

1) Five Preparatory Elements**i. Gaze of God and Act of Reverence****ii. Preparatory Prayer**

"I pray that all my intentions, inclinations, actions and operations be directed purely toward the service and praise of Your Divine Majesty"

iii. Review of Passage**iv. Composition of Place (5 senses)****v. Ask for the Grace**

"I pray Lord, that I may have a more intimate knowledge of you who have become Man for me, so that I may love You more deeply and follow You evermore closely."

2) Body of the Prayer ~ Note what stirs

i. Look at the people

ii. Listen to the words

iii. Observe the action

3) Concluding Elements

i. Colloquy - *Share & Listen*

ii. Our Father

iii. Journal - *Brief capture*

Luke 24:35-48

The two disciples recounted what had taken place on the way, and how Jesus was made known to them in the breaking of bread.

While they were still speaking about this, he stood in their midst and said to them, "Peace be with you."

But they were startled and terrified and thought that they were seeing a ghost.

Then he said to them, "Why are you troubled? And why do questions arise in your hearts?"

Look at my hands and my feet, that it is I myself.

Touch me and see, because a ghost does not have flesh and bones as you can see I have."

And as he said this,

he showed them his hands and his feet.

While they were still incredulous for joy and were amazed,

he asked them, "Have you anything here to eat?"

They gave him a piece of baked fish; he took it and ate it in front of them.

He said to them,

"These are my words that I spoke to you while I was still with you,

that everything written about me in the law of Moses

and in the prophets and psalms must be fulfilled."

Then he opened their minds to understand the Scriptures.

And he said to them,

"Thus it is written that the Christ would suffer and rise from the dead on the third day

and that repentance, for the forgiveness of sins, would be preached in his name

to all the nations, beginning from Jerusalem.

You are witnesses of these things."