

(Continued from preceding page)

All of a sudden, it dawns on some of the disciples: the master can save us! He can do something about this frightful situation. We go to find him, and – believe it or not – we discover he is asleep! How could anybody sleep through such a storm?

We beg Jesus to save us. Much to my surprise, his first reaction is not to the storm but to us: he seems annoyed – almost disappointed – that we are so afraid. Why shouldn't we be? Is there something we didn't know about that we should have known?

Next thing I know, Jesus is looking up and out, speaking to the winds and the waves. No sooner has Jesus started doing this – calmly, but clearly – then the storm that popped up so suddenly is just as quickly gone

#### 4. Affections

Many of the storms that are a part of my life pop up without warning; when conflicts catch me off guard and I find myself anxious, fearful and afraid. How can I learn to better remain clam and grounded in these situations?

#### 5. Resolution

With the help of Jesus, I want to grow my faith. I want to grow in my ability to take consolation in the fact that God loves me and will see me through every situation – especially the stormy times in my life - regardless of the outcome.

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

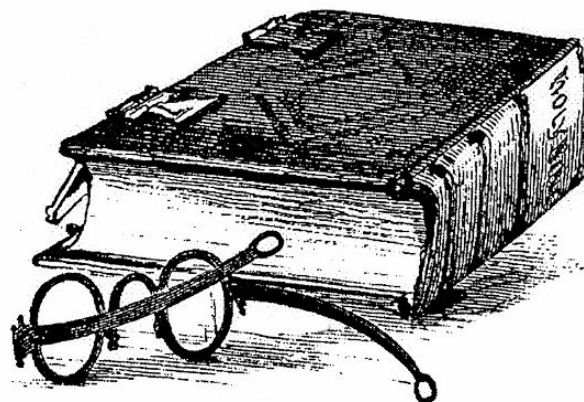
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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 Calms the Storm

Matthew 8: 23 - 27

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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 8: 23 - 27

Then Jesus got into the boat and his disciples followed him. Without warning, a furious storm came up on the lake, a storm so violent that the waves began swamping the boat. But Jesus was sleeping. The disciples went and woke him, saying: "Lord, save us! We are going to drown!"

Jesus replied: "You of little faith. Why are you so afraid?" Then, he stood up; he rebuked the wind and the waves. Suddenly, everything was calm.

His disciples were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

## **2. Immediate Preparation**

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

## **3. Considerations**

I am traveling with Jesus and his disciples. We decide to save some time by traveling across the lake. It will give us a chance to withdraw from the crowds (if only a little while) and take a little break.

All of a sudden, a vicious storm pops up. Before we know it, the boat that was carrying us seems destined to sink, taking us with it. I am panicked; I can't believe this is happening to me. How can such a simple thing as taking a boat ride so suddenly become a matter of life and death?

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