



## Week 3: Ignatian Contemplation/Meditation

Watch this great video on St. Ignatius of Loyola:

<https://youtu.be/b0WejuGPrLA>

Go to this website to find more information on Ignatian Spirituality: <https://www.ignatianspirituality.com/>

### What is Ignatian Contemplation:

- Ignatius was convinced that God can speak to us as surely through our imagination as through our thoughts and memories.
- This type of prayer works especially with the Gospels. We accompany Jesus through his life by imagining scenes from the Gospel stories.
- Contemplating a Gospel scene is not simply remembering it or going back in time. Through the act of contemplation, the Holy Spirit makes present a mystery of Jesus' life in a way that is meaningful for you now.

### What does the Church say about Meditation:

- As the Catechism states: "Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to adhere and respond to what the Lord is asking." (CCC 2705-2706).
- Meditation is an essential form of Christian prayer, especially for those who are seeking to answer the vocational question, "Lord, what do you want me to do?"

### Meditation in the Bible:

Christian meditation is rooted in the Bible. In Joshua 1:8, God says to meditate on His word day and night so we will obey it. The psalmist says "his delight is in the law of the Lord, and in His law he meditates day and night" (Psalm 1:2). Actually, the Bible mentions meditate or meditation 20 times.

### The Goal.

Our goals in meditation are:

- experiencing deep presence of God,
- gaining understanding of God,
- gaining better understanding of God's truths,
- development of our spiritual life,
- growth of our Faith,
- to bring full divine peace to our life.

Meditation is very effective in fighting depression, fear and uncertainty in our lives. It brings God's order and develops trust in God. It helps us greatly to receive God's help and advice. It helps us also to receive answers for our prayers.

## **4 steps of Catholic-style meditation/contemplation:**

### **1. Place yourself in God's presence**

Place yourself in a space where you can truly focus and listen to God.

### **2. Ask for God's help**

Ask God to lead you in your meditation, to give you right thoughts and protect from wrong ones.

### **3. Actual meditation/contemplation**

If you are meditating about a certain scene from Gospels you can follow 3 steps.

#### **First step:**

- imagine the scene you are meditate on,
- imagine the place: houses, street, mountain, trees, animals,
- imagine the weather: wind, sun, temperature,
- imagine the sounds and smells: voices, animals, noise, wind, flowers, plants, forest, sea, fish
- imagine the people involved: Jesus, Mary, Apostles, crowd, fishermen,
- imagine the situation: what people are doing, what they are talking about, body language, emotions,

#### **Second step:**

- imagine yourself in that place,
- imagine that you see what they see,
- imagine that you smell and feel what they do (smells, wind ),
- imagine yourself interacting with them, talking, asking questions,
- imagine talking to main person (Jesus, Mary, one of the Apostles),

#### **Third step:**

- talk with them and ask questions,
- hear the answer!
- ask further questions to get more precise answer,
- write down the questions and answers!

### **4. Give thanks**

Thank God for helping you during this time. Thank Him for revealing to you divine truths or simply for giving you peace, advice, hope and help.