



# INTO THE DEEP

come to the water . . .

# REGAR – LECTIO DIVINA

- Sacred Scripture is not just words on a page, but it is the living voice of God.
- “The Holy Scriptures were not given to us that we should enclose them in books, but that we should engrave them upon our hearts” - St. John Chrysostom
- Scripture helps prompt our conversations with Christ

# LECTIO DIVINA

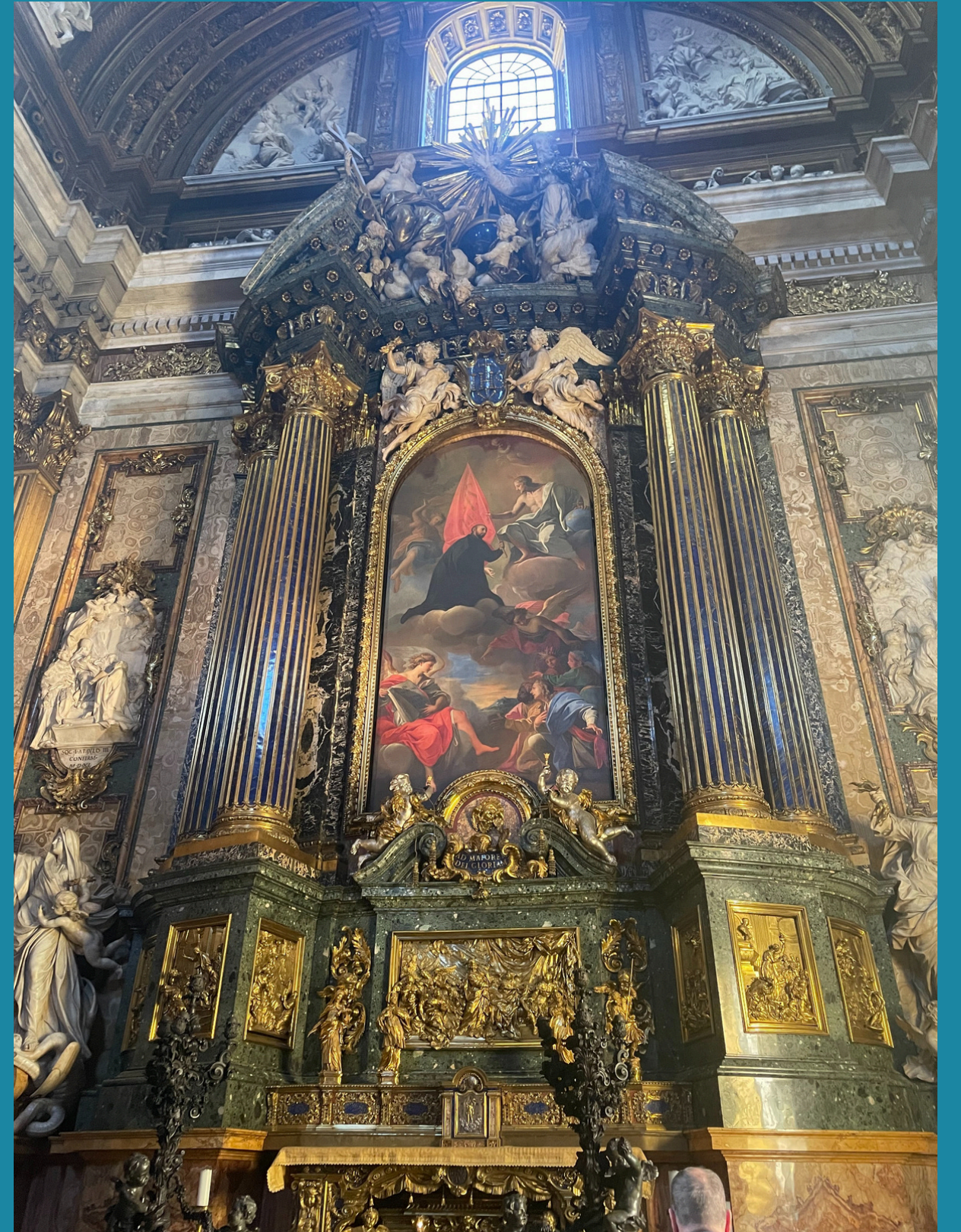
- Latin for “Divine Reading”
- **Lectio** (Read)
- **Meditatio** (Meditate)
- **Oratio** (Pray)
- **Contemplatio** (Contemplate)

# WRAP PRAYER

- W - Write
- R - Reflect
- A - Apply
- P - Pray

# ST. IGNATIUS OF LOYOLA

- Founder of the Society of Jesus
- Author of the Spiritual Exercises
  - includes a long series of meditations, prayers, and contemplations that stirs in our hearts, thoughts and emotions.



# IGNATIAN CONTEMPLATION

- Ignatian Contemplation or imaginative prayer is similar to Lectio Divina
- This form of prayer deeply engages the imagination and senses to encounter Christ in sacred scripture
- Engages all 5 of your senses

# ENGAGING YOUR SENSES

- Sight, Hearing, Touch, Taste, Smell
- God gave us our senses as a gift to experience Him more fully.
- Engaging all of our senses during prayer makes Scripture come ALIVE and become even more personally relevant.

