



Sitting in God's Gaze

For a few minutes, settle your body, quiet your mind, and remember you are approaching your Lord and God. How does He look at me? What is His desire for me?

Preparatory Prayers

Lord my God, I beg you for the grace that all of my intentions, actions, and operations may be directed purely to the praise and service of Your Divine Majesty.

My Lord and my God, I firmly believe that you are here; that you see me, that you hear me, I come to you with reverence; I ask your pardon for my sins, and the grace to make this time of prayer fruitful.

Date: _____ Scripture Verse: _____

Preludes	Points
First Prelude: Read the Scripture. Get the context and scene. Imagine the physical place and the details of the scene. What happens before and after these verses? Second Prelude: Ask for the grace you desire in accordance with the subject matter. Meditation: Mentally envision the scene with as much detail as possible. Reread the passage to "see more". Visualize the scene: - What day and time of day is it? - Where are we, in a building, out in the desert, at a home, temple, etc.? - Look around the scene, what is there- objects, people, animals, birds, tents, etc. - Historically, what has happened so far, what is happening after this scene. - Who are the characters in the scene, even those not mentioned? Engage your senses: - What do you hear, smell, touch, taste, and see? - What are others hearing, smelling, etc.? Enter in: Imagine you are in the scene - Choose who you are in the story and imagine how you are involved. Doesn't even have to be a character named in the scripture. Observer or participant. - Consider what they "you" are doing, thinking, saying, or feeling in respond to what is happening. Where is Jesus? Keep eyes on Jesus - What is he experiencing in his five senses, in his emotions, his desires. - What is he doing, saying, feeling, or trying to teach? - What is its importance? Does it affect you? Imagine it playing out as a drama	Consider each point below in order to draw some fruit from it. Reread the Scripture as needed. First Point: See each of the persons involved and your character. Consider; what is their role, position, purpose, and desire? How does this relate to me today? Second Point: Observe, consider, and contemplate what they are saying. Then, what is my character saying. How do I respond or wish to respond? Third Point: See the persons, what are they doing? What do I feel led to do? Imagine doing it. Do I feel able to participate? Stop when something impacts you and captures your attention. Ponder what and why? Notice what you feel, desire, and think. What do you find yourself desiring to do or say? Colloquy (Conversation): Speak to the Lord about what you are seeing in him or in others in the scene. Tell him what is happening in your heart because of what you are watching. Relate to him what you feel. Give gratitude. Tell him what you desire. Listen to anything that comes to mind as a response from him. Don't be afraid to just be quiet with him, to let his peace sink into you. To let him repeat to you his words of love and truth.

Journal

Date:

Scripture Verse:

Review of Prayer

What happened to me while I was praying: how was I moved or agitated, did I experience consolation or desolation, what spiritual insights did I receive, did I see things with greater clarity, how did God work in me, and how did I cooperate?

What grace did I ask to receive? Did I get it? How?

Any ideas, thoughts, or questions come to mind?

Any feelings, emotions, or desires, especially strong ones?

- *How would you describe them? Peaceful, creative, holy, energizing, joyful? Disturbing, angry confusing, fearful? Flat, dry, boring, empty of feeling?*
 - *Did you experience any increase/decrease in faith (trust), hope or love of God?*
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Did any specific words or phrases stand out to you? Why? Does it have specific meaning for you?

How did you experience God during your prayer?

- *Did He feel close or distant? Did you feel His love, protection, or care?*
 - *Did you feel anything towards Him?*
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Were there any indications or clues as to where He is calling you to change or to do something?

- *Attitude, Behavior, Activity, Ministry Perspective*
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Did you have any persistent distractions?

- *Assign them to a category. Ex. work, home, relationship, to-do list, etc.*
 - *Consider underlying thoughts, feelings, desires.*
 - *Is there something to surrender or a potential call from the Lord?*
 - *Can you tell if they are pulling you closer to the Lord or away from Him?*
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This review means that St. Ignatius does not want me to be concerned with these inner moods or feelings while they are actually occurring during the hour of prayer. Introspection during the prayer itself would put a quick end to any receptivity or spontaneity. St. Ignatius and anyone making the Exercises can afford to banish self-examination and self-reflection from meditation and contemplation as long as the prayer will be followed by a period of time when the various moods and feelings and desires will be sorted out. And, of course, if nothing happened in my prayer, I must ask myself why.