

CALM. QUIET. HOPE. TRUST
WEEK THREE: SPIRITUAL PRACTICE:
Ignatian Contemplation
(Imaginative Prayer)

This week I am inviting you to participate in a 16th century prayer exercise, known as Ignatian Contemplation, or imaginative prayer. It is an active way of praying that engages the mind and heart and stirs up thoughts and emotions. In this spiritual exercise, you place yourself inside a biblical story, using your imagination to interact with Jesus and others.

This week you will be invited to place yourself in a gospel story, experiencing the scene in your imagination, enveloping the scene and interacting with those present.

Choose your text: I have selected three stories where Jesus enters into the chaos and brings calm. While I encourage you to use one of these three stories, you are welcome to select an alternative.

- Mark 4: 35-41-Jesus calms the storm
- Matthew 14: 22-33-Jesus and Peter walking on the water
- Mark 9: 14-27-Jesus heals a man's demon possessed son

Center yourself: Begin with a breathing prayer or listening to John Michael Talbot's Psalm 131.

Calm & Quiet: Take several deep breaths, try to clear your mind. Become aware of being in God's presence. Offer to God all your pride and ambition and ask for peace and grace that you need right now.

Read and reflect: Read the text slowly and carefully. Reflect on elements of the story that connect with your soul.

Enter the story: Place yourself inside the story, using your imagination; become one of the characters in the scene. Participate in the dynamics of the scene, dialoguing & interacting with Jesus and other characters. Observe what is going on around you in the scene: what you see, hear, feel, smell, taste, touch. Dialogue with the other characters: What do they say or ask you? What do you say or ask them in reply?

Observe: Notice what is going on inside you as you pray: joy, sorrow, peace, confusion, love, anger, etc. If you get distracted or your mind wanders, gently return to the biblical text and re-enter the scene.

Closing Prayer: Enter into a short personal conversation with Jesus. Speak heart-to-heart, as if conversing with a close friend. Ask Jesus what He would say to you today.

Process: Review what you experienced during this time of prayer. Consider writing your experience in a journal or drawing what happened while in your scene.