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Then I am aware that Jesus is standing up and coming toward the parents and children. I hear him speak gently to the disciples: "Let the children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." What am I seeing on the face of Jesus? What do I see on the faces of the disciples? What do I see on the faces of the parents and children? What am I experiencing?

I watch as Jesus approaches the children. He speaks to them so lovingly. Then he places his hands on the head of each child and prays. How are the children reacting now? How are their parents reacting? How do the disciples react? How am I reacting?

Jesus speaks a few words to the parents. They gather their children together and leave to go home. How does this passage leave me feeling or thinking? What lessons can I learn about/for myself?

#### 4. Affections

As I stay with Jesus and his disciples, I become aware the Jesus is speaking in my heart about what I have just seen and heard. How is my heart being moved? Let me listen carefully for awhile.

#### 5. Resolution

As there a concrete resolve that I can make which will allow these movements of my heart in prayer to change something about the way I live with others today?

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

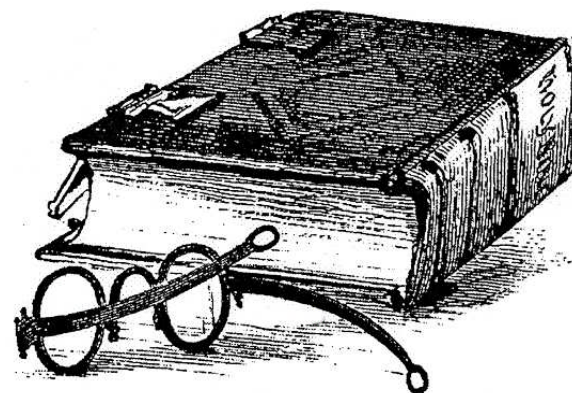
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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 and the Little Children

**Matthew 19: 13 -15**



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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 19: 13-15

Then the little children were brought to Jesus for him to place his hands on them and pray for them. But the disciples rebuked those who brought them.

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." When he had placed his hands on them, he went on from there.

## **2. Immediate Preparation**

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

## **3. Considerations**

I am sitting with Jesus and his disciples, listening to them talk. I notice that a group of adults and children are coming toward us. I hear them ask a disciple if they can bring their children up to Jesus so that he can place his hands on them and pray for them. What do I see on the faces of the parents?

Several of the disciples seem upset by their request and they tell the parents not to bother Jesus. How are the parents reacting? How are the children reacting? How am I reacting?

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