

11 STEPS TO IGNATIAN CONTEMPLATION

Review the History

Do a bit of research into the time period, events, customs, related Bible passages, etc., surrounding the passage to better understand the context.

1

Create the Composition

You can do this by imagining the place—for example, see the road from Nazareth to Jerusalem.

2

Pray from the Heart

Ask for an interior knowledge of Our Lord, that you may know him more, love him more, follow him more.

3

See the Persons

See the characters. See them visually, but also try to see them in other ways - emotionally, spiritually. Understand where they are in their lives in this passage.

4

Ignite the Five Senses

Seeing, hearing, smelling, tasting, touching. Places, people, faces, emotions.

5

Participate

Place yourself in the scene, contemplating it just as if you were there.

6

Heart Check

Take some time to reflect on yourself, and where you are during this moment in your life and prayer.

7

Listen

Pay attention to any dialogue in the passage. Observe what they are saying.

8

Heart to Heart

Conclude with a conversation with Jesus or Mary, as a friend speaks to a friend, or a servant to a leader; speaking your concerns and asking for advice.

10

See the Action

What are the characters' actions and their meanings? Consider what they are doing and the context surrounding it.

9

Close with a Familiar Prayer

Our Father, Hail Mary, etc.

11