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Soon, his frustration seems to pass and he turns his attention to the man who has asked for his help. Jesus tells the man to go and bring his son back, which he quickly does. Much to the amazement of everyone standing there, Jesus drives out the demon in a matter of moments.

Of all the folks who witnessed this healing, it is the disciples who seem most stunned of all...and embarrassed, as well. After all, the son's father told the crowd that the disciples had not been able to do anything for his son.

Humbled, the disciples eventually, the disciples muster the courage to ask Jesus how he was able to drive out the demon (and, implicitly, why they were unable. Imagine my surprise when he tells them that if their faith was strong enough, there isn't anything that they couldn't do.

4. Affections

How strong is my faith? Do I really believe that 'nothing is impossible' for me if my faith in God – and in myself – is strong enough?

5. Resolution

What steps can I take today – just today – to strengthen my faith? What challenge might God ask me to embrace in faith today that I might otherwise shrink from out of fear of failure?

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

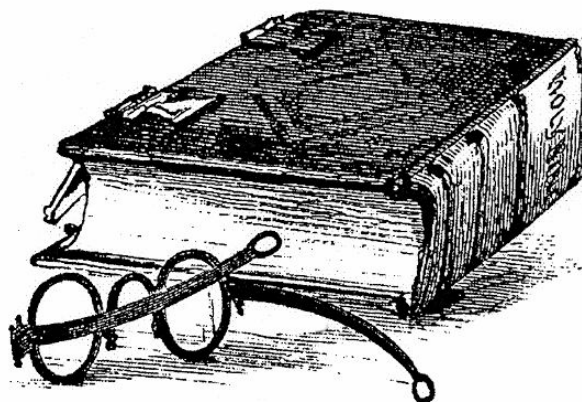
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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 Heals a Boy with a Demon

Matthew 17: 14 - 21

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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 Matthew 17: 14 - 21

When they came to the crowd, a man approached Jesus and knelt before him. "Lord, have mercy upon my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. I brought him to your disciples, but they could not heal him."

"O unbelieving and perverse generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me." Jesus rebuked the demon, and it came out of the boy, and at that very moment he was healed.

Privately, the disciples approached Jesus and asked, "Why could we not drive the demon out?" Jesus replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."

2. Immediate Preparation

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

3. Considerations

I am with Jesus and his disciples when a man approaches Jesus, begging Jesus to heal his son who is possessed by a demon. In the context of asking for Jesus' help he reveals that he had first approached Jesus' disciples. Try as they might, the disciples were unable to help the boy.

Jesus seems very upset. Is he angry – is he disappointed? He is clearly frustrated: either with the crowd as a whole, or with his disciples in particular.

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