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Despite the fact that I feel a little uncomfortable now, I decide to remain with my friends, even as they continue to discuss their experience of seeing Jesus following his death and burial. What are the chances that Jesus will appear a second time?

On another occasion, we are all together in the place where we have been taking refuge, and suddenly, Jesus is standing in our midst. He greets all of us with a wish of peace, and then turns and looks directly at me. He tells me to place my fingers in the nail marks; he tells me to place my hand in his side. He challenges me to believe in him, rather than remain skeptical, stubborn or pigheaded

Almost in spite of myself, without even so much as approaching him, I blurt out: "My Lord and my God." I feel so relieved...and Jesus seems so happy with me.

That one moment of encounter seems to last forever.

4. Affections

My heart is full. Let me stand here before Jesus and allow his love to penetrate every fiber of my being.

5. Resolution

I want my willingness to believe in Jesus to help me to be less skeptical or cynical about other people.

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

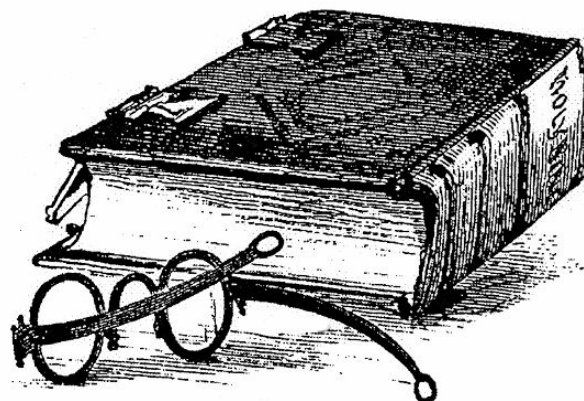
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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 Appears to Thomas John 20: 24-29

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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 John 20: 24-29

On the evening of that first day of the week Jesus came and stood among them, and said: "Peace be with you!" After he said this, he showed them his hands and his sides. The disciples were overjoyed as they recognized the Lord.

As it happened Thomas was not with the other disciples when Jesus revealed himself to them. The other disciples told Thomas that they had seen the Lord. But Thomas said to them: "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand in his side, I will not believe it."

A week later the disciples were in together again, and this time, Thomas was among them. Though the doors were locked, Jesus appeared in the room and stood among them and said: "Peace be with you!" Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting...and believe." Thomas proclaimed: "My Lord and my God!"

2. Immediate Preparation

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

3. Considerations

As I enter the room, my friends are engaged in a lively discussion. They turn as one man to me and say, "We have seen the Lord." They tell me what Jesus said to them and they describe the wounds on Jesus; body. I can't get over how happy they are.

I'm finding all this hard to swallow. I want to believe, but I haven't seen or heard what they claim to have seen and heard. Impulsively, I blurt out: "Unless I see the nail marks and can put my fingers in those marks and stick my hand in his side, I'm not buying this."

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