Becky ELDREDGE

Ignatian Prayer Resources

Prayer of Consideration

Pause and prayerfully consider what is before you. How is God encountering you in this moment?

CONSIDER NATURE:

Look for the presence of God in creation, such as in the sunsets, the trees, the flowers, and in the creatures around you.

CONSIDER PEOPLE:

After an interaction with someone, ask God, “What just occurred with this person? How did I experience You?”

CONSIDER WORK:

Notice your colleagues, your projects, your professional skills. Speak to God about what is before you at work.

CONSIDER CHILDREN:

Children are wise teachers. Notice the children in your life. What are they teaching you about God?

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The Examen

1. Invite the Holy Spirit to help you see the day as God sees it.

2. Be thankful. Name the gifts of your day and thank God for them.

3. Notice God's presence. Where did you feel an increase of faith, hope, and love?

4. Notice where you felt what seemed like a lack of God's presence. Where did you feel a decrease of faith, hope, and love? Why?

5. Look to the future. Ask God for the grace you need in the day ahead.

Close with an Our Father.

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Lectio Divina

Lectio Divina is a slow, rhythmic reading and praying of a Scripture passage. Here are the steps of Lectio Divina.

Before beginning prayer, select a Scripture passage to pray with and have it open in your lap. Begin prayer by settling in and getting quiet. Close your eyes and enter your inner chapel. Invite the Holy Spirit to guide your prayer time.

1. **READ:** Pick any passage in Scripture. Slowly, thoughtfully, savor the living word. Linger whenever a word or phrase touches your heart. As you hold the word or phrase that caught your attention, ask yourself, What might God be offering me?

2. **REFLECT:** Read the passage in Scripture a second time. This time, notice what feelings are stirring in response to the reading. Ask yourself, What is God saying to me in this passage? What is God offering me? Asking me?

3. **RESPOND:** Read the passage a third time. As the words enter your heart, note which word, image, or idea God is inviting you to savor. Respond to God from your heart. Speak to God of your feelings and insights. Offer these to God.

4. **REST:** You might read the passage a fourth time. As you savor the gift of God's words, simply close your eyes and listen. Sit quietly in God's presence. Rest in God's love. Listen to God in your inner chapel.

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Ignatian Contemplation

Ignatian Contemplation is a prayer method St. Ignatius recommends when praying with the life of Jesus. It not only allows us to hear and read the words of Jesus but also moves what is going ono in the Scripture into our imaginations. This helps us not only hear Jesus but also watch the way he moves and acts.

Here are the steps of Ignatian Contemplation, or imaginative prayer.

1. **SELECT A SCRIPTURE.** Pick a passage from one of the four Gospels: Matthew, Mark, Luke, or John.

2. **READ.** Read the passage several times slowly so that you almost know the story well enough to share with another person.

3. **IMAGINE THE SCENE.** Close your eyes and imagine the scene. Imagine what the scene looks like. Who is in the scene? What are they doing? Where are they located? What do you notice about the environment? What smells are there? What sounds? Let the Holy Spirit guide this unfolding in your mind for you.

4. **PUT YOURSELF IN THE SCENE.** As the scene begins to take shape in your mind, put yourself in the scene. Notice where you are.

5. **NOTICE WHAT HAPPENS.** Let the story unfold in your mind. Stay with it until you feel nudged to move to reflection.

6. **RESPOND AND REST.** Share with God what you noticed and experienced. Then rest in God and let God speak to you.

7. **REFLECT.** Reflect on what you experienced in prayer. What did you learn about Jesus? About God? About another character in the Scripture? About yourself?

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Triple Colloquy

As we carry to prayer the areas of our lives and the world that are in need of God's mercy, we pause and have three intimate conversations: first with Mary, then with Jesus, and then with God.

At the end of each conversation, we ask:

- What have I done for Christ?
- What am I doing for Christ?
- What ought I do for Christ?

Get quiet and go to your inner chapel. As you lean into God's promise of being fully seen and loved, bring your needs for mercy to Mary, then to Jesus, and then to God. As you talk to each one of them, end your conversation with the three questions St. Ignatius offers us. Listen to their response to you.

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