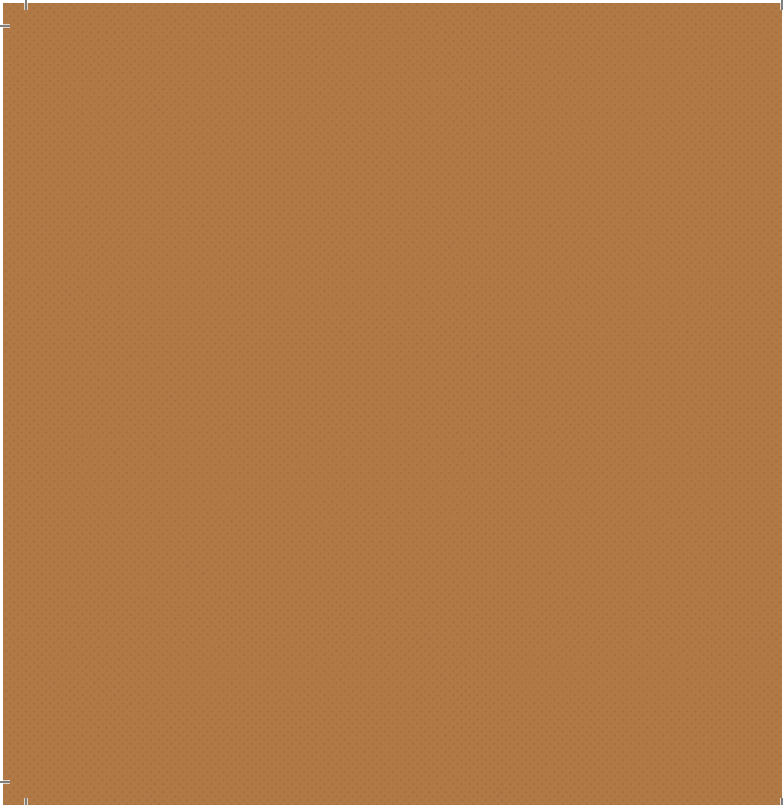





Ignatian

PRAYER

Reading the Bible from the inside






What would it be like to read the Bible from the inside? Stepping into one of the greatest stories ever told and letting that story speak to you and to your life, today.



is it
for me?

The image features a large, dark red rectangular area with a fine, repeating dot pattern. On the far left, there is a narrow vertical strip showing a blurred landscape with green foliage and a blue sky. The text is positioned in the lower right quadrant of the red area.

This might suit people who
are imaginative, empathic,
creative.

A close-up photograph of a person sitting on a bed, reading an open book. The person has long blonde hair styled in a braid and is wearing a light green long-sleeved shirt and dark blue pants. The book is held open in their hands, and the pages are visible. The background is a plain, light-colored wall. The text "Pick out a gospel story" is overlaid on the bottom half of the image in a white, handwritten-style font.

Pick out a
gospel story

Feeling distant from God?
The prodigal son (Luke 15)

Find somewhere comfortable
and quiet with soft lighting
and read the passage three
times.




Choose a character from the passage or invent someone who is an onlooker. Close your eyes and imagine yourself in the scene. Use all your senses and become a part of the story.



Feel the clink of coins in your
purse, the heat of the sun on
your skin, the roughness of a
wooden bench and the ache
of hunger.

See the muddy pig sty, the
whitewashed walls, the dusty
roads.






Hear the sounds of the
cockerels crowing and your
father's running feet on
the road.

Smell the bread baking, the
fires burning and the clean
clothes to wear. Taste the bread
and take part in the feast.

FEEL- INGS





While you imagine, take time to notice your feelings in each part of the story. How does each part of the story affect you? Why is this? Is there something in your life that fits with this story? Often these relate to how the stories speak into our lives, perhaps even in ways we don't openly see ourselves.



What is it that Jesus is saying
to you through this passage?
What does he want you to
know? Sit quietly and listen
to Jesus.



RESPONDING

Now what do you want to say
to Jesus?

What do you want to take
away from this time?

You might want to make some
notes for yourself, to write
down what you feel Jesus has
said to you.



You might find it helpful to repeat the exercise and spend more time in a story. Repeating the exercise from the perspective of different characters can bring very different responses.



Want some calm?
Jesus calms the storm
(Mark 4: 35-41)

Feeling worthless?
Washing Jesus' feet
(Luke 7: 36-50)

Needing encouragement?
Jesus walks on water
(Matthew 13: 22-36)

Feeling doubtful?
Road to Emmaus
(Luke 24: 13-53)

Want to go further?
gloucester.anglican.org/your-prayer



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