

Ignatian Meditation

- Find a quiet comfortable place and settle yourself.
- Relax into God's presence and ask God to give you the grace to see what God desires for you.
- Choose a passage of scripture in which Jesus (or some other character) is interacting with others.
- For instance, you might choose the healing of the blind man called Bartimaeus (Mark 10:46-52).
- Slowly read the passage two or three times so you can remember it when you begin to pray.
- Close your eyes and allow yourself to visualize the scene. What do you see? Is Bartimaeus sitting, standing, kneeling? Are his hands out as he begs? What is he wearing? What does the crowd following Jesus look like? How many of them are there? Do they look angry when they tell Bartimaeus to stop calling out to Jesus? What does Jesus' facial expression convey? Are his eyes soft? Sharply focused? Does he look annoyed? Or like he feels pity for Bartimaeus? What does the road look like? Is it bumpy or smooth, dusty or muddy? Is the road in the middle of a village or in a more secluded area? Take the time to let the visual image develop in your mind.
- Listen to the sounds around you. Can you hear eagerness or desperation in Bartimaeus' voice? What about the sounds of the bystanders? Is the whole crowd murmuring? Are they all telling Bartimaeus to be quiet, or just a handful of people? What does Jesus' voice sound like? What emotion does it convey? Can you hear people's feet scuffing in the sand? Can you hear Bartimaeus' footfall as he runs to Jesus?
- Is there a taste you associate with the scene? Does the dust from the road stick to your lips? Do you stop for a sip of water or wine, or maybe to eat a piece of bread or a date? What does that taste like?
- What do you feel? The heat of the sun beating down on you? The scratchiness of your clothing, sweat rolling down your face, grit in your sandals? Maybe a coin between your fingers that you're thinking about tossing to Bartimaeus?
- What can you smell? The warm dust in the road? Perspiration? Nearby animals?
- Let your senses wander.
- Allow yourself to imagine what other words Jesus might have said and what other deeds he might have done.
- Linger for a while and interact with the characters.
- Once you've finished exploring the scene, engage in dialogue with Jesus. What does he say to you? Is there something you ask him for? What's that conversation like?
- Remember that the purpose of this exercise isn't to just think about Jesus. It's to meet him – to *experience* him.
- When you're finished, think reflect on what insights your prayer provided. You may want to record them in a journal.