

The Steps of Ignatian Contemplation

Ignatian Contemplation is a prayer method St. Ignatius recommends when praying with the life of Jesus. It not only allows us to hear and read the words of Jesus but also moves what is going on in the Scripture into our imaginations. This helps us not only hear Jesus but also watch the way he moves and acts.

1. **Select a Scripture:** Pick a passage from one of the four Gospels: Matthew, Mark, Luke or John.
2. **Read:** Read the passage several times slowly so that you almost know the story well enough to share it with another person.
3. **Image the Scene:** Close your eyes and imagine the scene. Imagine what the scene looks like. Who is in the scene? What are they doing? Where are they located? What do you notice about the environment? What smells are there? What sounds? Let the Holy Spirit guide this unfolding in your mind for you.
4. **Put yourself in the scene:** As the scene begins to take shape in your mind, put yourself in the scene. Notice where you are.
5. **Notice what happens:** Let the story unfold in your mind. Stay with it until you feel nudged to move to reflection.
6. **Respond and Rest:** Share with God what you noticed and experienced. Then rest in God and let God speak to you.
7. **Reflect:** Reflect back on what you experienced in prayer. What did you learn about Jesus? About God? About another character in the scripture? About yourself?