

Imaginative Prayer

What's it about?

How do you do it?

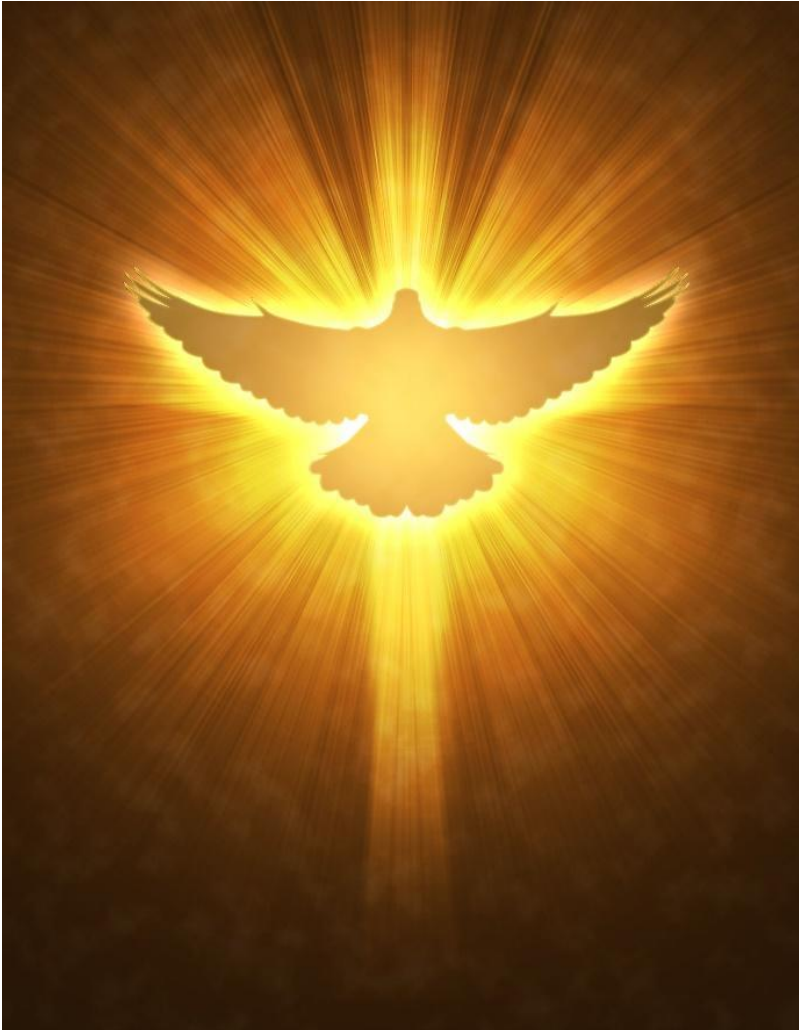
Also ...

Bringing the (Gospel) **Story** to **Life** ...

Entering into the **Story** ...

Letting the **Story** enter into **You** ...

... as you trust in God's promises ...



The Holy Spirit will guide you
into all truth

John 16:13

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Behold!

I stand at the door and knock.

If **anyone** hears my voice
and opens the door

... of their heart, their imagination ...

I will come in and we will
share a meal together as friends

... talk things over together, one-to-one ...

Revelation 3:20

... and respond with Mary ...



'Let **it** happen to **me** as you have said'

Luke 1:38

Imaginative Prayer from scripture scenes, especially Gospels

by Gerald W. Hughes, author of *'God of Surprises'*

Choose a scripture scene that appeals to you

- Read over the passage slowly until it is familiar to you
- Imagine the scene is happening now and you are in it: if you find visual imagination difficult, imagine you are describing the scene to a child, as vividly as possible
- Pray for what you desire: this is important – it focuses your heart
- Who is in the scene? What are they doing, saying? You join in with them
- If 'distractions' come, let them enter the scene: they may draw you deeper into it
- Talk with the characters in the scene, with Jesus, the Father ... always speaking from the heart, simply and honestly
- Do not worry if your mind keeps straying from the scene: when you become conscious of

inattention, bring yourself gently back to the scene

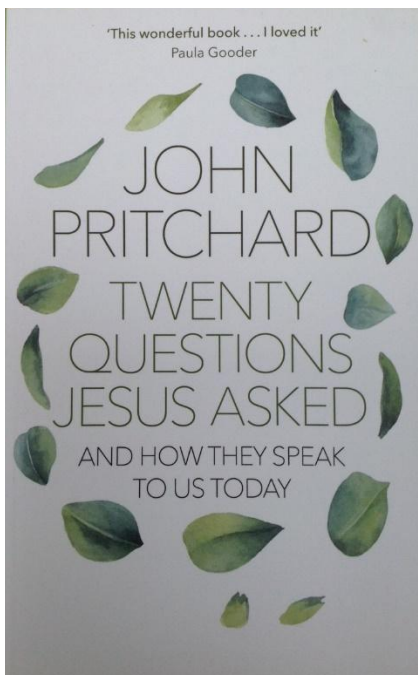
REFLECTION AFTER PRAYER and REPETITION

After your period of prayer, spend a few minutes in reflection. Notice, especially, any felt reaction you may have experienced, whether positive or negative, and what gave rise to the feeling. It is important to notice this. Next time you pray, begin by going back to those words/phrases/images and stay with them as long as you can. **This is called repetition.**





Also ...



The above book¹ is an excellent resource for Imaginative Prayer. It contains imaginative retellings of twenty Gospel scenes in which Jesus asks a key question. Each chapter ends with suggestions for reflective, contemplative prayer.



[Home](#)

¹ Copy kept in the Prayer Room for anyone to use while there.