



## ATTENTIVENESS: SILENCE AND SOLITUDE

### **Practice Lab Week #4 Imaginative Prayer Guide**

#### ***Overview:***

Imaginative prayer is a form of contemplative prayer in which one practices the presence of Jesus using one's imagination. The purpose of imaginative prayer is to fill our mind with love and adoration toward Jesus, have an experience and memory of Him that we can recall, and feel His love toward us.

In this prayer form, one uses their imagination to create an experience placed in a scene. This helps to ground and form the memory. The scene may be from one's life or from a Biblical narrative.

This experience may also involve having a conversation, such as asking Jesus a question and then quietly waiting to listen for an answer which may or may not come, or letting Jesus ask you a question and then quietly waiting until an answer surfaces. It could be a full-on conversation with give and take between the two of you, and it could be the two of you sitting or walking in silence enjoying each other's company. The choice is yours as the Spirit leads. Take seriously the prospect that Jesus will show up, and engage the experience with childlike expectation and abandonment.

#### ***Prayer Guide – Imaginative Prayer:***

**1. Slow down and get comfortable**

Sit comfortably in a quiet place with your eyes closed. Set aside anything that is in your hands and slow down your mind and your heart. Take a few deep breaths.

**2. Engage your imagination and enter a scene**

Imagine yourself in a place of your choosing with Jesus. Enter the scene. What are you doing? Are you walking or sitting together? Are there lots of people around or just you and Jesus? Is it hot or cold, dusty or damp, or simply the perfect day? Abandon yourself to the experience and encounter Jesus.

**3. Have a conversation, or not.**

Receive a question from Jesus, ask Him one, or sit in silence. Tell Jesus you love Him and hear Him express His love of you.

**4. Closing**

At the end of the prayer time, remain in silence for a few more moments, thank Jesus for the encounter, and then re-engage in your day.

***Scriptures with questions Jesus or God asks:***

One way to engage in imaginative prayer is by putting yourself in a scene from the Bible and letting Jesus or God ask you a question. Here are a few Biblical narratives with questions to choose from.

Genesis 3:8-9

Adam and Eve in the Garden: *Where are you?*

Genesis 16:7-8

Hagar running away from Saria: *Where have you come from and where are you going?*

I Kings 19:7-9

Elijah running away from Jezebel: *What are you doing here?*

Mark 10:46-52

Jesus and blind Bartimaeus: *What do you want me to do for you?*

John 1:37-39

John's disciples follow Jesus: *What do you want?*

John 20:14-15

Jesus appears to Mary Magdalene: *Who is it you are looking for?*