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Next thing I know, Jesus draws the man close to him and spits in his eyes. I am shocked by this, but before I can really react, Jesus places his hands on the man and asks if he can see anything as Jesus steps back from him. Surprisingly, the man claims that he can see something, although he can't make anything out clearly.

Jesus draws closer to him again and touches his eyes a second time. Jesus steps back, and now the man claims that he can see everything and everyone clearly. The blind man is in shock; I and some of my fellow villagers are stunned, and I notice that Jesus' followers look like they've seen this kind of thing before.

Once everyone realizes what has taken place, Jesus then tells the man that he shouldn't go back to the village. I don't understand this: if it were I, I couldn't wait to go home and tell everybody what this teacher had done for me.

#### 4. Affections

In what ways do I need of Jesus' healing touch? In what ways do I have trouble seeing things clearly?

#### 5. Resolution

I need to be open to how Jesus may touch me through others with the hope that I can see more clearly the things that are really important in life.

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

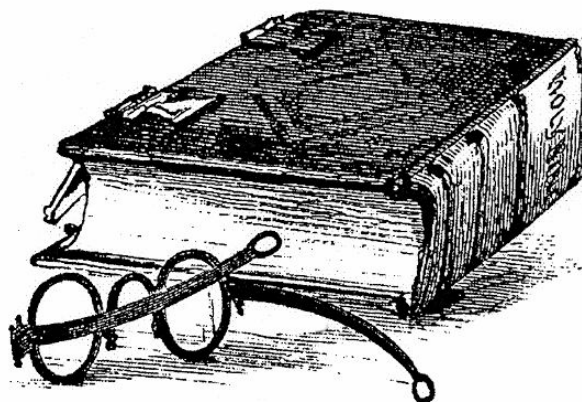
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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 Blind Man at Bethsaida Mark 8: 22 - 26

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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 Mark 8: 22-26

Jesus and his disciples came to Bethsaida, and some people brought a blind man forward and begged Jesus to touch the man. Jesus took the man by the hand and led him out to the edge of the village.

Once outside the village, Jesus spit on the man's eyes and placed his hands on him. Then, Jesus asked him, "Do you see anything?"

The blind man looked up and said, "I see people; but they look to me like trees walking around." A second time Jesus put his hands on the man's eyes. At this the man's eyes were completely opened, and he could see everything clearly.

Then Jesus sent him home, telling him "Don't go back into the village."

## **2. Immediate Preparation**

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

## **3. Considerations**

Jesus and his disciples arrive in my village. Hearing about his ability to heal people, we bring forward a man who lost his eye sight at an early age who has been totally dependent upon us for years. We ask Jesus if he would heal this blind man.

Strangely enough, Jesus walks the man to the outskirts of the town. Most of the villagers remain behind, but I am one of the handful of people who tags along behind Jesus and his disciples.

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