

(Continued from preceding page)

In the midst of the joy in the room, Jesus speaks again: “As the Father has sent me, I am sending you.” How are Jesus’ words striking my heart?

Then Jesus breathes on the group: “Receive the Holy Spirit.” I realize that this is the promised Advocate Jesus has spoken about. The Spirit would teach us all things. What is happening in my heart as I receive this gift?

Then I hear Jesus speak words of power to us: When we forgive sins in his name, they are forgiven. What do I read on the face of the risen Jesus? How is my heart touched by his words?

4. Affections

Let me stay with Jesus and continue to be absorbed by the movements of my heart. In the quiet of the room, just be with Jesus and my heart,

5. Resolution

Now, take a moment to consider a concrete way that the movements of my heart to Jesus can make a difference in the way I will live today. In this way, my prayer can transform the way I will live with others.

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

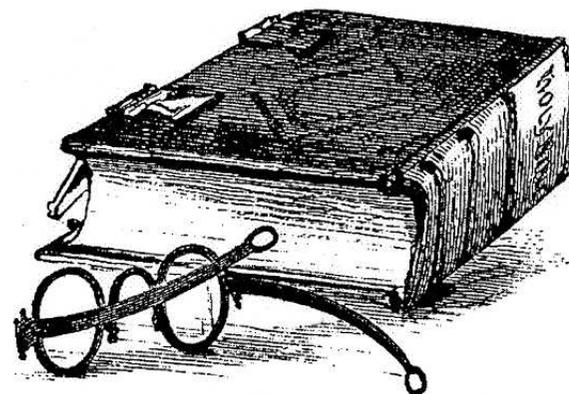
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of
- c. Ask God to give you the grace to accomplish this.

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 Appears to His Disciples John 20: 19-23



www.oblates.org/dss
dss@oblates.org

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 John 20: 19-23

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said: "Receive the Holy Spirit. If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

2. Immediate Preparation

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

3. Considerations

Let me join the disciples as they are gathered together on Sunday evening after Jesus' death. They have locked the door in fear of the Jewish leaders. What is the atmosphere like in the room? What can I read on the faces of the disciples?

Earlier in the day, Mary Magdalene had told them that she had seen the Lord. Now Jesus comes and stands among them. What do I sense happening in the room?

Jesus speaks: "Peace be with you!" Then he shows us his hands and his side. How are the disciples reacting? How am I reacting?

(Continued on next page)