

Prayer of Imagination/Prayer of the Senses

Laurie Mellinger, Celebration of Church Life

March 20, 2021

- I. Introduction
- II. Praying with the Imagination: A Brief History of the Practice
 - A. Imagination:
 - B. Ignatius Loyola:
 - C. 'Imagining ourselves in the story':
 - D. The goal:
- III. Preparation
 - A. The Word
 - B. Our bodies... posture, and senses
 - C. Our spirits
- IV. Practice
- V. Remember, record, repeat—and resources
 - A. Was your experience in the story in keeping with the truth Scripture teaches?
 - B. How were you drawn into the story? Did you experience any resistance or pushback from the story?
 - C. What was Jesus like in the story? How were you relating to him?
 - D. What moved you? What surprised you?
 - E. What do you want now? What is God's message or invitation for you in this story?
 - F. Resources: many books and websites devoted to prayer of imagination/prayer of the senses (especially <https://www.pathwaystogod.org/resources/imaginative-contemplation-exercises>)
- VI. Closing