

*(Continued from preceding page)*

Jesus begins to pray, and then he begins to speak aloud, commanding Lazarus to 'come out.'

There is silence as the crowd looks on.

Suddenly, there is sound coming from the tomb. Then to the amazement of everyone, a figure appears at the entrance to the tomb: it is Lazarus! The body is still bound as is the custom for all burials, but Lazarus is still easily recognizable.

People step forward and remove the wrappings from Lazarus' body. Family members and friends run up toward Lazarus; they cannot believe their eyes to see that their brother and loved one has returned.

#### 4. Affections

How would I have welcomed Jesus if I had been in Martha's place? How do I react when I see the depth of the agony and pain that Jesus is displaying when he learns that his friend has died? What more could Jesus have done to save him?

#### 5. Resolution

I can't be everywhere at all times. I can't do everything all the time. How do I deal with the frustration and disappointment that comes when others feel that I have let them down...or the feeling that I have let others down?

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

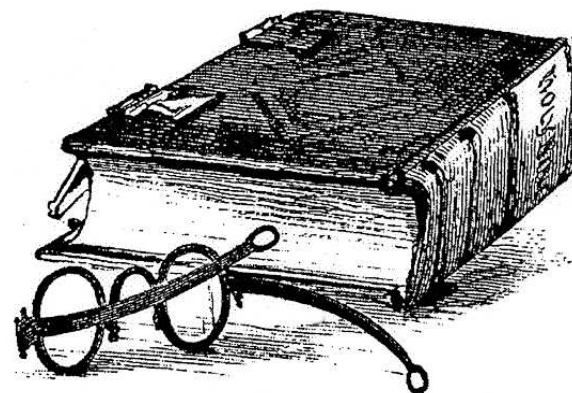
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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 Raises Lazarus from the Dead John 11:38-43



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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 John 11: 38 - 43

Jesus, deeply moved, approached the tomb. It was a cave with a stone rolled across the entrance. Jesus said, "Take away the stone." Martha, the sister of the dead man, replied, "But Lord, by this time there is a bad odor, for he has been there for four days." Jesus said, "Did I not tell you that if you believed, you would see the glory of God?"

They took away the stone. Jesus looked up and said, "Father, I thank you that you have heard me. I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me."

When he had said this, Jesus called out in a loud voice, "Lazarus, come out!" The dead man walked out, his hands and his feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go."

## **2. Immediate Preparation**

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

## **3. Considerations**

Jesus has received word that his good friend Lazarus has died. In fact, not only is Lazarus dead, but he has been dead for four days. Jesus is very upset that Lazarus has died: he is also upset that Lazarus' relatives (who are also friends of his) have rebuked him for not getting there quickly enough...presumably, with the hope of saving Lazarus.

Jesus regains his composure, and directs people to remove the stone from the grave in which Lazarus is buried, notwithstanding Martha's concerns about the stench that will be released.

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