

Host or designated reader/leader begins the Upper Room prayer hour by reading this message from Fr. David:

Message for May

Dear friends in Christ:

Meditation is an exercise and a form of prayer in which we try to understand God's Revelation of the truths of faith and the purpose of the Christian life, and how it should be lived, in order to adhere and respond to what the Lord is asking (CCC 2705).

I am going to give you 5 stories in the Bible and ask you to spend 2 minutes meditating on them personally. I do not want you to read the story but meditate on it just based on your memory of the story alone. Then share your thoughts with the group. Furthermore, I want you to wonder about some of the following elements in your meditation; that is, while you think about the Bible Story, consider:

- What the temperature, weather or surroundings must have been like
- Who all is present
- The feelings or emotions that were present in each person
- What the main characters were trying to achieve
- What obstacles were present
- Who you identify with the most in the story
- Is there Love
- Is there Faith
- Is there Hope

Ok so here are the five stories:

- **The sacrifice of Abraham of Isaac**
- **Moses brings the 10 Commandments to the people the first time**
- **The Battle between David and Goliath**
- **Multiplication of the Loaves and Fishes**
- **The Ascension**

For prayer choose a decade of the Rosary and meditate on it for 5 minutes (applying the same considerations you used for the bible stories) and then share and pray the decade together.

Next Month's Upper Room will be about contemplation.