

Meditations

Nativity

Annunciation	N1
Zechariah's song	N2
Jesus' Birth	N3
Shepherds	N4
Magi	N5
Presentation at the temple	N6
Young Jesus at the temple	N7

Ministry

Jesus is baptized	M1
Temptation in the desert	M2
Jesus preaches in Nazareth	M3
Jesus heals in Capernaum	M4
Jesus calls Simon, James, and John	M5
Jesus drives out an evil spirit	M6
Wedding at Cana	M7
The Samaritan woman at the well	M8
Jesus calls Matthew	M9
Jesus appoints the twelve	M10
Jesus heals a leper	M11
Jesus heals a paralytic	M12
Healing a man with a withered hand	M13
Jesus is said to be insane or possessed	M14
Jarius' daughter and a sick woman	M15
Raising a widow's son	M16
Calming the storm	M17
Jesus sends out the seventy-two	M18
The seventy-two return	M19
Jesus, Herod, and Jerusalem	M20
The rich man	M21
Zacchaeus	M22
Feeding five thousand	M23
Jesus walks on water	M24
Raising Lazarus	M25
Jesus anointed by a sinful woman	M26
The transfiguration	M27
Healing a crippled woman	M28
Bartimaeus	M29
Jesus clears the temple	M30

Passion

Triumphal entry	P1
Parable of the tenants	P2
Betrayal	P3
The Last Supper	P4
Gethsemane	P5
Arrest	P6
Before the Sanhedrin	P7
Pilate	P8
Crucifixion	P9
The Death of Jesus	P10
Burial	P11

Resurrection

Resurrection	R1
The road to Emmaus	R2
Jesus appears to his disciples	R3
Ascension	R4
Pentecost	R5
Peter preaches and the community grows	R6
Peter heals	R7

Preparation

(10 minutes)

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2. Ask God for what you desire—to get to know the person of the Lord, so that you can love him more, follow him, and share life with him.
3. Read once through the scriptural text which is the subject of the meditation.
4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Annunciation*

Lk 1.26-38

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. God sends the angel Gabriel to Mary.

SECOND POINT. Mary is troubled, wonders, and questions. Gabriel explains.

THIRD POINT. Mary says “I am the Lord’s servant. May it be to me as you have said.”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

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Meditation: *Zechariah's song*

Lk 1.57-79

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Zechariah has been unable to speak. When he names John (the Baptist), he can speak and praises God.

SECOND POINT. Filled with the Holy Spirit, he sings a song of praise to God.

THIRD POINT. He prophesies John's role in God's action.

Conversation

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Meditation: *Jesus' Birth*

Lk 2.1-14

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. At this particular time, Caesar Augustus issued a census decree.

SECOND POINT. Joseph took Mary with him to Bethlehem.

THIRD POINT. Jesus was born while they were there. Mary wrapped him in cloths and placed him in a manger because there was no room for them in the inn.

Conversation

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Meditation: *Shepherds*

Lk 2.8-20

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. When Jesus is born, an angel of the Lord appears to shepherds living out in the fields near Bethlehem. They are terrified.

SECOND POINT. The angel tells them not to be afraid, and announces news of the birth of the Savior, Christ the Lord.

THIRD POINT. They hurry to Bethlehem to see what the Lord has told them about. Then they spread the word.

Conversation

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Meditation: *Magi*

Mt 2.1-12

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. After the birth of Jesus, Magi from the east come to Jerusalem seeking to worship the one born king of the Jews.

SECOND POINT. Herod directs them to Bethlehem and attempts to use the Magi to find the identity of the Christ.

THIRD POINT. The Magi find Jesus and worship him. Then they avoid Herod and return by another route.

Conversation

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Meditation: *Presentation at the temple*

Lk 2.21-40

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Mary and Joseph bring Jesus to Jerusalem to present him to the Lord.

SECOND POINT. Simeon takes him into his arms saying, “my eyes have seen your salvation.”

THIRD POINT. Anna gives thanks to God and speaks about the child to all who were looking forward to the redemption of Jerusalem.

