

Ignatian Gospel Contemplation

Passage: _____ Date: _____

1. **PRAY:** Begin by asking God to send the Holy Spirit to make the Word (written and incarnate in Jesus) real to you in both your head and heart (left and right brains.) Pray silently; then the facilitator will pray for the group.

READ PASSAGE

2. **OBSERVE:** Imagine yourself in the scene. Ask, "What do I see? What do I hear? What do I feel, taste and smell?" Who is with Jesus? What is Jesus doing? What does he say? What is the crowd saying or doing?

Depending on the passage, imagine yourself as the person who encounters Jesus. What does Jesus say or do to you? What happens to you as a result? What feelings arise in you? What about Jesus, if anything, makes you want to attach to him? What do you do after your encounter with Jesus? **Write down your observations:**

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3. **REFLECT:** What does the story mean? What is the Gospel author stressing? What strikes you as the main point? What is Jesus saying through or in the story? What is his challenge, if any? **Write down your reflections:**

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- 4. **LISTEN:** In what way does this passage touch my own experience? Prayerfully ask, "What, Lord, are you saying to me in this reading?"

Write down what comes to you in response to this question:

READ PASSAGE

- 5. **RESOLVE:** Thank God for the moments God has spent with you and any insights you have received, and prayerfully consider if there is any resolve that God might have for you.

Based on what arose in this prayer time, I resolve to:

- 6. **PRAY:** In groups of 2-4, to the degree you feel comfortable, share your insights and resolutions, and pray.

God, give us strength to step forward into our resolutions:
