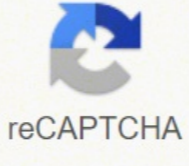
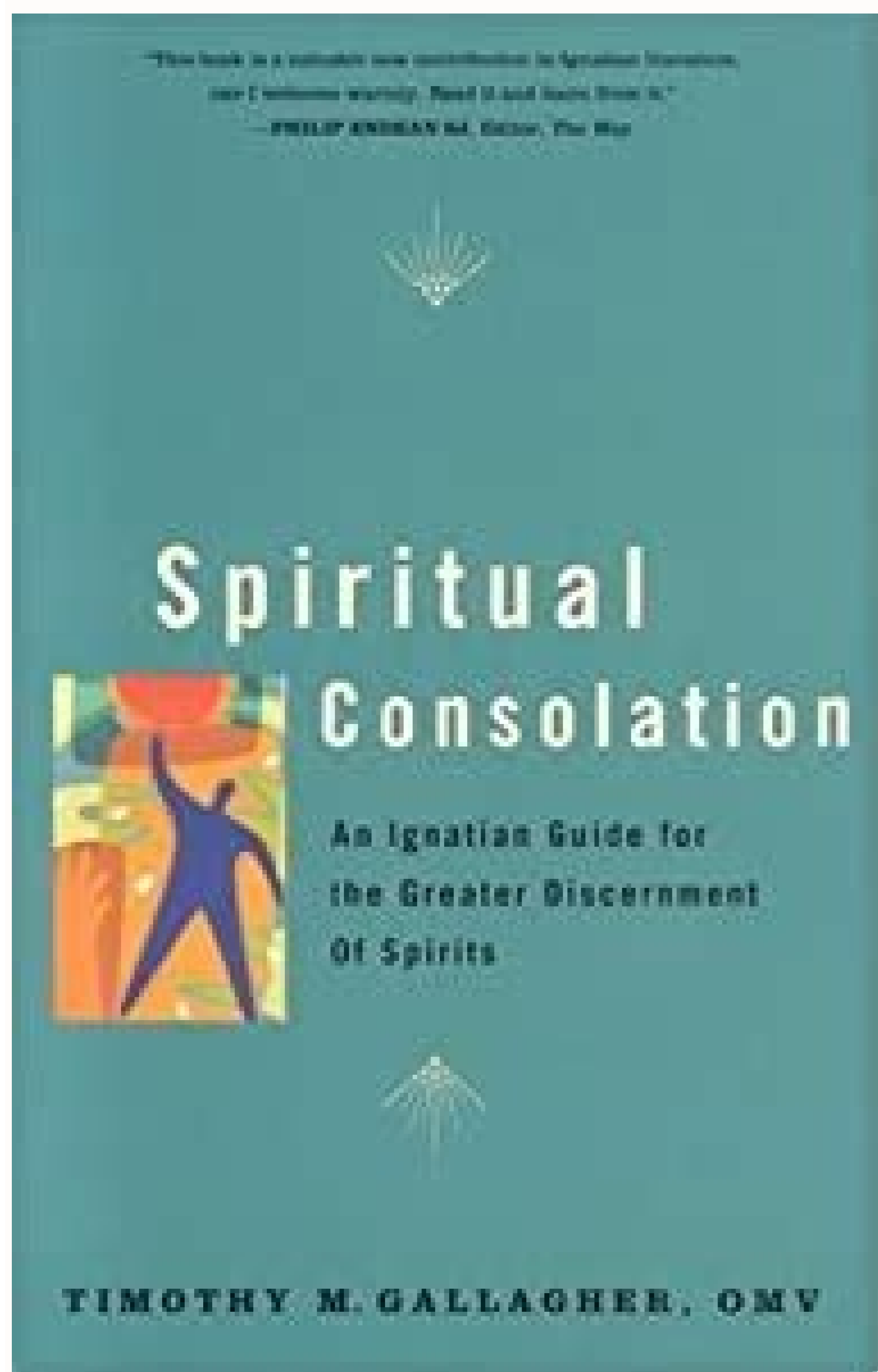
