

(Continued from preceding page)

And with the exception of several scattered small healings, Jesus finds himself unable to perform any miracles there. This reaction leaves Jesus amazed at their lack of openness: in fact, he is stunned: of all places to experience this kind of resistance!

How is Jesus feeling? Was he expecting this kind of reception from his own? What does Jesus' inability to perform miracles say about him? What does Jesus' inability to perform any miracles say about the people of his hometown?

How do I feel about Jesus? Are there any ways in which I reject him or find his teachings simply too much to accept? In what ways might Jesus be able to work miracles in my life due to my lack of faith?

#### 4. Affections

How can I relate to Jesus plight? Do I ever feel like a prophet who is without honor among my own? Can I put myself in the place of Jesus' family and friends? Have I ever rejected someone – found them just too much to take – because I was familiar with that person?

#### 5. Resolution

In what ways do I need healing from feelings of rejection or of being dishonored? In what ways must I endeavor to resist the temptation to reject – to dishonor – others?

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

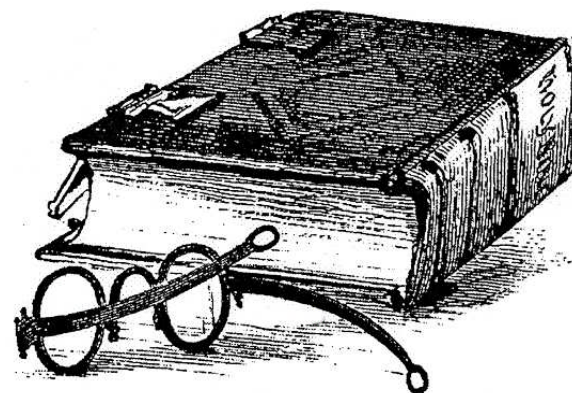
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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 Prophet without Honor Mark 6: 1- 6



www.oblates.org/dss  
[dss@oblates.org](mailto:dss@oblates.org)

# **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 Mark 6: 1 - 6

Jesus left there and went to his hometown, accompanied by his disciples. When the Sabbath came, he began to teach in the synagogue, and many who heard him were amazed.

“Where did this man get all this,” they asked. “What’s this wisdom that has been given him, that he even performs miracles? Isn’t this the carpenter? Isn’t this Mary’s son and the brother of James, Joseph, Judas and Simon? Aren’t his sisters here with us?” And they found him too much to take.

Jesus said to them, “only in is hometown – among his relatives and in his own house – is a prophet without honor. “ He could not perform any miracles there, except lay his hands on a few sick people and heal them. And he was stunned at their lack of faith.

## **2. Immediate Preparation**

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

## **3. Considerations**

Jesus returns home with his disciples. Perhaps he is hoping to relax a little and let his hair down. Maybe he's looking forward to an opportunity to sort of be 'off the clock' for a while and spend some time with family and friends. Still, being who he is, he nevertheless shares the Good News of Salvation with them, too.

Initially the hometown crowd seems impressed. Apparently they've never heard teaching like this before, especially from a hometown boy. But the more they think about it, the more they resent Jesus for knowing what he knows and for doing what he's doing.

*(Continued on next page)*