

# Meditation 2

## LUKE 6:46-49

“I will show you what someone is like . . .”

“Why do you call me, ‘Lord, Lord,’ but not do what I command? I will show you what someone is like who comes to me, listens to my words, and acts on them. That one is like a person building a house, who dug deeply and laid the foundation on rock; when the flood came, the river burst against that house but could not shake it because it had been well built. But the one who listens and does not act is like a person who built a house on the ground without a foundation. When the river burst against it, it collapsed at once and was completely destroyed.”

### Points for Meditation

- 1) “I will show you what someone is like who comes to me, listens to my words, and acts on them.” Remember the Italian saying, “Chi bene comincia e’ a meta’ dell’opera”. Whoever begins the job well is halfway through it? I would like to invite you to listen carefully to the words of Cardinal Cantalamessa to all of our Bishops gathered together for a retreat:

“First of all I want to give you some advice about how to proceed with (prayer). Before reading, recollect yourself before me. Feel my breath and imagine being in my presence full of love and salvation; imagine that I’m speaking to you personally. Ask my Spirit to reveal my word to you and to open your heart to me. Then sit down and read the passage attentively. . . Let every word enter deeply into your heart; try to taste it, to savor it, to repeat it until it penetrates you. Believe that I myself am addressing every word to you . . . Look at me and let me look at you. Tell me what’s bothering you right now and ask me what I want to say about it. And then listen in silence to my response. . .”

(Cantalamessa, Raniero. *Shepherds and Fishermen*. Liturgical Press, pg.3).

- 2) “I will show you what someone is like who comes to me, listens to my words, and acts on them.” Today you will hear and study about the 3 “R’s”: Read, Reflect, Resolve. This is a simple way, a methodology to learn how to meditate.

- 3) "I will show you what someone is like who comes to me, listens to my words, and acts on them." Notice the last 3 words: ". . . acts on them." There is our 3<sup>rd</sup> R! Resolution!

## Quotes for Meditation

"For the Christian, meditation enters through the door of Jesus Christ. The practice of meditation also follows this path. And the Christian, when he or she prays, does not aspire to full self-transparency, does not seek the deepest center of the ego. This is legitimate, but the Christian seeks something else. The prayer of the Christian is first of all an encounter with the Other, with a capital "O": the transcendent encounter with God. If an experience of prayer gives us inner peace, or self-mastery, or clarity about the path to take, these results are, one might say, consequences of the grace of Christian prayer, which is the encounter with Jesus. That is, meditating means going—guided by a phrase from the Scripture, from a word—to the encounter with Jesus within us."

(Pope Francis: "Meditation is for everyone. But for Christians, it must lead to Jesus." April 28, 2021)

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"Meditation can be defined as a reasoned application of the mind to some supernatural truth in order to penetrate it's meaning, love it and carry it into practice with the assistance of grace."

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(Aumann, Fr. Jordan. *Spiritual Theology*, p. 318)

***"Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to adhere and respond to what the Lord is asking. To meditate on what we read helps us to make it our own by confronting it with ourselves. Here, another book is opened: the book of life. We pass from thoughts to reality. To the extent that we are humble and faithful, we discover in meditation the movements that stir the heart and we are able to discern them. It is a question of acting truthfully in order to come into the light: "Lord, what do you want me to do?" (Catechism of the Catholic Church. Par. 2705, 2706)***

## Possible Resolutions:

- 1) Choose a passage from the Gospel and prayerfully practice doing another meditation later on in the day.
- 2) Call a friend or a relative and talk to them about meditation.
- 3) Talk with someone today who has been doing meditation for some time. What are their suggestions for you as you begin or continue on in this journey of daily meditation.

