

IMAGINATION PRAYER

Imagination Prayer involves praying reflectively with a passage of scripture.

Gospel passages work well for imagination prayer, although other passages may be very meaningful as well.

To begin, read the passage slowly two or three times. Get a clear sense of the story in your mind. Ask God by his Spirit to guide you as you meditate on the story and enter into it.

Without forcing any particular train of thought, allow your imagination to recreate the scene from the passage. Engage as many of your senses as possible. Imagine the scene. Imagine the sounds and smells; even the sense of feeling and taste can come into it depending on the story.

See yourself in the scene. Perhaps you will imagine yourself as one of the characters in the story. Perhaps you will be part of the crowd. Don't worry if the way you see yourself in the scene seems odd. Don't worry about historical details. Just observe the scene as it unfolds in your imagination. Allow yourself to enter into it. Take your time with it.

Sit with this experience quietly for a few minutes.

When you have finished, spend some time reflecting on the experience. Without making a judgement on it, either good or bad, take note of where you appeared in the scene. Who did you connect with, if anyone? Where were you in relation to others? Where were you in relation to Jesus? What did you do? How did you feel? Observe your own reactions within the scene. Observe your reactions to the experience of praying this way.

Ask God to help you to see what He is saying to you through this experience, and what it might mean for your relationship with Him. Thank Him for communicating with you in this way. Amen.