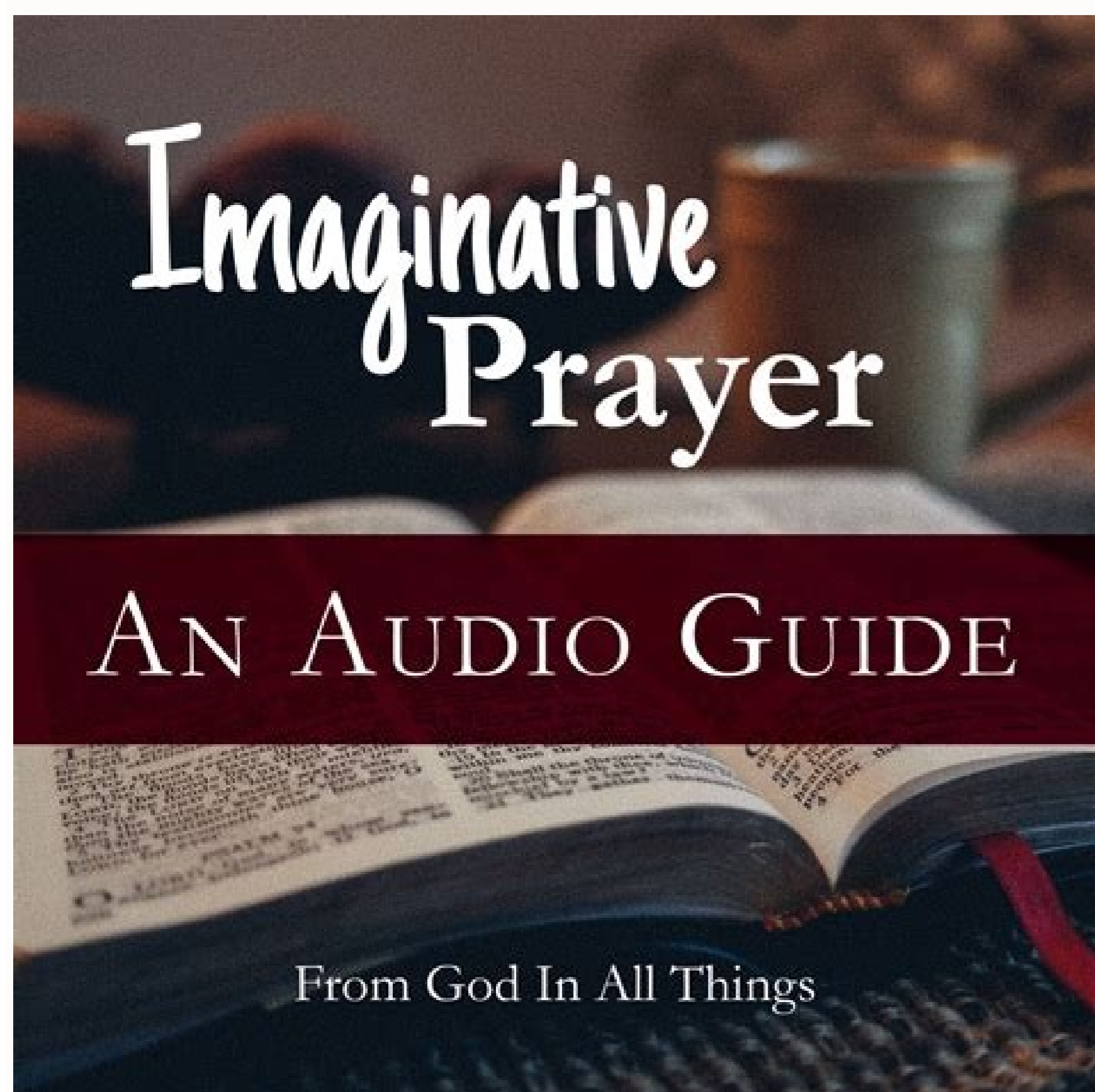




