

# Meditation 6

## LUKE 10:38-42

### Meditating with Icons: Our Lady of Perpetual Help, Part II

38 Jesus entered a village where a woman whose name was Martha welcomed him.

39 She had a sister named Mary who sat beside the Lord at his feet listening to him speak.

40 Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me."

41 The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things.

42 There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

**"In the inner stillness where meditation leads, the Spirit secretly anoints the soul and heals our deepest wounds."**

~St. John of the Cross

### 3 REFLECTION QUESTIONS TO HELP DURING YOUR REFLECTION AND CONVERSATION WITH GOD:

Let us keep in mind, during our time of reflection the suggestions that Fr. Steve gave us to enhance our meditations. Just to name a few:

1. What is attracting my attention, i.e., what caught my attention, or struck or impressed me?
2. What does God want for me, i.e., am I pointed to something specific?
3. What am I spiritually coming to realize, i.e., what previous understanding about God, myself, others and/or life has changed?

The ATTITUDE we are invited to have as we meditate on an icon: Sit beside Jesus, our Blessed Mother, at their feet, listening to them speak to you.

Some details that might facilitate your prayer and contemplation of the icon of *Our Lady of Perpetual Help*, keeping in mind that this icon has two titles (excluding the original title from the XV century, *The Miraculous Picture of the Mother of God.*): *The Virgin of the Passion* and *Our Lady of Perpetual Help*:

- Only half of the Virgin's body is shown.
- The child Jesus is depicted in full proportion. He is wearing sandals, but one is almost falling off his foot.
- The Archangels.
- Our Lady's face.

## THE ICON MESSAGE AND HOW IT MIGHT SPEAK TO ME:

Mary, her gaze, her posture, the colors of her clothes, etc.

Jesus, his gaze, his posture, the colors of his clothes, etc.

It is Mary that is truly speaking to each of us through all of these details. Maybe she is trying to say something like this to us: "I know there are many things in your life that are terrifying, painful, not understandable, and difficult. I know, too, that you need someone to turn to in times of dread and suffering. I want to offer you the same comfort, solace, consolation and love that I gave my Son, Jesus. I want to be there for you. So, run to me like He did, and throw yourself into my arms. I will hold you close to my heart, protecting you and comforting you."

Our Lady of Perpetual Help, pray for us!

