Ignatian
PRAYER
Reading the Bible from the inside
What would it be like to read the Bible from the inside? Stepping into one of the greatest stories ever told and letting that story speak to you and to your life, today.
is it for me?
This might suit people who are imaginative, empathic, creative.
Pick out a gospel story
Feeling distant from God?
The prodigal son (Luke 15)
Find somewhere comfortable and quiet with soft lighting and read the passage three times.
Choose a character from the passage or invent someone who is an onlooker. Close your eyes and imagine yourself in the scene. Use all your senses and become a part of the story.
Feel the clink of coins in your purse, the heat of the sun on your skin, the roughness of a wooden bench and the ache of hunger.

See the muddy pig sty, the whitewashed walls, the dusty roads.
Hear the sounds of the cockerels crowing and your father’s running feet on the road.

Smell the bread baking, the fires burning and the clean clothes to wear. Taste the bread and take part in the feast.
FEELINGS
While you imagine, take time to notice your feelings in each part of the story. How does each part of the story affect you? Why is this? Is there something in your life that fits with this story? Often these relate to how the stories speak into our lives, perhaps even in ways we don’t openly see ourselves.
What is it that Jesus is saying to you through this passage? What does he want you to know? Sit quietly and listen to Jesus.
RESPONDING
Now what do you want to say to Jesus?
What do you want to take away from this time?
You might want to make some notes for yourself, to write down what you feel Jesus has said to you.
You might find it helpful to repeat the exercise and spend more time in a story. Repeating the exercise from the perspective of different characters can bring very different responses.
fear not my friend
Want some calm?
Jesus calms the storm
(Mark 4: 35-41)

Feeling worthless?
Washing Jesus’ feet
(Luke 7: 36-50)

Needing encouragement?
Jesus walks on water
(Matthew 13: 22-36)

Feeling doubtful?
Road to Emmaus
Want to go further?
gloucester.anglican.org/your-prayer