

Praying with the Imagination

Take a few moments to become still and quiet.

Spend a while letting God/Jesus look at you or be with you.

Ask Him for what you long for.

Read through the text two or three times until you are thoroughly familiar with the story.

Let the scene gradually build up in your mind's eye.

Take your time... see everything that is around... hear what is said... feel, taste, smell...

Imagine being an onlooker to what is happening, or one of the characters in the story.

Take the place in the scene where you feel most drawn to and then let things evolve.

Notice your thoughts and feelings whilst you do so.

What is your response to what is happening?

Is there something you want to ask or say to God/Jesus?

Is there something He wants to say to you?

Talk with Him as a friend talks with a friend.

Stay in the scene for as long as you have chosen to, and then draw the prayer to a close.

At the end of your prayer time take a moment to reflect using the following questions:

What was most important for me during my time of prayer?

Where did I feel most moved?

What did I feel?

What did I think?

What do I sense God is wanting to tell me?

Is there any action I need/want to take?

