

(Continued from preceding page)

Jesus speaks words to respond to the leper's faith; "I am willing; be clean." Jesus seems to be looking into the man's heart.

I gasp, as the crowd does. Immediately the leper is made clean. There are no signs of the disease on his body. What do I see on the face of Jesus? What do I see on the face of the man? What do I see on the faces in the crowd? How am I reacting to this miraculous moment of healing?

Then I hear Jesus tell the man: "See that you don't tell anyone. But go, show yourself to the priest and offer the gift Moses commanded as a testimony to them." How do I react to Jesus' reverence for Jewish law? Can I understand why personal celebration must wait? How can I relate to this scene in my own life or in the lives of others with whom I am in relationship?

#### 4. Affections

How has this event touched my heart? Let me stay with Jesus as we look at each other.

#### 5. Resolution

As my heart has been touched, what practical, do-able action can I make today that will allow my prayer to change me a little?

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

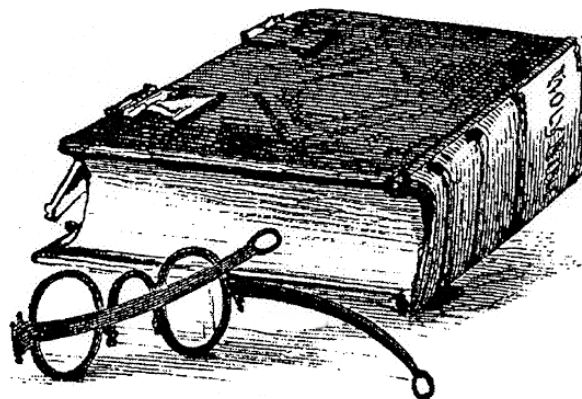
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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 Cures a Man with Leprosy

Matthew 8: 1- 4

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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. Allow the whole day to become 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 8: 1-4

When (Jesus) came down from the mountainside, huge crowds followed him. A man with leprosy came and knelt before him and said, "Lord. If you are willing, you can make me clean."

Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Then Jesus said to him, "See that you don't tell anyone. But go, show yourself to the priest and offer the gift Moses commanded, as a testimony to them."

## 2. Immediate Preparation

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

## 3. Considerations

Let me join Jesus as he comes down from the mountainside. He has just finished a long discourse about the kingdom of God. A large crowd has been listening and they are following him as he continues his journey.

A man approaches Jesus; he is covered with sores. I watch as he kneels before Jesus. I hear him say: "Lord, if you are willing, you can make me clean." What do I see on the face of the man? What do I see on the face of Jesus? How is the crowd reacting to the man with leprosy?

I watch as Jesus reaches out his hand and touches the man. His touch is gentle and compassionate. How are others reacting to this? How am I reacting to this?

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