

IGNATIAN PRAYER METHODS



First, a few pointers:

- ▶ **Use what works.** Try new prayer methods, but if you don't find it helpful, put it aside and try something else.
- ▶ **Prayer should be easy.** Don't be tempted to overcomplicate it or assume there's always a "right" way to do it.
- ▶ **Be personal with God.** Ignatius said we should be able to speak to God or Jesus the same way we would speak with a friend.

Using Your Senses

Take a walk or sit with a cup of tea. Wherever you are, pay attention to your five senses. How are they engaged? Let God speak through them. Can you find God's goodness in all this?

- ▶ What do you **SEE** around you? Notice the people, things, colours, textures, and shades.
- ▶ What do you **HEAR**? Notice *all* the sounds coming into your ears, from close by to the barely noticeable distant hums. Pay attention to all the layers of sound around you.
- ▶ What do you **FEEL**? Do you feel the breeze on your face or the chair on your bottom? How does the ground feel beneath your feet?
- ▶ What do you **SMELL**? Pay attention to the scents around you, of cooking food or the trees and flowers.
- ▶ What do you **TASTE**? If you're having a meal be extra aware of the tastes and textures in your mouth. Appreciate and relish your food.

Using Your Imagination

Ignatius said that God can use our imaginations to communicate with us.

- ▶ **SELECT** a Gospel passage and imagine yourself in the scene. Let it play out in your mind. Are you a passive observer or are you participating as one of the characters?
- ▶ **ENGAGE** your five senses as if you were there.
- ▶ **INTERACT** with those in the scene, or imagine speaking to Jesus. What's the conversation like?

Colloquy

This word means *conversation*. Pretend you're sitting with Jesus in your favourite place. Start a conversation as you would with a friend. What do you tell Jesus? What would you ask him? How does he respond? Or, write a letter to Jesus.