Conversation

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Meditation: *Young Jesus at the temple*

Lk 2.41-50

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. When Jesus is twelve, he travels with his parents to Jerusalem for the Feast of the Passover.

SECOND POINT. Thinking he is with them, they start to return to Nazareth and travel for a day before realizing he is not in their group. They return to find him in the temple court, and ask him “why have you treated us this way?” He explains that he had to be in his Father’s house.

THIRD POINT. Jesus returns with them, is obedient, and grows in wisdom and stature, and in favor with God and men.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

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Meditation: *Jesus is baptized*

Mk 1.1-11

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. John is baptizing people in the Jordan River and many people come and confess their sins.

SECOND POINT. He says, “one will come after me... I baptize you with water, but he will baptize you with the Holy Spirit.”

THIRD POINT. Jesus is baptized and sees the Holy Spirit descending on him like a dove. A voice from heaven says, “You are my Son, whom I love; with you I am well pleased.”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

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Meditation: *Temptation in the desert*

Lk 4.1-13

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. After he is baptized, Jesus goes into the desert where for forty days he fasts.

SECOND POINT. He is tempted three times.

THIRD POINT. He must have described his experience to his disciples.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Jesus preaches in Nazareth*

Lk 4.14-30

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus returns to Nazareth, where he had been brought up.

SECOND POINT. He reads the Isaiah scroll in the synagogue and applies it to himself.

THIRD POINT. His words are met with approval, then anger.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Jesus heals in Capernaum*

Lk 4.38-44

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus goes to Simon's home and heals his mother-in-law.

SECOND POINT. After sunset, people bring the sick to Jesus and he heals them and casts out demons.

THIRD POINT. Jesus prays at a solitary place and decides to preach in other towns.

Conversation

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Meditation: *Jesus calls Simon, James, and John*

Lk 5.1-11

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus preaches from Simon's boat.

SECOND POINT. He directs Simon to an enormous catch of fish.

THIRD POINT. Simon, James, and John leave everything to follow Jesus.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Jesus drives out an evil spirit*

Mk 1.21-28

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus is preaching in the synagogue in Capernaum and his hearers are amazed.

SECOND POINT. When the teaching is interrupted by the shouting of a demon-possessed man, Jesus orders the spirit to be quiet and commands it to come out of him.

THIRD POINT. The people are amazed and news about Jesus spreads throughout the region.

Conversation

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Meditation: *Wedding at Cana*

Jn 2.1-11

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus, his disciples, and his mother, attend a wedding in Cana.

SECOND POINT. His mother calls Jesus' attention to the shortage of wine. She says to the servants "Do whatever he tells you."

THIRD POINT. Jesus changes water into wine. He reveals his glory, and his disciples put their faith in him.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *The Samaritan woman at the well*

Jn 4.1-42

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Passing through Sychar in Samaria, Jesus, tired from his journey, sits down at a well. When a Samaritan woman approaches he asks her for a drink. She is surprised that he would speak to a Samaritan woman.

SECOND POINT. In their conversation Jesus speaks about living water, her husbands, and the Messiah. The woman leaves her water jar, goes back to the town and tells the people, “Come, see.”

THIRD POINT. Afterwards, when Jesus’ disciples urge him to have something to eat, he explains that he has food they know nothing about. Many people of Sychar believe in Jesus because of the woman’s testimony, and still more believe when they hear Jesus firsthand.

Conversation

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Meditation: *Jesus calls Matthew*

Mt 9.9-13

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FIRST POINT. Jesus sees Matthew sitting at the tax collector's booth and says "Follow me."

SECOND POINT. He goes to dinner at Matthew's house with many other tax collectors and sinners. This provokes the condemnation of the Pharisees.

THIRD POINT. Jesus responds saying, "Go and learn what this means: 'I desire mercy, not sacrifice.' "

Conversation

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Meditation: *Jesus appoints the twelve*

Lk 6.12-16

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FIRST POINT. Jesus spends the night praying to God.

SECOND POINT. He chooses twelve from among the disciples.

THIRD POINT. One of them is Judas, who became a traitor.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

(10 minutes)

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4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Jesus heals a leper*

Mk 1.40-45

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. A man with leprosy begs Jesus to heal him saying, “If you are willing, you can make me clean.”

