

# Ignatian Meditation

## Overview

St. Ignatius of Loyola was a Jesuit priest who lived in Spain in the 16th century. In the spiritual exercise of meditation, Ignatius uses visualization and the imagination to help us enter into the events of Jesus' life. You select a scripture passage and quietly imagine yourself immersed in the story as one of the characters or perhaps even a bystander. As you are engaging in a sacred dialogue with the Holy Spirit's leading, you pay close attention to what you see, hear, feel, touch, and even smell and/or might taste, intentionally seeking what the teacher (God, Jesus, Paul, James, etc) might have you to learn, seeking further clarification and meaning for your life today.

## Prepare

Select a scripture passage (or choose one from the following page). The selection should be fairly short, a few paragraphs at most. Posture yourself in a comfortable sitting position, relaxed, open, and attentive, emptying your thoughts of any distraction that might hinder your experience with God. Consider reciting a breath prayer: "More of You, Less of Me." ... "Speak Lord, for your servant is listening." ... or one of your own.

## Listening / Reading

When you are ready, slowly read the selected scripture passage, pausing briefly at the end of each sentence. Or quietly listen as someone reads it aloud. What interests you, challenges you, or grabs your attention? Is there anything that makes you feel overjoyed, or upset, or even angry? What emotion are you sensing?

## Meditation / Imagination

As you immerse yourself into the story, what are you experiencing? What senses are you most aware of, the sites, the sounds, etc? What character are you most drawn to, who can you identify with the most? What might they be saying to you and/or others, if anything at all? Perhaps you are a bystander asking what they meant, or what there is to learn. Begin to formulate any questions, or comments you might have.

## Pray

Ask for the Lord to reveal Himself to you in a personal, applicable way as you read or listen to the scripture passage once again, or even a third time if you like. Return to your breath prayer if you need to, clearing your mind of any distractions once again. And then quietly rest in the silence, allowing God to speak to you.

## Further Reflection

Take a few moments reflecting upon what you may have heard. You may want to write down your thoughts and revelations in a journal, noting any reflections, responses, and life application to the text. And you may also consider sharing with a friend or in your small group.



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## SCRIPTURE SELECTIONS

Matthew 2:1-12	Following the Star	John 1:35-51	Jesus Calls the Disciples
Matthew 3:13-17	The Baptism of Jesus	John 2:1-11	The Wedding at Cana
Matthew 4:1-11	The Temptation of Christ	John 8:1-11	The Adulterous Woman
Matthew 7:7-11	Ask, Seek, Knock	John 11:17-44	The Raising of Lazarus
Matthew 8:5-13	The Faith of the Centurion	John 12:1-11	The Anointing of Jesus
Matthew 8:23-27	Jesus Calms the Storm	John 12:12-19	Jesus Comes to Jerusalem
Matthew 14:13-21	Jesus Feeds the 5,000	John 13:1-17	Washing the Disciples Feet
Matthew 14:22-36	Jesus Walks on Water	John 19:23-30	Behold Your Mother
Matthew 17:1-9	The Transfiguration	John 19:38-42	Jesus' Burial
Matthew 18:1-15	Jesus & the Little Children	John 20:1-10	The Empty Tomb
Matthew 26:17-30	The Last Supper	John 20:11-18	Jesus Appears to Mary M
Matthew 28:16-20	The Great Commission	John 20:19-23	Jesus Appears to Disciples
		John 20:24-29	Jesus Appears to Thomas
		John 21:1-19	Jesus Reinstates Peter
Mark 1:14-20	Jesus Calls the Disciples	Acts 1:1-12	The Ascension of Jesus
Mark 2:1-12	Healing a Paralyzed Man	Acts 2:42-47	The Fellowship of Believers
Mark 4:35-41	Jesus Calms the Storm	Acts 9:1-19	Saul's Conversion
Mark 10:17-27	The Rich & the Kingdom		
Mark 10:35-45	James' & John's Request		
Mark 14:32-42	Gethsemane		
Mark 14:27-31	Peter's Denial		
Mark 14:53-65	Jesus before the Sanhedrin		
Mark 15:1-20	Jesus Before Pilate		
Mark 15:16-24	Soldiers Mock Jesus		
Mark 15:33-39	The Death of Jesus		
Mark 16:1-11	Jesus Appears to 3 Women		
Luke 1:26-38	The Annunciation		
Luke 1:39-49	Mary Visits Elizabeth		
Luke 1:67-79	Zechariah's Song		
Luke 2:1-20	The Birth of Jesus		
Luke 2:21-38	The Presentation		
Luke 2:41-52	Boy Jesus at the Temple		
Luke 5:3-11	The Miraculous Catch		
Luke 7:36-50	Jesus Forgives		
Luke 10:1-16	Jesus Sends out the 72		
Luke 10:38-42	Mary & Martha		
Luke 16:19-31	The Rich Man and Lazarus		
Luke 19:1-10	Zacchaeus: Tax Collector		
Luke 23:44-49	The Death of Jesus		
Luke 24:13-35	On the Road to Emmaus		
Luke 24:36-49	Jesus Appears to Disciples		

**\* Also consider the miracle stories, the parables,**

"Take, Lord, receive all my liberty, my memory, my understanding, my whole will, all that I have and all that I possess. You gave it all to me, Lord; I give it all back to you. Do with it as you will, according to your good pleasure. Give me your love and your grace; for with this I have all that I need."

- St Ignatius of Loyola