
IMAGINATIVE PRAYER

Put yourself in the story!

WHAT IS IT?

Imaginative Prayer

Created by St. Ignatius in the 1500s as a way to enter into the Scriptures and experience the presence of God, Imaginative prayer in its simplest form is imagining what is happening in the biblical narrative as it unfolds.

- Hebrews 4:12 "For the word of God is alive and active."

WHERE TO START?

Find a Narrative Story from Scripture

First, find a passage of scripture that tells a story (so stay away from books like the Psalms or Proverbs for this exercise) in 20 verses or less. Then find a place to get comfortable and close your eyes.

IGNITING YOUR IMAGINATION

Enter the Story

Have someone read the passage you selected (or listen to an audio bible) slowly and carefully. Try to imagine you are part of the story. Perhaps you become one of the characters, or even an animal or tree along the way. Use your senses as you listen to the story, what might you hear, taste, touch or smell? What facial expressions might the characters make?

TALK ABOUT IT

Share Your Experience or Write it Down

What did you see? What did you hear? Who were you in the story? Who was close to you, and who was far away? What did you touch, taste, or smell in the story? Then close your time in prayer, thanking God for the rich time of entering into his Word together.