

Gospel Meditations (Ignatian Biblical Meditation)

Choose a story from the Gospels (or another Bible passage). Read it aloud three times in the same Bible version as you guide the group through the five steps, pausing for reflection and sharing as needed.

- 1. LISTEN** - *"I'll read the passage slowly the first time. As you listen, don't try to analyze it. Just receive the story."* > Then read the passage aloud.
- 2. VISUALIZE** - *"I'll read the passage again. As you listen, close your eyes and picture the scene in your mind. Notice what details stand out to you. Ask yourself: Where am I drawn in the story? Which character do I identify with?"* > Then read the passage again, slowly.
- 3. EXPERIENCE** - *"As I read the passage a third time, keep your eyes closed and imagine yourself as one of the characters. Let the Holy Spirit guide you to that character. As you listen, notice with all your senses—what are you seeing, hearing, feeling, or thinking in that moment? From that character's point of view, what are you experiencing?"* > Then read the passage a third time, slowly.
- 4. PROCESS** - *"Now, take a few minutes in silence to talk with God. Ask Him: What is stirring in me through this story? What struggles, desires, or longings of mine is He touching? What new insights about myself or about God are being revealed?"* > Give the group a few minutes of quiet.
- 5. RESPOND** - *"Finally, consider how God is inviting you to respond. Ask: What is God directing me to do in my life right now? How will I live differently today because of this?"* > Give the group a few minutes of quiet. If time allows, invite people to journal, pray quietly or aloud, and/or share briefly with the group.

Journal, Pray, & Share!