

(Continued from preceding page)

Observe the beauty of the sunset on the lake as evening approaches. Enjoy the beauty of the sunset. As darkness surrounds you notice a storm brewing and the wind getting stronger and stronger. Everyone on the boat is on their feet, attempting to protect themselves from the now swelling waves. Observe the reaction of the disciples to this storm. How does it feel to be there during the storm?

In the midst of this confusion, the apostles see someone walking toward them on the lake. Observe their initial panic. How do they respond once they recognize Jesus?

Notice that Peter needs proof and asks Jesus if he can come across the water. Observe Peter getting out of the boat and walking on the water. How do the apostles react? Observe Peter's panic and how he begins to sink once he realizes what he is doing. Watch Jesus reach out his hand, saving him.

Notice the change in confusion once Jesus gets into the boat and calms the storm. Observe how tranquil it now becomes since Jesus is here. Enjoy the moment with Jesus on the lake.

4. Affections

Be attentive to how you feel at this moment in the calming presence of Jesus. Recognize in this moment how much God loves you just the way you are. Allow yourself to be touched by this awesome moment.

5. Resolution

Think of something specific and do-able that you can attain once you leave here today. How can you bring this sense of *calm and tranquility* to someone today?

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

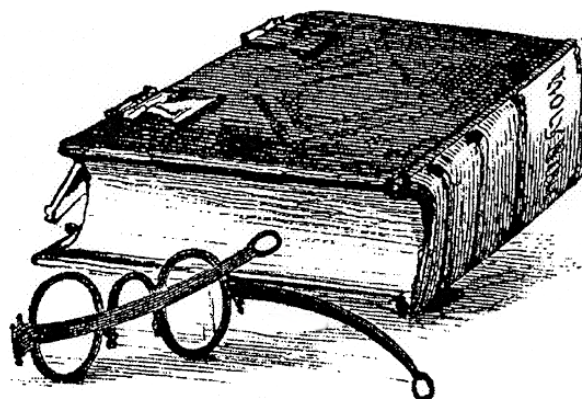
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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 Walks on Water Matthew 14: 22 - 33

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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 Matthew 15: 22 - 33

While dismissing the crowds, Jesus insisted that his disciples get into the boat and precede him to the other side. When he had sent them away, he went up on the mountain by himself to pray, remaining there alone as evening drew on. Meanwhile the boat, already several hundred yards out from shore, was being tossed about in the waves raised by strong head winds. At about three in the morning, he came walking toward them on the lake. When the disciples saw him walking on the water, they were terrified. "It is a ghost!" they said, and in their fear began to cry out. Jesus hastened to reassure them, "Get a hold of yourselves! It is I. Do not be afraid!" Peter spoke up and said, "Lord, if it is really you, tell me to come to you across the water." "Come," Jesus said. So Peter got out of the boat and began to walk on the water, moving toward Jesus. But when he perceived how strong the wind was and becoming frightened, he began to sink and cried out, "Lord, save me!" Jesus at once stretched out his hand and caught him. "How little faith you have!" he exclaimed. "Why did you falter?" Once they had climbed into the boat, the wind died down. Those who were in the boat showed him reverence, declaring, "Beyond a doubt you are the Son of God."

2. Immediate Preparation

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

3. Considerations

Recall the incident we just read. Imagine Jesus on the lake shore watching the twelve get into the boat. Get in with them and observe the interaction of the twelve as the boat moves out from the shore. Observe Jesus disappearing as the boat moves further - and further out on the lake. (*Continued on next page*)