolation in the fact that God loves me and will see me through every situation – especially the stormy times in my life - regardless of the outcome.

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

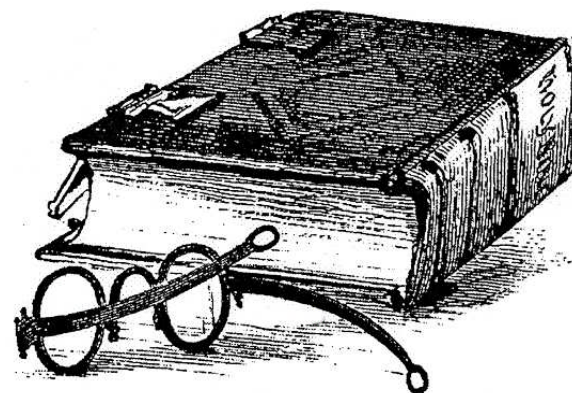
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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 Calms the Storm

Matthew 8: 23 - 27



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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 8: 23 - 27

Then Jesus got into the boat and his disciples followed him. Without warning, a furious storm came up on the lake, a storm so violent that the waves began swamping the boat. But Jesus was sleeping. The disciples went and woke him, saying: "“Lord, save us! We are going to drown!”"

Jesus replied: "You of little faith. Why are you so afraid?" Then, he stood up; he rebuked the wind and the waves. Suddenly, everything was calm.

His disciples were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

2. Immediate Preparation

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

3. Considerations

I am traveling with Jesus and his disciples. We decide to save some time by traveling across the lake. It will give us a chance to withdraw from the crowds (if only a little while) and take a little break.

All of a sudden, a vicious storm pops up. Before we know it, the boat that was carrying us seems destined to sink, taking us with it. I am panicked; I can't believe this is happening to me. How can such a simple thing as taking a boat ride so suddenly become a matter of life and death?

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