Ignatian Imaginative Prayer

A guided invitation to enter a Gospel story with Jesus

This practice invites you to prayerfully engage your imagination as you read a Gospel story. It is a way to attend to Jesus and bring your response to Him. Set aside 10 to 20 minutes, or take your time. There is no experience you need to achieve.

1. Become aware of God

Find a comfortable place. Take a moment to settle and remember that God is with you. Ask the Holy Spirit to guide your attention as you read.

> **Jesus, help me be present with You and open to Your Word.**

2. Read the story

Choose a short Gospel passage. A place to begin is Luke 10:38–42, where Jesus visits Martha and Mary. Read it slowly, perhaps twice. Notice who is there, what happens, and what Jesus says. Keep your Bible nearby so you can return to the passage.

3. Enter the scene

Begin to imagine the story and notice what unfolds. What scenes, images or impressions come to mind? Allow them to emerge without trying to create a perfect picture or force what happens.

As the scene unfolds, notice where you find yourself and whose perspective you may be experiencing. What can you see, hear, smell or feel? Notice the atmosphere, the people, their expressions and movements, and your own response. Stay attentive to Jesus and what the passage actually tells us.

If imagining pictures is difficult

That is okay. You might focus on the words and conversation, listen to the passage being read, or consider the people's perspectives without creating a visual scene. Engage in the way that works for you.

Continue with the story

Take your time.You can pause, return to the passage, or simply be with God.

4. Notice Jesus and your response

Pay attention to Jesus' words, actions and manner. Notice what draws your attention and what happens within you as you engage. Perhaps there is a thought, feeling, question, memory or moment you want to stay with.

> **What do I notice about Jesus? What do I find myself feeling or wanting to say?**

5. Talk with Jesus

Speak to Him honestly about what you noticed. You might share a question, gratitude, discomfort, longing or concern. Ask Jesus what He might want to show or reveal to you through this story. Allow a little quiet afterwards; there is no need to force an answer or a particular feeling.

> **Jesus, this is what I want to bring to You... What would You like me to know about this scene or story?**

6. Reflect and respond

Look back over your prayer. What stayed with you? Is there one small response you would like to carry into the day? You may write a few words, draw or reflect quietly.

> **What did the passage say? What did I imagine? What might I want to bring to God again?**

Imagined details can help us engage, but they are not extra facts in the Bible. Hold them as personal reflection, return to Scripture, and take time to discern any impressions. If an exercise feels overwhelming, pause, open your eyes and choose what feels manageable.

A closing prayer

Jesus, thank You for meeting me as I spend time in Your Word. Help me know You more deeply, listen to You and carry what I have noticed into my life. Amen.

Inspired by Ignatian Gospel contemplation and the Spiritual Exercises.