SECOND POINT. Jesus is filled with compassion and heals the man.

THIRD POINT. Jesus commands the man not to tell anyone, but he does anyway.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

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Meditation: *Jesus heals a paralytic*

Mk 2.3-12

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus returns home to Capernaum and is preaching the word to a house packed with people.

SECOND POINT. When friends of a paralytic cannot get him in the house to see Jesus, they open a hole in the roof and lower him down.

THIRD POINT. Jesus forgives the man, and tells him to get up and walk.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Healing a man with a withered hand*

Mk 3.1-3.6

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. In a synagogue, Jesus encounters a man with a withered hand. Some are looking for a reason to accuse Jesus, and watch to see whether he will heal on the Sabbath.

SECOND POINT. Jesus has the man stand in front of everyone. He asks which is lawful on the Sabbath: to do good or to do evil? He is angered by their stubborn hearts.

THIRD POINT. Jesus heals the man. The Pharisees and Herodians begin to plot to kill Jesus.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Jesus is said to be insane or possessed*

Mk 3:20-35

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. The crowds make it impossible for Jesus to eat with his disciples.

SECOND POINT. Teachers of the law attribute Jesus' power to Beelzebul. He corrects and warns them.

THIRD POINT. Jesus' family arrives, concerned that he is out of his mind. He looks at those seated in a circle around him and says, "Here are my mother and my brothers!"

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Jarius' daughter and a sick woman*

Mk 5.22-43

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jarius pleads with Jesus to come and put his hands on his dying daughter so that she will be healed and live.

SECOND POINT. On the way to Jarius' home, Jesus heals a woman afflicted for years when she touches his cloak.

THIRD POINT. At Jarius' home, Jesus sends out the mourners, takes the girl by the hand and says, "Little girl, I say to you, get up!"

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Raising a widow's son*

Lk 7.11-16

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. At the town gate of Nain, Jesus and his disciples see a dead person being carried out, the only son of a widow.

SECOND POINT. The Lord's heart goes out to her and he raises the son from the dead.

THIRD POINT. The people who see this are filled with awe and praise God, saying, "God has come to help his people."

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Calming the storm*

Lk 8.22-25

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. As Jesus and his disciples are crossing the lake in a boat, Jesus falls asleep and a storm arises.

SECOND POINT. His terrified disciples awaken him and he rebukes the wind and the raging waters. Then all is calm.

THIRD POINT. They ask one another who this is, whom even the winds and water obey.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Jesus sends out the seventy-two*

Lk 10.1-16

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus appoints seventy-two and sends them out saying, “Ask the Lord of the harvest to send out workers to his harvest field.”

SECOND POINT. He gives them instructions: don’t take a purse or bag or sandals, heal the sick, and announce that the kingdom of God is near.

THIRD POINT. Jesus tells them, “he who rejects you rejects me.”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

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Meditation: *The seventy-two return*

Lk 10.17-24

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. The seventy-two return with joy. Jesus says he saw Satan fall like lightning from heaven.

SECOND POINT. Jesus is full of joy and praises God.

THIRD POINT. He turns to his disciples and says privately that they are blessed to see what they see and hear what they hear.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Jesus, Herod, and Jerusalem*

Lk 13.31-36

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Some Pharisees come to Jesus and warn him that Herod wants to kill him.

SECOND POINT. Jesus replies, “Go tell that fox, ‘I will drive out demons and heal people today and tomorrow, and on the third day I will reach my goal.’ ”

THIRD POINT. Jesus addresses Jerusalem.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

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Meditation: *The rich man*

Mk 10.17-22

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. A man runs up to Jesus, falls on his knees and asks him what he should do to inherit eternal life. Jesus refers to the commandments, which the man says he has kept.

SECOND POINT. Jesus looks at him and loves him, then asks the man to sell everything and follow him.

THIRD POINT. The young man goes away sad because he has great wealth.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Zacchaeus*

Lk 19.1-10

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Zachaeus, a wealthy tax collector, wants to see Jesus passing through Jericho. He is short, so he runs ahead and climbs a tree in order to gain a view.

