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As I spend the day with Jesus, I become aware the evening is approaching. Some of the disciples are concerned that the crowd hasn't eaten and this is a remote place. They want Jesus to send the people away so that they can get food.

I hear Jesus say: "They don't need to go away. You give them something to eat." What kind of reactions do I see on the faces of the disciples? What are they saying to one another?

They tell Jesus they only have five loaves of bread and two fish. Jesus tells the people to sit down on the grass. All eyes are on Jesus. He takes the bread and fish, prays in thanksgiving and begins to break the loaves. How are the disciples reacting? How am I reacting?

Jesus hands me bread and fish to give to the people. I don't know what to say. I take them and give them to the people. I notice that there's enough for everyone to eat.

When the people are finished, we collect the left-overs – twelve baskets full! What am I thinking or feeling?

#### 4. Affections

What am I feeling at this moment? As I stay with Jesus for awhile, how is Jesus touching my heart?

#### 5. Resolution

What concrete action can I take today so that my experience with Jesus can touch the life of a person I will meet today?

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

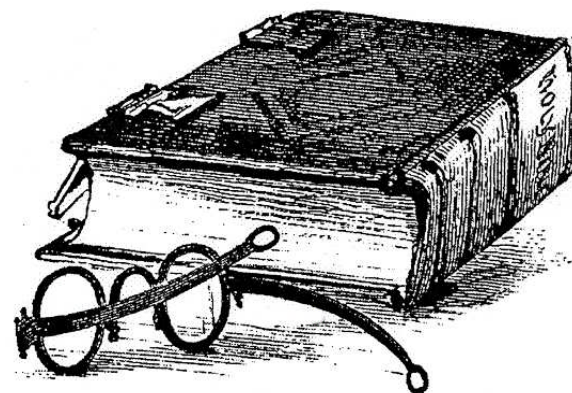
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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 Feeds the Five Thousand Matthew 14: 13-21



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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 becomes 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 14: 13-21

When Jesus heard what has happened (to John the Baptizer), he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. When Jesus landed and saw the large crowd, he had compassion on them and healed their sick.

As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so that they can go to the villages and buy themselves some food. Jesus replied, "They do not need to go away. You give them something to eat." "We have here only five loaves and two fish," they answered. "Bring them here to me," he said. And he directed the people to sit down on the grass.

Taking the five loaves and two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. The number of those who ate was about five thousand men, besides women and children.

## **2. Immediate Preparation**

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

## **3. Considerations**

Imagine Jesus hearing of the tragic death of John the Baptizer. He decides to go to a solitary place to be with his Father. As Jesus gets into the boat, how is he reacting?

When the boat arrives at the shore, he is met by crowds who have come to bring their sick to be healed. As I look at Jesus as he steps ashore, what do I read on his face? How is he reacting to the crowd? Am I amazed that his compassion in the midst of his own mourning?

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