

Meditation on a Recent Home Visit

1. Find 15 minutes in your day and a relatively quiet place where you won't be disturbed.
2. Ask God to give you the grace of seeing how He has been working in your life as a Vincentian.
3. Think back over the past few months (or longer!), and allow your mind to wander through some of the home visits you have made.
4. Choose one client you visited whom you are especially thankful to have been able to meet. What is it about them or their story that makes you thankful for the encounter?
5. Try to remember as many details as you can about the visit. Then, briefly jot down answers to the following questions:
 - a. Who was in the client's household?
 - b. What did the home look like on the outside? On the inside?
 - c. What emotions did you feel as you made the visit?
 - d. What specific help did the client need?
 - e. Why was the client in the position of needing help?
 - f. What positive characteristics did you see in the client?
 - g. What material assistance or referrals was the conference able to provide?
 - h. What spiritual assistance or emotional support were you able to provide?
 - i. Do you know how things ended up working out for the client?
6. Finally, ask yourself, "How was Christ revealing Himself to me through this client or his/her household?" Again, briefly write down your answer.
7. Conclude by thanking God for this encounter in which you were Christ to a neighbor and that neighbor was Christ to you. Ask for continued blessings on your service and on the life of that neighbor.