SECOND POINT. Jesus calls him down and says he must stay at his house today. Zachaeus welcomes him gladly.

THIRD POINT. Zachaeus announces he is giving half his money to the poor and making restitution for cheating. Jesus says salvation has come to his house today.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Feeding five thousand*

Mk 6.30-44

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus and the apostles try to retreat to a quiet place.

SECOND POINT. The crowds follow. Jesus has compassion on them and teaches them many things

THIRD POINT. He tells the disciples, “You give them something to eat.” They all eat and are satisfied.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

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Meditation: *Jesus walks on water*

Mt 14.22-33

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. While Jesus remains on the mountainside to pray, he sends the disciples ahead to cross the lake in the boat.

SECOND POINT. The boat is buffeted by wind and waves. Jesus comes walking out to them, and they are afraid, thinking he is a ghost.

THIRD POINT. Jesus calls Peter to walk to him on the water. Peter walks, but growing fearful, starts to sink. Jesus reaches out his hand and catches him saying, “why did you doubt?” They climb into the boat and the wind dies down.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

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Meditation: *Raising Lazarus*

Jn 11.1-44

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus hears from his friends, Mary and Martha, that Lazarus is sick, but delays going back to Bethany in Judea.

SECOND POINT. When he arrives, Jesus encounters Martha, Mary, and the other mourners.

THIRD POINT. Jesus raises Lazarus from the dead with the command, "Lazarus, come out!"

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *Jesus anointed by a sinful woman*

Lk 7.36-50

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. While Jesus is eating dinner at a Pharisee's house, a woman who has lived a sinful life brings an alabaster jar of perfume. Weeping, she washes Jesus' feet with her tears and pours the perfume on them.

SECOND POINT. Jesus speaks to Simon the Pharisee about love and forgiveness.

THIRD POINT. Jesus tells the woman, "Your sins are forgiven" and "Go in peace."

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

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Meditation: *The transfiguration*

Mt 17.1-8

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus takes Peter, James, and John with him to a high mountain by themselves. His face shines like the sun and he speaks with Moses and Elijah.

SECOND POINT. A cloud envelops them and a voice from within the cloud says, “This is my Son, whom I love; with him I am well pleased. Listen to him.”

THIRD POINT. The disciples are terrified until Jesus comes and touches them saying, “Don’t be afraid.”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

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Meditation: *Healing a crippled woman*

Lk 13.10-17

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. In the synagogue on the Sabbath, there is a crippled woman bent over and unable to straighten up. She has been like this for eighteen years.

SECOND POINT. When Jesus sees her he calls her forward and says to her, “Woman, you are free from your infirmity.” He puts his hands on her and immediately she straightens up and praises God.

THIRD POINT. The synagogue rulers are indignant because Jesus has healed on the Sabbath. Jesus responds forcefully, “should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

(10 minutes)

1. Collect yourself. The Lord is present with you; turn your face to his.
2. Ask God for what you desire—to get to know the person of the Lord, so that you can love him more, follow him, and share life with him.
3. Read once through the scriptural text which is the subject of the meditation.
4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Bartimaeus*

Mk 10.46-52

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. As Jesus and a large crowd are leaving Jericho, Bartimaeus cries out “Jesus, Son of David, have mercy on me!”

SECOND POINT. Many tell him to be quiet, but Jesus stops and says “Call him.” He throws his cloak aside, jumps to his feet and comes to Jesus.

THIRD POINT. Jesus asks him what he wants and Bartimaeus replies, “Rabbi, I want to see.” He receives his sight and follows Jesus along the road.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

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4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Jesus clears the temple*

Mt 21.12-17

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus enters the temple area and drives out those buying and selling. He quotes Jeremiah 7.11 and Isaiah 56.7.

SECOND POINT. He heals the blind and the lame who come to him at the temple.

THIRD POINT. The chief priests and teachers of the law are indignant at the response of the children, but Jesus does not rebuke them, quoting Psalm 8.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

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4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Triumphal entry*

Lk 19.28-44

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus sends disciples to prepare the way. He enters the city to joyful acclaim.