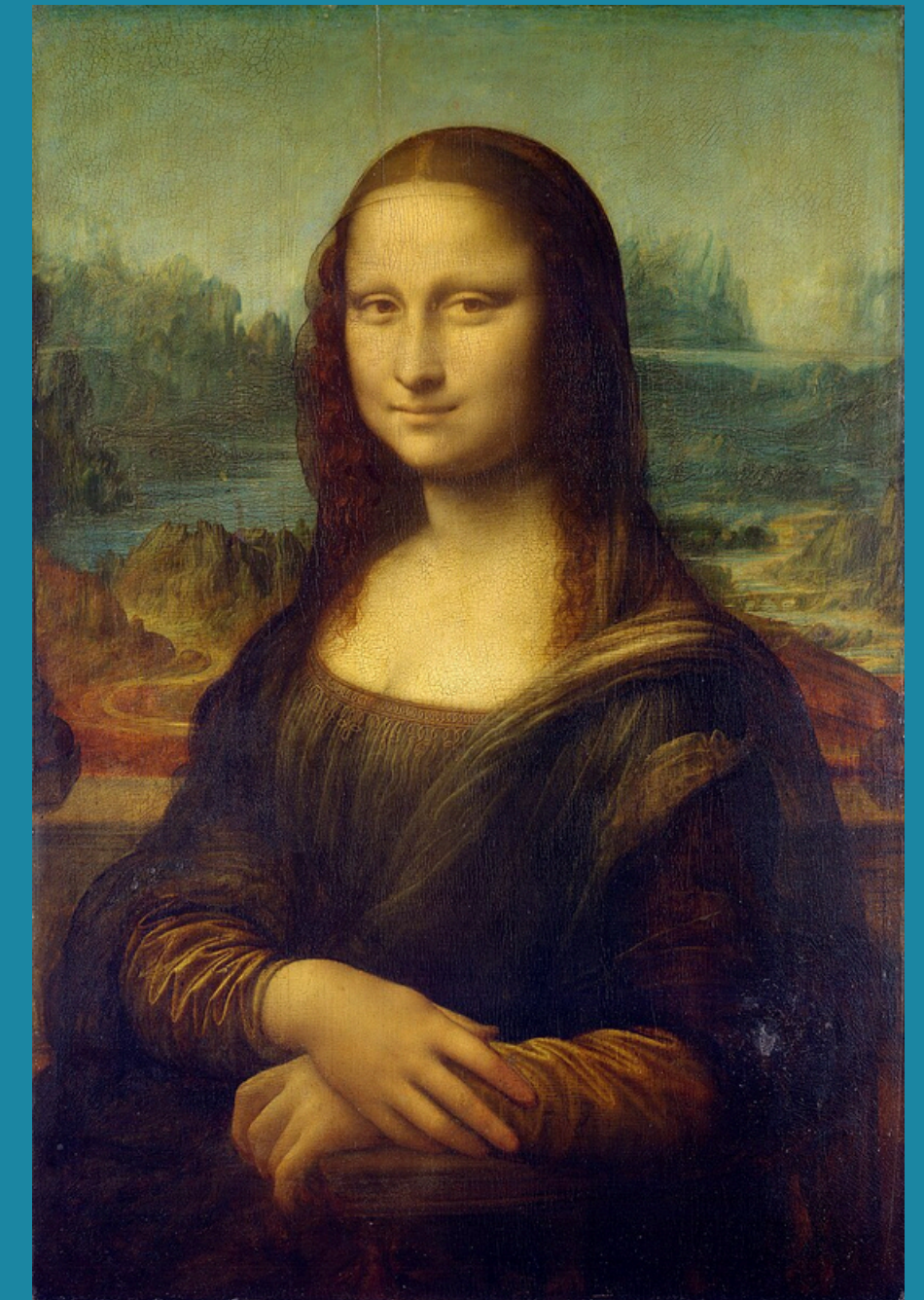
# SENSES USED IN SCRIPTURE

- “The ear that hears, and the eye that sees - the Lord has made them both.” Proverbs 20:12
- “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.” - John 6:53
- “She had hear about Jesus and came up behind him in the crowd and touched his cloak . . . Immediately her flow of blood dried up. She felt in her body that she was healed of her afflictions.” - Mark 5:28-29



# MAGINATIVE PRAYER

- St. Ignatius encourages us to approach prayer like a good movie director and method actor.
- We start with a wide angle, and then zoom in on the key figures. Then Place yourself in the story.



# MAGINATIVE PRAYER

- Mark 10:46-52 - The Blind Bartimaeus
- 1. Review the History - read the passage to understand the story
- 2. The Composition - “the wide shot” - Imagine your surroundings.
- 3. Interior Knowledge - pray from the heart - as the holy spirit to give you the images the Lord desire you to see.
- 4. See the Persons - “The close up” - what people are present in the story
- 5. Engage your five senses - places, people, faces, emotions, etc.

# MAGINATIVE PRAYER

- 6. Participate - “become the actor” place yourself in the scene.
- 7. Heart Check - what is coming up in your heart?
- 8. Listen - specifically to the dialogue.
- 9. See the Action - What is happening while they speak? what is happening around you?
- 10. Heart to heart - conclude with conversation with Jesus in the story. Share your heart with him.

LET'S PRACTICE?

John 20:11-18