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Was it Jesus who changed? How was Jesus different? Why – for one shining moment – did Jesus choose to reveal his glory to me in such a singular and striking way?

Was it me who changed? How was I different? Is it possible that for one shining moment I was able to see the glory that was always in Jesus?

Do I ever feel like Peter? Do I ever find myself talking in the face of some unusual experience or event due to my lack of understanding? Are there ways in which I need to learn how to simply close my mouth and to ‘be’ in the moment?

One way or another, Jesus reveals the God-given glory that is in him. Do I recognize that same glory in others? Do I also recognize that same glory in myself?

#### 4. Affections

How does this glimpse of divine glory in Jesus – in me, in others – leave me feeling? In what ways do I need to improve my ability to recognize that glory not just in the mountain moments of life but also the every moments of life?

#### 5. Resolution

Try to recognize the light of God’s love within me and around me in the ordinary experiences and events of daily life.

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

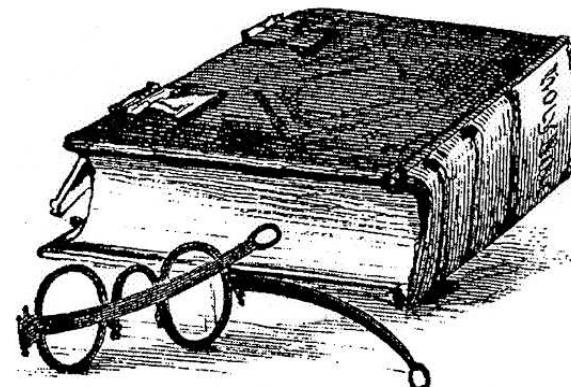
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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 and the Transfiguration

Luke 9: 28 - 36



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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 9: 28 - 36

Jesus took Peter, John and James with him and went up onto a mountain to pray. As Jesus was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. Two men – Moses and Elijah – appeared in glorious splendor, talking with Jesus. They spoke about his departure, which he was about to bring to fulfillment at Jerusalem. Peter and his companions were very, very sleepy, but when they became fully awake, they saw his glory and the two men standing with him. As the two men were leaving Jesus, Peter said to him, "Master, it is good for us to be here. Let us put up three shelters – one for you, one for Moses and one for Elijah." (He did not know what he was saying.)

While Peter was still speaking, a cloud appeared and enveloped them, and they were afraid as they entered the cloud. A voice came from the cloud, saying, "This is my Son, whom I have chosen; listen to him." When the voice had spoken, the disciples found that Jesus was alone once again. The disciples kept this to themselves, and told no one at that time what they had seen.

### **2. Immediate Preparation**

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

### **3. Considerations**

"And they told no one at they time what they had seen.

What did I see? What happened to Jesus? Where did Moses and Elijah come from? What is the significance of this meeting? What – if anything – happened to me as a result of witnessing this powerful – and somewhat frightful event?

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