

IMAGINATIVE PRAYER

*This is meant to be a slow and thoughtful prayer time--
set aside an hour for it*

Begin by asking God to be with you during this prayer
time. To guide your thoughts and imagination.

Passage: Luke 8:43-48

Read passage through once. Take some time (5-10 mins)
to imagine the scene in as much detail as you can. Write
things down if you need to, or just sit and imagine. Think
through each of your five senses. What do you see? Smell?
Taste? Hear? Feel? What stands out to you the most?

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Read the passage a second time. Take time after reading to  
consider Jesus' interactions with the different characters in  
the story. How was He in the crowd? How was He with the  
woman? With His disciples? Take note of how you feel about  
these interactions. Notice the character you feel most  
drawn to.

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Read the passage a third time. Consider what you have in
common with the person you're drawn to. What is similar
and what is different?

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Is there a response God is calling you to from this story?  
Imagine yourself in the story. How does it feel to interact  
with Jesus in this way? Is there anything you wish to say to  
Him or do with Him?

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What are you feeling now? Take time to journal about this
experience. See if you notice any peace, joy, frustration, or
resistance within yourself.