

SUPPLEMENTAL CONTENT

PRACTICE-IGNATIAN PRAYER

NOTE: These scriptures provided for this practice connect to the shared meal in Week 7, but the practice could be used during any session. The description of this practice is adapted from an article by The Upper Room (<https://www.upperroom.org/resources/the-ignatian-method-of-prayer>).

Spiritual Practice

Ignatian Method of Prayer

Named after Ignatius of Loyola (1491-1556), the Ignatian method of prayer invites you to enter more fully into the stories of scripture. You can think of the Ignatian method as a virtual experience where you create in your mind a short film about what you read. To explore this practice, first select a scripture or poem. Then, as you read your selection, reflect on the questions that follow and see where your imagination takes you.

- What do I see and hear? What do I smell, taste, or touch?
- Who are the characters and what's going on with them?
- If I were in this movie, what role would I play?
- If I were Jesus in this story, what would I be thinking, feeling, saying?

Here are some suggested scriptures and poems that might connect with Week 7:

- Psalm 23
- Luke 7:36-50
- Luke 9:12-17
- Luke 14:16-24
- Luke 19:1-10
- "Perhaps the World Ends Here" by Joy Harjo
- <https://www.poetryfoundation.org/poems/49622/perhaps-the-world-ends-here>
- "The Potato" by Joseph Stroud (<https://m.poets.org/poetsorg/poem/potato>)