

*(Continued from preceding page)*

I feel for Martha. She's trying to be hospitable. How would I feel in her place? What would I do?

Then Jesus speaks very gently to Martha. He calls her name twice. "You are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

An awkward hush falls on the room. What is Martha feeling? How do I understand what Jesus has just said? What did Jesus mean when he said: "Only one thing is needed?"

Consider this question. Is Jesus criticizing Martha for being busy, or rather, for being anxious? To whom in this scene can I most relate?

#### 4. Affections

As I sit with Mary, Martha, and the disciples, what is Jesus saying to my heart about hospitality? How is my heart receiving his words? Let me stay awhile in my heart.

#### 5. Resolution

As I consider what my heart is experiencing, what concrete resolve am I led to make about my practice of hospitality today?

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

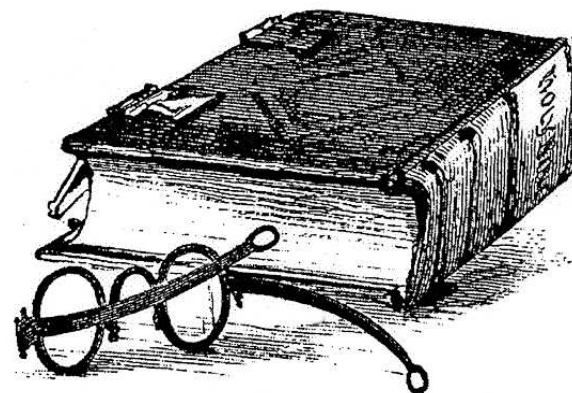
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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



## Mary and Martha Luke 10: 38-42



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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 Luke 10: 38-42

“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said.

But Martha was distracted by all the preparations that had to be made. She came to him and asked, ‘Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me.’

‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.’”

## **2. Immediate Preparation**

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

## **3. Considerations**

I am walking with Jesus and his disciples. I listen as they talk. How am I feeling? What am I thinking?

As we enter a village, a woman approaches Jesus and invites us to come to her home. I learn that her name is Martha.

When we arrive, we're introduced to her sister Mary. Martha makes us comfortable and I watch her set about preparing something for us to eat. Meanwhile, Mary sits at the feet of Jesus listening to him.

I notice Martha coming and going as a good host would. Then she approaches Jesus with an annoyed look on her face. “Lord, don't you care that my sister has left me to do all the work by myself? Tell her to help me.”

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