

imaginative prayer

LIVINGTHEWORD

IMAGINATIVE PRAYER

God has given us an imagination - we can use this in prayer to enter a scene, notice our reactions, where we place ourselves in a scene. Sometimes this 'reveals' us more than our words.....

- Call upon the Holy Spirit to be with you during your time of prayer
- Read the passage and actively use your imagination as you read the Scripture passage. Imagine what the times looked like. The people, their faces, the buildings, the landscape. Who is speaking, what does their voice sound like? Pause to understand what different characters are feeling or thinking. What is happening. Who is hurting. Why? Make yourself be specific. When you are with Jesus are you at a distance or close beside him? Is there a burning issue you really want to share with him?
- Tell God what you want, and be as specific as possible. For instance: "Lord, I need to feel your healing power and hear your words of comfort for me."
- Who are you in the story as the story unfolds? Picture the sounds, smells, people's actions. Let the meditation find a life of its own. Don't try and control what happens, let your imagination be guided by the scripture passage and God.
- If you reach a point where you feel nothing is happening. Within your imagination feel free to cry out to Jesus to help you. Ask any questions that occur to you.
- Allow time for God to respond. If you experience very little, gently be aware that we do not control God, all that we can do is be open to God in prayer. Keep trying.
- Finish with a closing prayer that speaks to you.

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GETTING STARTED

- It is very easy to try and 'control' prayer and what happens.
- Trust in yourself and God's gift of your imagination
- Try and start with gospel stories that have a number of characters. Try and feel what they are feeling.
- Read slowly a couple of times, get the feel and scene and then enter fully in and let your imagination lead you.....
- Prodigal Son Lk 15:11.
- Tearful woman Lk 7:36
- Bleeding woman Mk 5:21
- Woman at the Well Jn 4
- Man at the pool Jn 5
- Washing of the feet Jn 13
- Walking on water
- Good Samaritan Lk 10:29
- Rich young man Mt 19:16