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They have no idea how much we want to meet Jesus. So we shout even louder, “Lord, have mercy on us!”

It becomes very quiet for a moment. Then I hear a voice, “What do you want me to do for you?” I can’t believe what I’m hearing. My friend and I cry out together, “Lord, we want our sight.” Everyone is very quiet. I wait in anticipation.

Then I feel a gentle hand on my eyes. I blink a few times. I look up and I see the compassionate smile on Jesus’ face. I look over at my friend. He too is looking at Jesus. I look back at Jesus and smile at him.

I feel one with him and with my friend. With my mind still reeling with wonder and awe, I say “Thank you, Lord.”

4. Affections

I hold the hand of Jesus and continue to look into his eyes. To see for the first time and the first thing I see is the face of the Messiah: how do I feel? What am I thinking?

5. Resolution

What must I do today to see more clearly the face of Jesus in myself?
What must I do today to see more clearly the face of Jesus in other people?

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

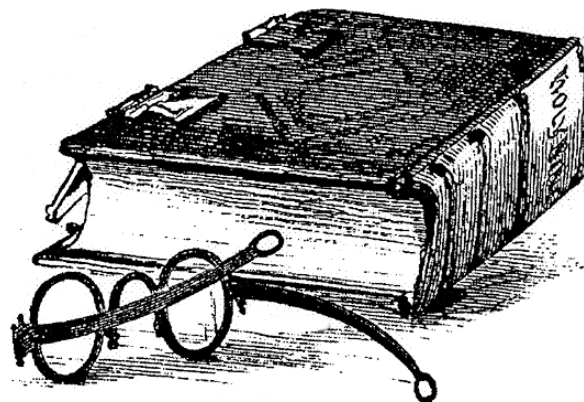
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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



Jesus and the Blind Men Matthew 20: 29-34

De Sales
SPIRITUALITY CENTER

1120 Blue Ball Road
Childs, MD 21916-0043
www.oblates.org/spirituality

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 Matthew 20: 29-34

As Jesus and his disciples were leaving Jericho, a large crowd followed him. Two blind men were sitting by the roadside, and when they heard that Jesus was going by, they shouted, "Lord, Son of David, have mercy on us!"

The crowd rebuked them and told them to be quiet, but they shouted all the louder, "Lord, Son of David, have mercy on us!" Jesus stopped and called them. "What do you want me to do for you?" he asked. "Lord," they answered, "we want our sight."

Jesus had compassion on them and touched their eyes. Immediately they received their sight and followed him.

2. Immediate Preparation

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

3. Considerations

My friend and I are sitting beside a road that leads from Jericho to Jerusalem. Both of us are blind from birth. We've been sitting here awhile talking. I hear some people approaching; it sounds like a large crowd. As they come closer, I ask someone, "What's happening?"

The person tells me, "Jesus and his friends are going to Jerusalem and we're following them." I can't believe it. Jesus is right here. My friend and I have shared a hope that we might meet him sometime.

Together, we shout out, "Lord. Son of David, have mercy on us!" The crowd reacts by telling us to be quiet.

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