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**Next**



# Ignatian Discernment in Daily Life

## Finding God in All Things

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St. John Vianney Theological Seminary



In cooperation with The Crossroad Publishing Company

### Ignatian imaginative prayer guide.

Despite the fact that your life can be hectic at times, you don't need to go to a monastery or look for a deserted place in the forest to pray. You simply need to make a focus transition so that you can be more in tune with God's presence in your activities. St. Ignatius of Loyola taught a form of reflective prayer, also known as meditation, that invites you to use your mind and imagination to engage in prayerful conversation with God and recognize His presence in your daily life. Reflective prayer involves the following simple steps. Find a quiet place where you can be alone for 10 or 15 minutes. Assume a comfortable position and, if you wish, close your eyes or focus on a religious image or a lit candle. If desired, play soft background music to help establish a prayerful mood. Become aware of God's presence and ask the Holy Spirit to guide your prayer. Take two to three minutes to practice rhythmic breathing. Count to three slowly and silently while inhaling and slowly count to five as you exhale, to aid concentration. If you get distracted, refocus on your breathing and let the distractions pass so you can turn your heart to God. Similarly, you can choose a special word or phrase, such as Jesus or My Lord and My God, and repeat it when you are distracted to return your attention to God's presence. Select a short scripture and read it prayerfully. If the passage you select is a gospel story, use your five senses to imagine yourself as a participant in the story (What can you see? What sounds do you hear? What can you feel?). Imagine an environment where you can talk to Jesus and hear him talk to you. You can respond to what Jesus is saying or doing in history, or you can simply talk about something that has happened to you recently or about an upcoming event in your life. In addition to using Scripture in your reflection, you can also use writings by or about the saints, as well as other inspiring literature or prayer books. Similarly, you can choose to focus on a sacred object, such as a crucifix, or reflect on a sacred image, such as an icon of Jesus or a favorite saint. Take this time to talk to God as you would a friend. Close with one or two minutes of contemplation, time to rest quietly in the presence of God. As adults, we come to recognize more and more that God speaks to us using the language of silence. Take a few moments at the end of your reflection to enter into a few moments of silence with God. Through thoughtful prayer you can begin to more easily recognize God's presence in your daily life. [Top Reviews Latest Editor's Notes: Celebrate the 10th anniversary of IgnatianSpirituality.com with us. For 10 weeks, we will be "Counting the Gifts of Ignatian Spirituality"](#) bringing you special content on our website and special offers from our sponsor, Loyola Press. More information here. There is no great mystery in Ignatian prayer, but this week is a good time to review. If you want to pray the Ignatian way, here are three ways to do it, not an exhaustive list, but a good start. 1. Take the exam. At the end of the day, ask the Holy Ghost to guide your memory about the events and conversations of the day. Give thanks for the blessings of the day. Ask God for forgiveness if you have strayed from Jesus' path of truth, compassion, and goodness. Ask God for help with any negative patterns you see in your life, or that give you strength and wisdom to deal with upcoming events or problems. You can do this prayer once a day, twice a day, three times a day; the important thing is to develop a pattern that is best for you. To learn more about the Exam, [click here](#). 2. Put yourself in a gospel story. Simply choose which character you're going to be and go straight into the scene where Jesus heals someone, pronounces a teaching, or feeds thousands. You can be a main character in the story, or you can be a viewer or friend that you simply invent for this sentence. Don't get distracted by trying to be historically accurate, it's not about you interpreting Scripture in an academic way. The point is to find Jesus. Ask the Holy Spirit to guide this spiritual function, the human imagination, where you need to go. 3. Pray as if you are having a conversation at the dinner table or in your living room. In the Spiritual Exercises, this is called a colloquium, but it is only conversational prayer. You speak to Jesus as you would a close friend. You talk to Mary, your mother, or to God the Father\Creator, or to the Holy Spirit who is comforting, or to one of the saints, who may be part of this conversation. [the Divine. Sometimes, when we pray the way we speak, it can allow us to be more honest. Probably the only danger is that we become frivolous or casual, but this is not a great temptation when we remember who we are talking to. For. For. 07/01/2022 - 2728 6th Ave, San Diego, CA 92103 Office: \(619\) 298-7261 Sexton: \(619\) 977-5196 info@stpaulcathedral.org Jesuitresource.org](#) is a repository of resources for Jesuit education and Ignatian spirituality gathered and developed by the faculty and staff of Xavier University. [Jesuitresource.org](#) is developed by The Center for Mission and Identity at Xavier University with support from the Conway Institute for Jesuit Education. Ignatian Prayer. The Spiritual ... nonmoralistic ordering is the work of the daily examen—to sense and recognize those interior invitations of God that guide and deepen this ordering from ... the heart" (to be carefully distinguished from repugnance "at the top of the head" [John Carroll Futrell: S.J., Ignatian Discernment ... guardian angel, angel prayer, guardian angel prayer. Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side,

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