

Imaginative 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



Share in
your small
groups
!!!

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

② Find a comfortable & quiet place

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.

