

(Continued from preceding page)

The disciples want Jesus to send her away; she's making too much noise. Then I hear Jesus say, "I was sent only to the lost sheep of Israel." What can I read on the face of Jesus? What do I read on the woman's face? What do I read on the faces of the disciples?

I listen as the woman makes her plea again: "Lord, help me!" What is in her heart? What is in my heart?

As I listen, I find myself puzzled by Jesus' response about not tossing the children's bread to their dogs. This doesn't seem to be the Jesus I know. How do I feel about his response?

Then in a soft, deliberate voice, the woman agrees with Jesus, but she continues: "Even the dogs eat the crumbs that fall from the masters' table." I am amazed at her humility, faith and persistence.

As I watch, Jesus' eyes brighten and he smiles at the woman: "Woman, you have great faith! Your request is granted." What would Jesus say about my faith? How persistent am I?

4. Affections

As I stay with Jesus, what is moving my heart? Do I find Jesus saying something to me? Let me stay here with Jesus and the woman.

5. Resolution

How is my heart being moved as I look at my day? Let me make a concrete, do-able resolve that will make me live differently because of my prayer.

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

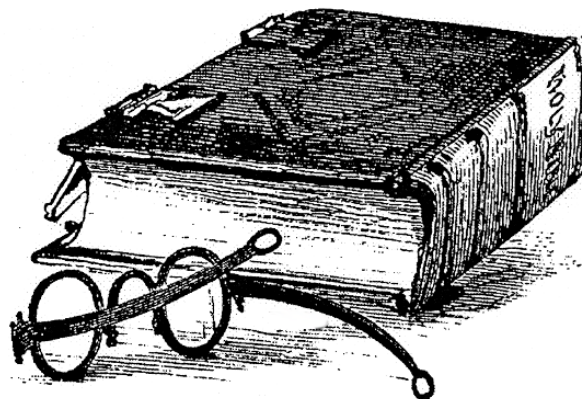
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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 Canaanite Woman

Matthew 15: 21-28

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 whole day an extension of prayer
- c. Integrate the experience of prayer and daily life

I. Remote Preparation

- a. Tranquility of Spirit/center yourself (*Relaxation techniques*)
- b. Read passage from Matthew 15: 21-28

Leaving that place, Jesus withdrew to the region of Tyre and Sidon. A Canaanite woman from that vicinity came to him, crying out: "Lord, Son of David, have mercy on me! My daughter is suffering terribly from demon possession."

Jesus did not answer a word. So his disciples came to him and urged him, "Send her away, for she keeps crying out after us." He answered, "I was sent only to the lost sheep of Israel."

The woman came and knelt before him. "Lord, help me!" she said. He replied, "It is not right to take the children's bread and toss it to their dogs." "Yes, Lord," she said, "but even the dogs eat the crumbs that fall from their masters' table."

Then Jesus answered, "Woman, you have great faith! Your request is granted." And her daughter was healed from that very hour.

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 have withdrawn from Jewish territory. Let me join them as they travel. It is a beautiful day. The peacefulness of their conversation is interrupted by a loud woman who is crying out to Jesus: "Lord, Son of David, have mercy on me!" Her daughter is suffering from demon possession. What do I read on the face of the woman?

Jesus doesn't seem to hear her. What is my reaction as I watch?

(Continued on next page)