

# Ignatian Imaginative Prayer with the Gospel



## Begin in Prayer

Come Holy Spirit. *(Pause and repeat slowly.)*

Heavenly Father, I know that you want to speak to me.

Remove any obstacles or distractions that would inhibit you being able to speak to me. As a Father speaks to His beloved daughter allow my heart to hear your words of love. *(Pause, and then continue with slowly reading the Scripture using the directions below).*

## First Reading

Listen to the story for the broad strokes: Where and when does it take place? Who is there? What happens?

## Second Reading

Listen for more details:

- Who are the major players?
- Who else is there?
- What are they doing?
- How do they interact?
- What is the setting like?
- What time of day is it?
- What is the mood, the atmosphere?

## Third Reading

Notice more details and begin to feel yourself in that place, in that story:

- Who are you or what are you (you may be an inanimate object, an animal, part of the scenery; you may be a person or thing that is not specially mentioned in the printed story).
- What are you doing, thinking, feeling or what is being done to or with you if you are inanimate.
- What are the sounds, the smells, and the other details about the location that you notice?
- What are the emotions and the undertones that you notice?

## Fourth Reading

As you read it one final time, experience the story as the person or object that you are in the story.

Take some time to journal thoughts and reflections. Let God speak to you.

When finished praying, thank God for speaking through His Word and through your imagination. Pray an Our Father.

