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Suddenly a man comes running up to us, shouting praise of God. He throws himself at the feet of Jesus and thanks him again and again. Now I recognize the man. He is one of the ten lepers. There is no sign of his skin disease.

As I look into the man's face, what do I see? Then I look at Jesus. What do I see? How am I reacting to all I see and hear?

Then Jesus speaks, "Were not all ten cleansed? Where are the other nine? Was no one found to return and give praise to God except this foreigner?" I realize that Jesus has been speaking to me, too. What do I see in the eyes of Jesus? How is my heart reacting?

Then very gently Jesus tells the man, "Rise up and go; your faith has made you clean."

4. Affections

As the man leaves, my heart is full. I sit again with Jesus. What is my heart is saying to me?

5. Resolution

In what ways do I take for granted God's love for me and generosity toward me? How might I be more grateful to God today? How might that gratitude be displayed in my relationships with other people?

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

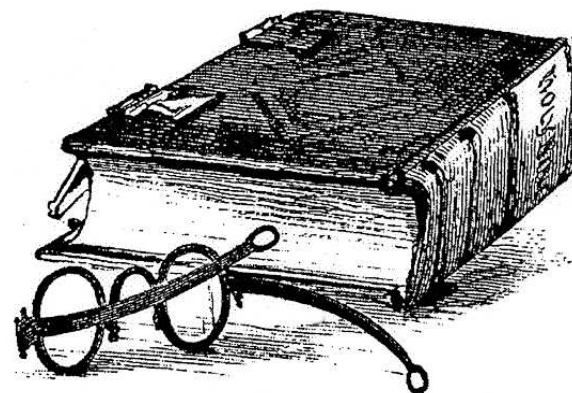
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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



Ten Healed of Leprosy Luke 17: 11-19



www.oblates.org/dss
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 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 Luke 17: 11-19

Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, "Jesus, Master, have pity on us!"

When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. One of them, when he saw that he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him – and he was a Samaritan.

Jesus asked, "Were not all ten cleansed? Where are the other nine? Was no one found to return and give praise to God except this foreigner?" Then he said to him, "Rise and go; your faith has made you well."

2. Immediate Preparation

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

3. Considerations

I am traveling with Jesus, going toward Jerusalem. Just outside a village, I see ten men suffering from skin disease, standing at a distance. They call out to Jesus, "Master, have pity on us!" What do I see in their faces? What is on the face of Jesus?

I watch Jesus walk toward them and tell them very gently, "Go, show yourselves to the priests." And the men leave. What is Jesus doing?

We sit for awhile, resting in a field near the road.

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