Imaging Prayer (St. Ignatius of Loyola)
Matthew 19:13-15 – Jesus and the children
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Imaging prayer is a prayer in which we enter into an event in the life of Jesus. It is a prayer form used in the Spiritual Exercises of St. Ignatius of Loyola (founder of the Jesuit community). Following are the steps for this prayer form. Allow twenty to thirty minutes for the exercise.

1. As the passage is read for the first time, try to hear it as if it is fresh and new—as if you are hearing it for the first time.
   a. Read Mt. 19:13-15 slowly
2. As the passage is read for the second time, enter into the event
   a. Place yourself as a child in the scene as it is read
   b. Read passage again in a slow, meditative manner
3. Answer the following questions
   a. How do you feel as you walked through the crowd? Are you warm? Do you feel a breeze? Can you feel the hand of your parent or adult as you walk toward Jesus?
   b. What do you hear? Birds? Animal sounds? The voice of Jesus? The disciples trying to send you away?
   c. What do you smell? Is it a dusty day? Can you smell the animals? The body odor of the crowd?
   d. What do you see? Can you see the legs of the people in front of you? Can you see Jesus? The other children?
4. Go to Jesus and hear him tell the disciples that he wants to be with you
5. Climb up in the lap of Jesus or sit beside him and let him embrace you
6. Experience the deep love that is offered to you
   a. Let it wash over you and rest in the places that you are experiencing some type of emotional pain
   b. Let it be a balm to the rejection or abandonment that you have experienced
   c. Let it be to you the love that you desire, yet have never experienced to this extreme
   d. Rest in that love for a while
7. If you want to talk with Jesus, you may
8. Otherwise, just sit and let Jesus embrace you.