



INTO THE DEEP

come to the water . . .

RECAP – IMAGINATIVE PRAYER

- The Lord gave us our five senses as a gift to be able to experience him more fully.
- Engaging all of our senses during prayer makes Scripture come ALIVE and become even more personally relevant.

REGAP – IMAGINATIVE PRAYER

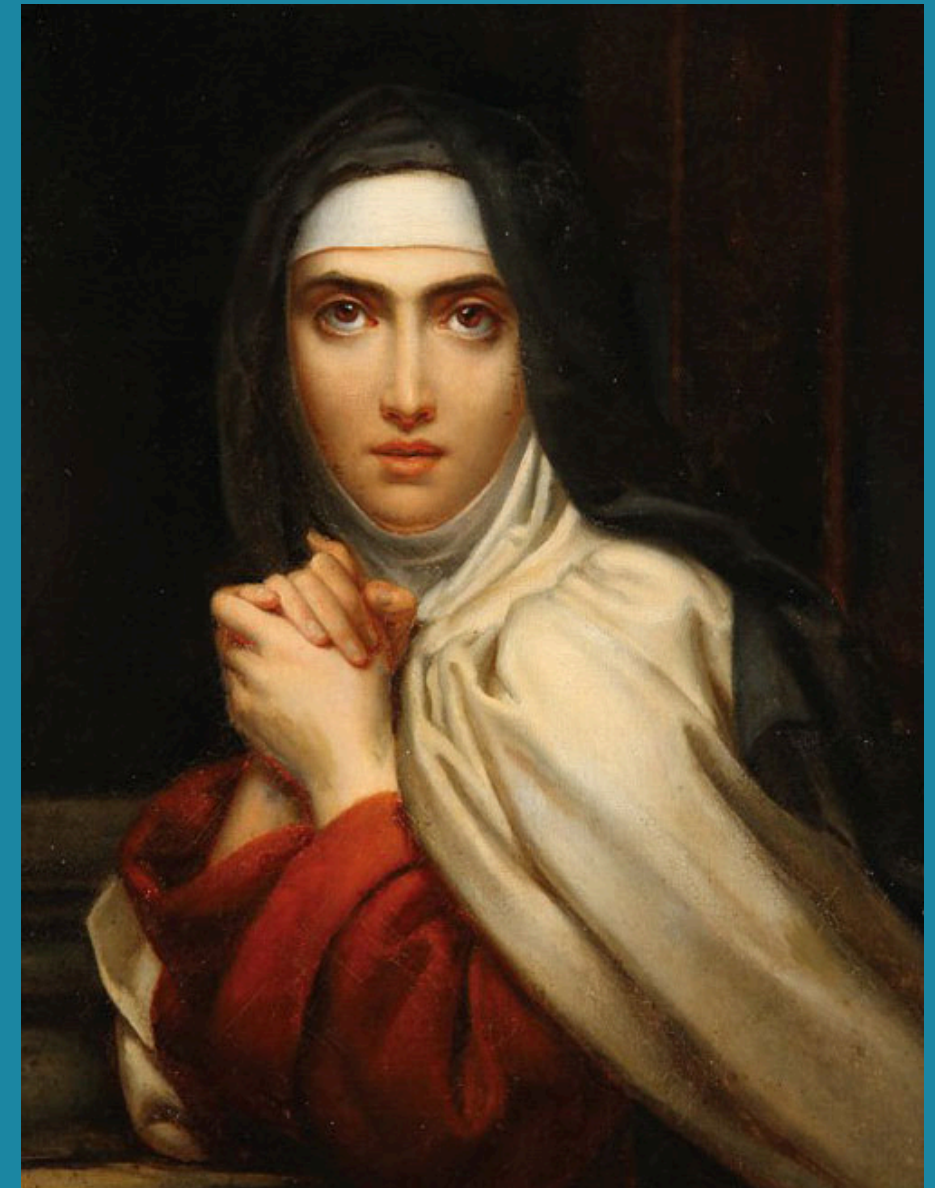
- Ignatian Contemplation or imaginative prayer is similar to Lectio Divina
- This form of prayer deeply engages the imagination and senses to encounter Christ in sacred scripture.

REGAP – IMAGINATIVE PRAYER

- 10 Steps of Ignatian Contemplation
 - found in pervious presentation
- Remember to approach this form of prayer like a good movie director and a method actor.

ROADBLOCKS TO PRAYER

- Distractions and Lack of Focus
 - One of the most common struggles
 - “Be still, and know that I am God.” - Psalm 46:11
 - We can look to St. Teresa of Avila for how she overcame these distractions.
 - Offer these thoughts back to God
 - A practice in the virtue of Fortitude

