

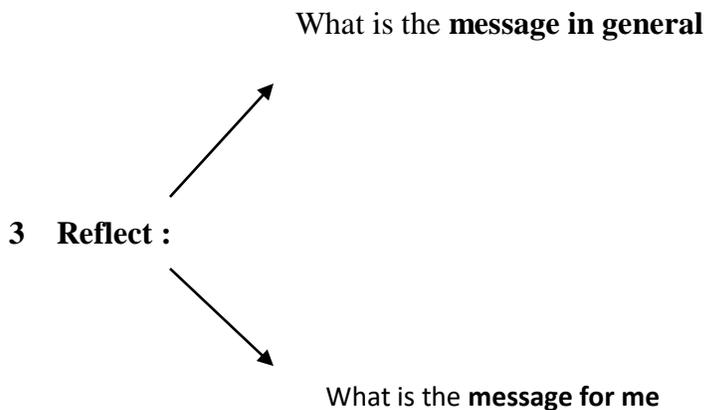
HOW TO MEDITATE

1 Come Holy Spirit, clear my mind, fill my heart with love and teach me what you want....

Hail Mary....

(You could choose a different prayer or even a song to ask Jesus to help you not to be distracted and to open your heart and mind to Him)

2 Read: read the passage **slowly** and **several times** (you can **circle** some most significant words)



4 Speak with Jesus: You may **write** down your conversation with Jesus

5 Make a resolution: Choose an action or a prayer connected with the passage that you would like to do for Jesus to make Him happy today ; ask His help during the day (**the resolution has to be something that you can easily do before the next day**)



Luke 19:1-10

Zacchaeus the Tax Collector.^a 1He came to Jericho and intended to pass through the town. 2Now a man there named Zacchaeus, who was a chief tax collector and also a wealthy man, 3was seeking to see who Jesus was; but he could not see him because of the crowd, for he was short in stature. 4So he ran ahead and climbed a sycamore tree in order to see Jesus, who was about to pass that way. 5When he reached the place, Jesus looked up and said to him, “Zacchaeus, come down quickly, for today I must stay at your house.” 6And he came down quickly and received him with joy. 7When they all saw this, they began to grumble, saying, “He has gone to stay at the house of a sinner.”^b 8But Zacchaeus stood there and said to the Lord, “Behold, half of my possessions, Lord, I shall give to the poor, and if I have extorted anything from anyone I shall repay it four times over.”^c 9* And Jesus said to him, “Today salvation^d has come to this house because this man too is a descendant of Abraham. 10*^d For the Son of Man has come to seek and to save what was lost.”
