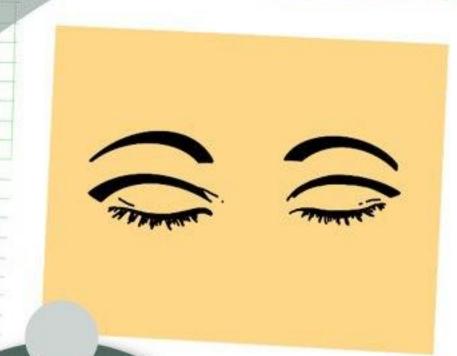
# In a finative I contemplation

A type of prayer that uses our imaginations
. one moves from 'thinking' to 'feeling' to 'being'
. by imagining scenes from the Bible, God reveals himself to
us through sights, sounds, characters, feelings



stare in your small your small

### HOW TO PREPARE

## 1) Choose a text

narrative or descriptive usually a Gospel text so we can accompany Jesus through His life and allow the Holy Spirit to bring meaning from His life to ours now

## Find a comfortable & quiet place ask for the grace of openness and for the

ask for the grace of openness and for the Holy Spirit to guide your imagination

## 3) BE STILL

recognise that God's presence is within and all around you

#### WHAT TO DO:

We will be using the Gospel passage from John 10:1-10

- 1. Listen to the Gospel (You may head over to YouTube and type John 10:1-10)
- 2. As you listen, note what is the first thing that struck you
- 3. Describe the scene that you're in. (5 Minutes) Eg. who is present, what are you doing, what do you see.

### REFLECTION QUESTIONS

- 1. What is one line from the Gospel that speaks to you?
- 2. Are you in the sheepfold, outside the sheepfold or far from the sheepfold? Why?
- 3. What is God's invitation for you this week?

Share your reflections in your small group. At the end, each person is to share a grace that they would like to receive and in your group, pray for one another.

