

Ignatian Contemplation

Praying with the Imagination

Choose a passage from scripture with enough details to spark your imagination

Invite the Holy Spirit to guide.

While God is always with you, intentionally asking the Holy Spirit to walk with you during this time can help you remain aware of God's presence.

Read the passage.

Find a quiet place. Slow down and take your time with the words. Try to relax your body and mind more with each reading.

Use your imagination to see the scene

Once you've read the story, notice what details from the setting stand out. Try to engage with the different senses: sight, smell, sound, touch, taste... How can you start to make the story come to life in your mind?

Place yourself in the scene

Where do you see yourself in this passage? Who else is there? What do you see or hear around you? What feelings come up?

Reflect on what you notice

What stood out to you during this time of prayer? What was most comforting or the most challenging? What, if anything, made you feel the close to God? When you are finished, offer a prayer of thanks.

Isaiah 65:17-25

For I am about to create new heavens
and a new earth;
the former things shall not be remembered
or come to mind.

But be glad and rejoice forever
in what I am creating,
for I am about to create Jerusalem
as a joy and its people as a delight.
I will rejoice in Jerusalem
and delight in my people;

no more shall the sound of weeping
be heard in it
or the cry of distress.

No more shall there be in it
an infant who lives but a few days
or an old person
who does not live out a lifetime,
for one who dies at a hundred years
will be considered a youth,
and one who falls short of a hundred
will be considered accursed.

They shall build houses and inhabit them;
they shall plant vineyards
and eat their fruit.

They shall not build and another inhabit;
they shall not plant and another eat,
for like the days of a tree
shall the days of my people be,
and my chosen shall long enjoy
the work of their hands.

They shall not labor in vain
or bear children for calamity,
for they shall be offspring
blessed by God—
and their descendants as well.

Before they call I will answer,
while they are yet speaking
I will hear.

The wolf and the lamb
shall feed together;
the lion shall eat straw like the ox,
but the serpent—its food shall be dust!

They shall not hurt or destroy
on all my holy mountain,
says the Holy One.