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After a long journey, I manage to find Jesus and his followers: people are still talking about the last time he was in the area and changed water into wine at a wedding. I don't know how to ask Jesus for this favor, so I simply walk up to him and ask him to follow me home with the hope that he can save my son. Jesus bristles at my request. He seems annoyed, even frustrated. My heart sinks when he seems to rebuke me for asking for a miracle. I manage to recover from my initial disappointment, and press him to come with me to my home and do something for my son. Suddenly, he does an about face and simply says to me: "Go home. Your son will live."

I hesitate. Can I believe him? Should I press him further? I don't want to anger him if it will hurt my son's chances to recover. I take a deep breath, and begin my journey back home. Halfway home, I'm surprised to see some of my employees running toward me to tell me that my son has miraculously recovered. Stunned, I ask when this happened and I quickly realize that as Jesus was telling me to go home my son was saved.

4. Affections

How do I feel? What is going through my mind and heart? How can I possibly thank Jesus, even if I could find him again?

5. Resolution

I want to take Jesus at his word. I want to more deeply believe in his love for me and his care for me.

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

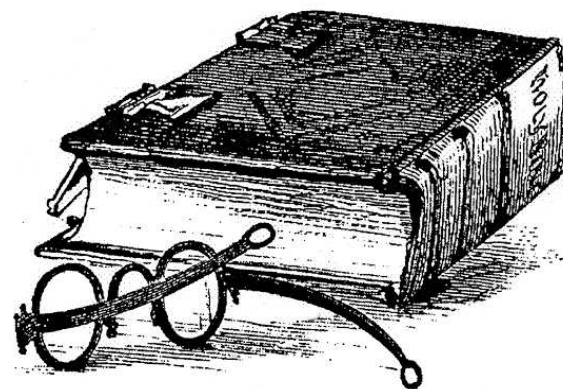
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

7. Spiritual Bouquet

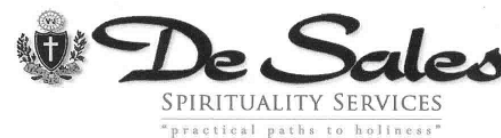
Think of a phrase, word, or image that you can take with you throughout this day which will help you to stay focused on this experience and your resolution.

PRAYER OF THE HEART

A SALESIAN METHOD FOR MEDITATING



Jesus Heals the Official's Son John 4: 46-54



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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 entire 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 John 4: 46 - 54

Jesus visited Cana where once he had turned water into wine. A certain royal official was there whose son was very ill. When this official learned that Jesus was in his region, he left his home to seek Jesus out and begged him to come and heal his son whose was near death. Jesus responded: "You people will never believe unless you see miraculous signs and wonders." The royal official replied: "Sir, please come down before my child dies." Jesus responded, "Go home. Your son will live."

The man took Jesus at his word and began his trip home. He was till on the way when his servants met him with the news that his son had recovered. When the official asked when the boy's condition had improved, the servants told him, "The fever left him yesterday at the seventh hour."

The royal official realized that that was the precise time when Jesus had said to him: "Your son will live." The official and all the members of his household believed. This was the second miraculous sign that Jesus performed, having come from Judea to Galilee.

2. Immediate Preparation

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

3. Considerations

My son is dying. The doctors tell me that they have done everything that they can for him and that there is now nothing more that they can do for him. I am beside myself: I feel so helpless. I and my family are devastated.

Suddenly, one of my servants tells me that Jesus of Nazareth has been seen in Cana. Willing to try anything, I leave home, hoping to find Jesus and ask him to cure my son.

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