

*(Continued from preceding page)*

The centurion lowers his eyes and continues to speak to Jesus: “Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed.” What do I see on the face of Jesus? What do I see on the centurion’s face? How am I reacting to what I have just seen and heard?

Jesus speaks again. His face is radiant. “I tell you the truth. I have not found anyone in Israel with such great faith.” All of us are astounded by what we just heard. Jesus continues to tell us that many will come to the heavenly feast, but the subject of the kingdom will be thrown out. What am I feeling at this moment?

After a few moments, Jesus speaks very gently to the centurion: “Go! It will be done just as you believed it would.” As the centurion leaves, what do I see on his face?

Then Jesus looks at me. What is in my heart?

#### 4. Affections

My heart is full. Let me stay with Jesus and talk with him about all that is in my heart.

#### 5. Resolution

What concrete resolve can I take from my conversation with Jesus that will change the way I live today?

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

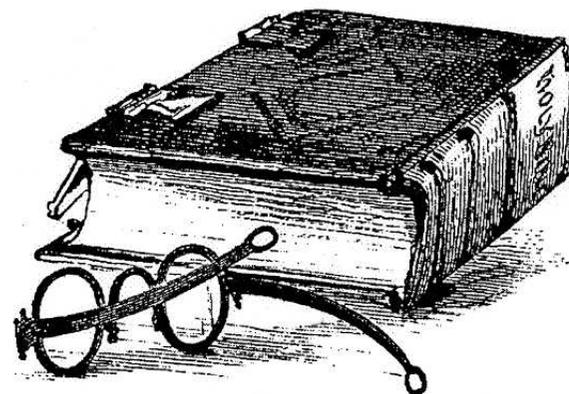
- a. Give thanksgiving to God for this experience of calm.
- b. Offer to God your resolution of .....
- c. Ask God to give you the grace to accomplish this.

#### 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 and the Centurion Matthew 8: 5-13



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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 8: 5-13

When Jesus has entered Capernaum, a centurion came to him, asking for help. "Lord," he said, "my servant lies at home paralyzed and in terrible suffering." Jesus said to him, "I will go and heal him."

The centurion replied, "Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, 'Go,' and he goes, and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it."

When Jesus heard this, he was astonished and said to those following him, "I tell you the truth. I have not found anyone in Israel with such great faith. I say to you that many will come from the east and the west, and will take their places at the feast with Abraham, Isaac, and Jacob in the kingdom of heaven. But the subjects of the kingdom will be thrown outside, into the darkness, where there will be weeping and gnashing of teeth."

Then Jesus said to the centurion, "Go! It will be done just as you believed it would." And his servant was healed at that very hour.

## **2. Immediate Preparation**

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

## **3. Considerations**

I join Jesus and his disciples as they enter Capernaum. As everyone is talking, I notice a Roman centurion approach Jesus. Everyone seems surprised. I hear the centurion speak to Jesus: "Lord, my servant lies at home paralyzed and in terrible suffering." There is obvious concern on his face.

Jesus seems to read the man's heart. "I will go and heal him." Everyone gets ready to follow Jesus.

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