

Ignatian Gospel Contemplation

Developed by Saint Ignatius of Loyola (10/23/1491 – 07/31/1556)

A suggested format:

- ❖ Prepare yourself for prayer by assuming a comfortable position and allowing yourself to become silent. Select a passage from Scripture with which to pray. It is usually best to begin with the Gospels, because the details and story line are especially suited to this method. With some experience you will be able to spot other passages in Scripture that also work well.
- ❖ Read the passage through once, paying special attention to the characters and the concrete details: What does this place look, feel, smell, and sound like? Who is there? What action unfolds? What words are spoken? You may wish to reread the text several times to absorb all the details.
- ❖ Next, enter into the scriptural account in your imagination, just as if you were there. Employ your senses to allow the details to come alive. Listen, taste, feel, smell, and see all you can. Either be yourself or imagine yourself as one of the people in the passage. Converse and interact with the people. Allow the events to unfold in your imagination without changing any of the essential details from the Bible passage.
- ❖ As you experience the passage, pay careful attention to all your reactions, all that you are feeling and thinking.
- ❖ Respond to this experience in prayerful conversation with Jesus.

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