SECOND POINT. Some of the Pharisees tell him to rebuke his disciples, but he refuses.

THIRD POINT. Jesus weeps over Jerusalem saying, “you did not recognize the time of God’s coming to you.”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

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5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Parable of the tenants*

Lk 20.9-19

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus tells a parable of a vineyard and its owner.

SECOND POINT. He quotes Ps 118.22 and Is 56.1-2.

THIRD POINT. The teachers of the law and the chief priests look for a way to arrest him.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

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4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Betrayal*

Lk 21.37-22.6

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. People come early in the morning to hear Jesus teaching in the temple each day.

SECOND POINT. The chief priests and the teachers of the law are looking for a way to get rid of Jesus.

THIRD POINT. Judas Iscariot discusses how he might betray Jesus.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

(10 minutes)

1. Collect yourself. The Lord is present with you; turn your face to his.
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5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *The Last Supper*

Mt 26.17-30

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus directs his disciples to prepare to celebrate the Passover in Jerusalem with him.

SECOND POINT. Judas, his betrayer, celebrates with them.

THIRD POINT. Jesus breaks the bread saying “this is my body” and shares wine saying “this is my blood of the covenant.”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

(10 minutes)

1. Collect yourself. The Lord is present with you; turn your face to his.
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5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Gethsemane*

Mt 26.36-46

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus takes Peter, James, and John apart with him. He is sorrowful and troubled.

SECOND POINT. Jesus falls with his face to the ground, asking his Father, if it is possible, to take the cup from him.

THIRD POINT. Jesus goes away a second time and third time, praying “if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

(10 minutes)

1. Collect yourself. The Lord is present with you; turn your face to his.
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Meditation: *Arrest*

Mk 14.43-51

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Judas betrays Jesus with a kiss.

SECOND POINT. Jesus asks, “Am I leading a rebellion?”

THIRD POINT. Everyone deserts him and flees, including a young follower wearing a linen garment.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

(10 minutes)

1. Collect yourself. The Lord is present with you; turn your face to his.
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4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Before the Sanhedrin*

Mk 14.53-65

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus is taken before the high priest, the chief priests, elders and teachers of the law. Peter follows him at a distance.

SECOND POINT. False and conflicting testimony is offered against him. He says nothing until he is put the question, “Are you the Christ, the Son of the Blessed One?” Then he says, “I am.”

THIRD POINT. Jesus is condemned, spat upon, blindfolded, and beaten.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

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Meditation: *Pilate*

Mk 15.1-15

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus is brought to Pilate, who asks him if he is the king of the Jews.

SECOND POINT. The chief priests accuse him of many things but he is silent.

THIRD POINT. Pilate offers to release the king of the Jews. But the people shout “Crucify him!”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

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Meditation: *Crucifixion*

Mk 15.16-32

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Soldiers torture and mock Jesus with a purple robe and crown of thorns. Simon of Cyrene is forced to carry the cross for him.

SECOND POINT. Jesus is crucified.

THIRD POINT. Passersby and the chief priests and teachers of the law mock him. “Let this Christ, this King of Israel, come down now from the cross, that we may see and believe.”

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

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Meditation: *The Death of Jesus*

Mk 15.33-40

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus cries out, “My God, my God, why have you forsaken me?”

SECOND POINT. With a loud cry, Jesus dies. The curtain of the temple is torn. The centurion at the cross says, “Surely this man was the Son of God!”

THIRD POINT. Many women who had followed him are watching from a distance.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

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Meditation: *Burial*

Mk 15.42-47

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Joseph of Arimathea, who is “waiting for the kingdom of God,” goes boldly to Pilate to ask for Jesus’ body.

SECOND POINT. Joseph buys linen cloths, takes down the body, and wraps it in the linen. He places the body in a tomb cut out of rock and rolls a stone against the entrance.

THIRD POINT. Mary Magdalene and Mary the Mother of Joses watch and see where he is laid.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

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Meditation: *Resurrection*

Lk 24.1-12

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Early in the morning, women who have come with Jesus from Galilee return to the tomb with spices.

