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All of a sudden, one of the disciples draws his swords and swings at the servant of the high priest and cuts off his right ear. As I watch, what am I noticing?

Jesus quietly stops the violence and touches the servant's ear and heals him. What do I see on the face of Jesus? What do I see on the face of the servant? What do I see on the faces of the disciples? What do I see on the faces of the crowd?

Now I watch Jesus as he speaks to the priests and the elders. What do I hear in the voice of Jesus? What is the reaction of the priests and elders? How does his voice impact me?

As I watch Jesus and hear him say, "But this is your hour – when darkness reigns," what is my reaction to this statement? In what ways might darkness still be reigning within me today?

4. Affections

As I stay with Jesus in the midst of the crowd, how is my heart reacting to all that I have seen and heard? Let me listen to my heart quietly for awhile.

5. Resolution

What are these stirrings of my heart leading me to do today? What concrete action can I take today so that my prayer affects how I will live today?

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

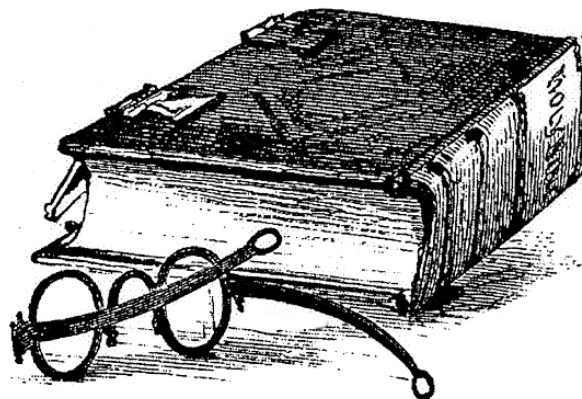
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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 Is Arrested Luke 22: 47-53

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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 whole 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 22: 47-53

While (Jesus) was still speaking, a crowd came up, and the man who was called Judas, one of the Twelve, was leading them. He approached Jesus to kiss him, but Jesus asked him, "Judas, are you betraying the Son of Man with a kiss?"

When Jesus' followers saw what was going to happen, they said, "Lord, should we strike with our swords?" And one of them struck the servant of the high priest, cutting off his right ear. But Jesus answered, "No more of this!" And he touched the man's ear and healed him.

Then Jesus said to the chief priests, the officers of the temple guard and the elders, who had come for him, "Am I leading a rebellion that you have come with swords and clubs? Every day I was with you in the temple courts, and you did not lay a hand upon me. But this is your hour – when darkness reigns.

2. Immediate Preparation

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

3. Considerations

Let me put myself on the Mount of Olives with Jesus and his disciples. Jesus has been praying in great anguish and he has just awakened his disciples who were sleeping. I listen and see a crowd arriving. They have swords and clubs. Judas is leading them. How are the disciples reacting? How is Jesus reacting?

Judas approaches Jesus to kiss him as a friend would. Jesus speaks to him: "Judas, are you betraying the Son of Man with a kiss?" Can I read the face of Jesus? Can I read the face of Judas?

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