

CONTEMPLATIVE READING

Reading With Our Imagination

Contemplative Reading is a spiritual practice that helps us envision ourselves in the story of scripture. This mode of reading invites us to insert ourselves into the reading, allowing us to taste, see, smell, hear and feel what is going on in the scene. We may envision ourselves as an onlooker or a character in the story. This allows us to know God more intimately, be led down our own path of discovery, and be transformed.

Here are some simple instructions:

1. Pick a passage where people are interacting together (ideally involving Jesus).
2. Focus your heart and mind. Remember God's presence with you. Open yourself up to hear.
3. Read the passage slowly. Get a feel for the scene and the flow of the story. Where is this taking place? Who is there? What is happening?
4. Read the passage a second time, this time placing yourself in the story. Try to imagine the scene unfolding from the vantage point of a specific person in the story, or as an onlooker.
5. What is God doing? How do you feel? What do you think? What words stand out to you? What images are coming to mind?
6. The aim is to engage with the scene and allow God to speak to you from within the story.
7. What do you sense God is trying to say to you?

SUGGESTED PASSAGES

Mary Visits Elizabeth – Luke 1:39–49

John Baptizes Jesus – Mark 1:4–11

The Miraculous Catch of Fish – Luke 5:3–11

Jesus Heals on the Sabbath – Mark 3:1–6

Jesus Walks on Water – Matthew 14:22–33

The Anointing of Jesus – John 12:1–8

Peter Denies Jesus – Luke 22:54–62

The Crucifixion of Jesus – Luke 23:33–43

The Resurrection of Jesus – Matthew 28:1–10

Jesus Forgives Peter – John 21:1–19