SECOND POINT. They find the stone rolled away and the tomb empty. Two men in gleaming clothes say, “He is not here; he has risen!”

THIRD POINT. The women tell what happened to the Eleven and the others. They do not believe the women. Peter runs to the tomb and sees the strips of linen lying by themselves. He goes away wondering what has happened.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

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Meditation: *The road to Emmaeus*

Lk 24.13-35

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Two of Jesus' followers are traveling on the road to Emmaus and talking about everything that had happened.

SECOND POINT. Jesus comes up and walks along with them. He listens to their account and then explains what was in the Scriptures concerning himself.

THIRD POINT. They recognize him when he breaks bread with them.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

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5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Jesus appears to his disciples*

Lk 24.30-49

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. While the disciples are talking about the report from the men on the road to Emmaus, Jesus appears and says “Peace be with you.”

SECOND POINT. They are afraid he is a ghost, but he shows them he is flesh and blood.

THIRD POINT. He opens their minds to the Scriptures. He tells them that he will send what his Father has promised, but they are to stay in the city until they have been clothed with power.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

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Meditation: *Ascension*

Acts 1.1-11

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Jesus appears to his disciples over a period of forty days and speaks about the kingdom of God.

SECOND POINT. He tells them they will receive power when the Holy Spirit comes on them, and that they will be witnesses in Jerusalem, in Judea and Samaria, and to the ends of the earth.

THIRD POINT. He is taken up and a cloud hides him from their sight.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

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2. Ask God for what you desire—to get to know the person of the Lord, so that you can love him more, follow him, and share life with him.
3. Read once through the scriptural text which is the subject of the meditation.
4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Pentecost*

Acts 2.1-13

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. On the day of Pentecost the disciples are all together when a sound like a wind comes from heaven and fills the house where they are sitting. What seems to be tongues of fire come to rest on each and they are filled with the Holy Spirit and begin speaking in other tongues.

SECOND POINT. Visiting Jews from many nations hear them talking in their own languages.

THIRD POINT. Some are amazed and perplexed, others say the the disciples are drunk.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord's Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

(10 minutes)

1. Collect yourself. The Lord is present with you; turn your face to his.
2. Ask God for what you desire—to get to know the person of the Lord, so that you can love him more, follow him, and share life with him.
3. Read once through the scriptural text which is the subject of the meditation.
4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Peter preaches and the community grows*

Acts 2.14-47

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Peter stands up with the Eleven and preaches, quoting the prophet Joel.

SECOND POINT. On hearing his words, the people ask the apostles, “Brothers, what shall we do.”

THIRD POINT. The fellowship of believers puts everything in common and breaks bread together in their homes with glad and sincere hearts.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.

Preparation

(10 minutes)

1. Collect yourself. The Lord is present with you; turn your face to his.
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4. Consider for a moment the context—the history that has led up to the events described.
5. In your mind see the place where the action of the text occurs. What does it look like? What are the sounds and smells? Imagine what it is like to be there.

Meditation: *Peter heals*

Acts 3.1-10

Consider each point for 10 minutes. Use your imagination to fill in details and make these real events vivid in your mind. The goal is not to acquire knowledge about the text, but to see the person of the Lord revealed in his words and actions.

FIRST POINT. Peter and John are on the way to the temple when a crippled man asks them for money.

SECOND POINT. Peter tells him he has neither silver nor gold, but commands him “In the name of Jesus Christ of Nazareth, walk.”

THIRD POINT. The man is healed and goes into the temple walking and jumping and praising God. People recognize him and are amazed.

Conversation

(15 min.) Talk to God about what you experienced in doing the meditation and listen to what he says. Speak to the Lord as one friend speaks to another, or as a son to his beloved and respected father: now describing what happened to you, now asking him for a favor, perhaps acknowledging misdeed, fear, or weakness, and seeking to understand his experience, his thoughts and views. Speak with complete candor. Close by praying the Lord’s Prayer.

Reflection

(5 min.) The meditation is now over. Reflect on your experience of the meditation. You may want to record your reflections and subsequently to share this with your head or others.