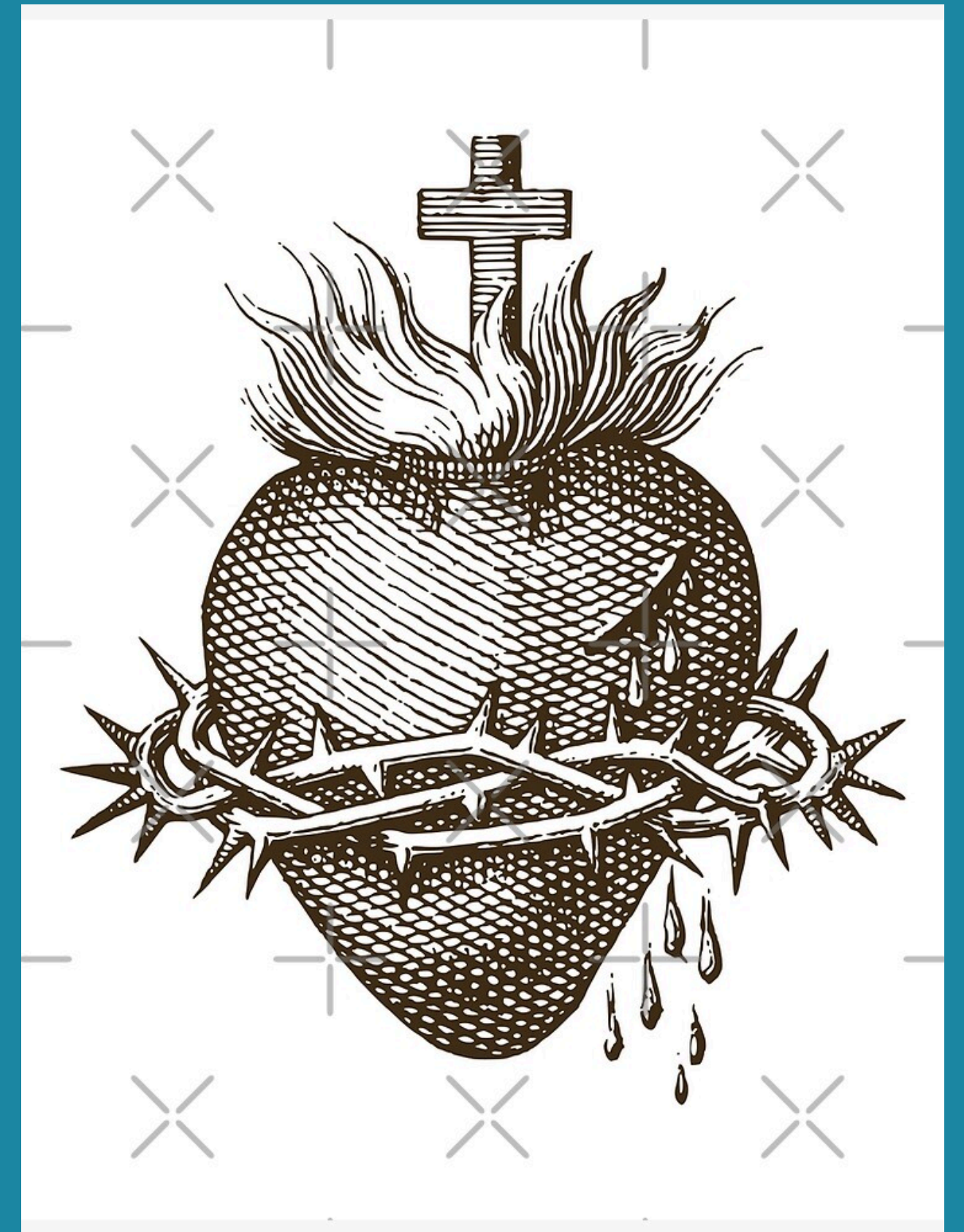


DRYNESS

- As you are growing in your prayer life you will experience moments of deep connection and times of dryness or distance.
- These are called Consolation and Desolation
- Understanding these experiences can help us grow in faith and trust in the Lord.

CONSOLATION

- Consolation can look like a period of joy, peace, and feeling very close to the Lord.
- St. Ignatius of Loyola describes consolation as “feeling inflamed with love for God and eager to serve Him.”
- How to respond to consolation:
 - Give thanks to God for His presence
 - Write these moments down so you can refer back to them in difficult moments



DESOLATION

- Desolation is a time of spiritual dryness, when prayer feels empty, difficult or God seems far away.
- St. Ignatius of Loyola describes desolation as “an inner state of darkness, disturbance, and a movement towards earthly things.
- How to overcome desolation:
 - Stay faithful to prayer - trust in His presence
 - Recall past moments of consolation
 - Avoid making major spiritual decisions

DESOLATION

- In times of desolation, we must look at external factors happen in our lives.
- Having one day of distracted prayer will happen.
- Mother Teresa experienced decades of spiritual darkness - Yet, she remained faithful
- Remember, relational prayer and learning the Lord's voice takes practice.
- St. John of the Cross said that desolation is a necessary purification of love.



“The darkness is so dark, and the pain is so painful. - But I accept whatever He gives and I give whatever He takes.”

DOUBT AND SINFULNESS

- Sometimes we feel unworthy to approach God in prayer because we have fallen into sin
- We also may feel doubt about the Lord's goodness because of things going on with family, at work, or in our personal lives.
- How to overcome doubt and unworthiness
- Go to confession
- reflect on God's mercy
- Talk to Jesus honestly



BUSYNESS

- We have talked about the importance of making time to have conversation with God.
- “Seek first the kingdom of God, and all these things will be given to you as well.” - Matthew 6:33
- “Half an hour’s meditation is essential, except when you are very busy. Then a full hour is needed.” - St. Francis de Sales
- How to overcome busyness
 - prioritize it!
 - structure your day around prayer
 - incorporate prayer into daily tasks

FORMULA FOR PRAYER

- Thoughts, Feelings, Desires
- Honesty, humility, consistency
- ARRR (Pirate Prayer)
- Acknowledge
- Relate
- Receive
- Respond

BRINGING IT BACK TO THE BASICS

- Remember that the Lord desires a personal and intimate relationship with you
- Remember the Lord's Mercy
- Don't forget about HEAVEN
- You are not alone
- Share your heart and your story

SMALL GROUP
DISCUSSION TIME



INTO THE DEEP

come to the water . . .