

# GOSPEL CONTEMPLATION

*Gospel Contemplation* is a way to engage more deeply in Scripture. In this form of prayer, you place yourself in the scene of a Gospel story and engage in the sights, sounds, smells, emotions, and energy of the story, using your imagination to bring the scenes of Jesus' story to life for you.

This form of prayer was developed by Saint Ignatius Loyola as a way to more closely connect with Jesus and the story of his life and ministry. Sometimes we quickly skim over God's word, but when we take the time to listen to the story and place ourselves in it, the words can become much more powerful.

- 1) Choose a passage from the Gospel where Jesus is interacting with others.
- 2) Ask God to be present and speak to you through His word.
- 3) Read through the selected passage at least two times, until the story becomes familiar.
- 4) Close your eyes and imagine the scene. Focus in on Jesus. What is he doing? What is he saying? How is he interacting with others? Focus on the others in the scene. What are they saying? What emotions are they feeling?
- 5) Engage the scene with all your senses. What do you see, smell, hear, touch, and taste? How is the crowd moving? How are people reacting to Jesus? How are YOU responding to Jesus?
- 6) Close with prayer. Spend some time speaking your heart to Jesus about what you experienced through the story and/or write your thoughts in a journal.