

# 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.