



UMin Spiritual Rhythm of Sacred Reading
For the Classroom, Students and maybe You too
Week 6 - May 4-8, 2020

Sacred Reading | Ignatian Contemplation

Dear Faculty and Staff,

Attributed to St. Ignatius of Loyola (1491-1556), this is a practice of sacred reading, where you use your imagination as a way of reflecting on a scripture text. You engage all your senses trusting that God will work through your imagination. The invitation is to explore what God wants you to notice as you place yourself within the story. In this way, you meet Jesus through your senses and get to know him as a real person. You *experience* rather than just *think about* Jesus.

There are *six movements* in this practice. At each one there are things to explore within yourself through your spirit, mind, and body. This exploration may help you discover who God is calling you to be in the world. Pause during each movement to reflect, then write your responses in the table. Finish your time with a prayer of gratitude for the ways Jesus made himself known to you.

- **First, scripture text:** read the text aloud, and imagine yourself in the scene. Choose a story from one of the Gospels, such as the loaves and fishes (Matthew 4:13-21, John 6:1-13), or the woman at the well (John 4:4-26). Record the scripture in the *Text* section.
- **Second, senses:** Explore the scenes in this text, noticing what you are experiencing via your senses. What do you see, hear, feel, taste, smell? Write these down in the *Senses* section.
- **Third, thoughts:** How were your thoughts engaged? What does the text make you think of? Does a memory or experience come to mind? Put these in the *Thoughts* section.
- **Fourth, actions:** What actions did you take? Are there things the story is asking you to do? Is there a call on you to generosity, or service? List these in the *Actions* section.
- **Fifth, feelings:** What feelings did you experience as you read the text? Did you feel frustrated or confused or excited? Place these in the *Feelings* section.
- **Sixth, wants:** What do you want? Are you wondering about something? Or wishing Jesus would have said or done something differently? Write these in the *Wants* section.

First: Scripture Text	Second: Senses	Third: Thoughts
Fourth: Actions	Fifth: Feelings	Sixth: Wants

For Staff and Faculty: We invite you to first, engage with this practice yourself to experience the richness it offers. Then, encourage your students to try it, and share what they learned through a written reflection, or in small group discussions. If you would like to adapt this for students on another journey, you could encourage them to find a poem, a picture or piece of art to contemplate.