

Engaging Scripture

Entering the Narrative (*aka Ignatian Method*)

Spend a few moments settling in and calming your thoughts. Invite the Holy Spirit to open the eyes and ears of your heart so that you can hear God speak by any means He might choose, knowing that He intends to meet you in a personal, creative, and unique way. Have a journal available to write down what you are experiencing.

1. Choose a passage in scripture that narrates a story or a parable, ideally one in which God or Jesus encounters an individual or group of people. Maybe even choose the passage and read through it several hours before your prayer time so your intuition has a chance to chew on it ahead of time.
2. Read the passage at least two times to become familiar with it.
3. Bring the scene to life in your imagination with yourself as a participant. Use all of your senses to experience the scene all around you. What do you see? What do you hear? What do you smell? What do you sense or feel? Can you taste anything? Take all the time you need to be in the scene as if you are actually there.
4. Consider all of the human characters. Is there one that you identify with? Can you envision yourself as this person? Take time to imagine what you would be thinking and feeling in their shoes. What do you say or do?
5. Is Jesus in this scene? Is God the Father or the Holy Spirit in this scene? What are they doing? What are they saying to you?
6. Allow the scene to unfold. Don't try to control the story; let it happen. Allow yourself to be affected by the words and actions of the story.
7. Talk to God about what you've experienced. Ask him what the feelings mean. Receive the gift or invitation God is giving you through this experience. Is there anything you want to ask God for or about?
8. What is your response to God? Is there something you will do differently in your life in light of this? Give thanks to God for meeting you.
9. Perhaps you might consider sharing this with someone you trust for confirmation and to crystalize what you've heard so it doesn't fade away.