

Ignatian Meditation

1. PREPARATION (5')

- I take a relaxed position with a straight back.
- I take 5-7 deep breaths, inhaling and exhaling fully.
- I make a gesture of reverence & humility to become aware of God who is already "here".
- I recall the last time I experienced God, peace, love...

2. PETITION FOR GRACE (1')

- I ask for the grace to direct my whole self toward God.

3. DESIRE (1')

- I desire to listen, let go, trust, experience love, etc...

4. PRAYER (15-25') (PONDER SCRIPTURE PASSAGE)

- I read the passage SLOWLY out loud or silently and pause to underline any 1-3 words or phrases that strike, resonate with, or challenge me.
- I re-read the passage again in silence, choosing a word or phrase that struck me.
- I repeat the word or phrase quietly to myself, paying attention to what may be stirred within me in terms of images, feelings, or memories.
- I listen to what God may be revealing or communicating to me. I let God's spirit guide my thinking, imagining, remembering, etc.
- Whatever is awakened within me, I invite God to be present with me and I with God.
- I rest in God and let God rest in me, like two good friends enjoying the sunset or each other's company.

3. COLLOQUY/CONVERSATION

- I end my prayer with a short, heartfelt conversation with God or Jesus, talking as to a friend, about what I just experienced.