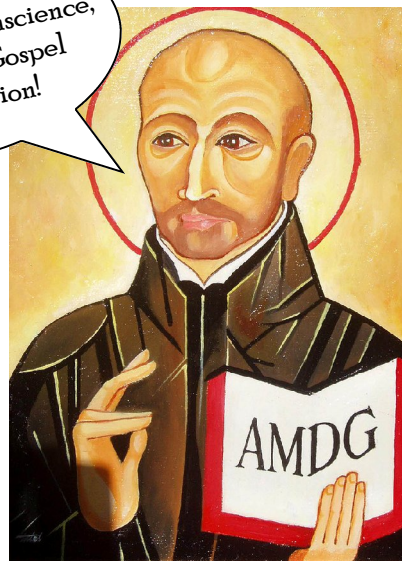


Ignatian Gospel Contemplation

- 📖 Prepare yourself for prayer by assuming a comfortable position and allowing yourself to become silent.
- 📖 Read the weekly Gospel passage through once, paying special attention to the characters and concrete details:
 - What does this place look, feel, smell, and sound like?
 - Who is there?
 - What action unfolds?
 - What words are spoken?
- 📖 Enter into the story in your imagination, just as if you were there. Employ your senses to allow the details of the story to come alive. Listen, taste, feel, smell, and see all that you can. Either be yourself or imagine yourself as one of the people in the story. Talk and interact with the people in the story. Allow the story to unfold in your imagination without changing any of the essential details from the Bible passage.
 - Pay careful attention to all your reactions, all that you are feeling and thinking.
 - Respond to this experience in prayerful conversation with Jesus.

If you liked my Examination of Conscience, you'll love my Gospel Contemplation!



-*Catholic Faith Handbook for Youth* pg. 339-341

The **JOY** of Reading Scripture!

- Read the assigned Gospel passage.
- **JESUS:** Focus your mind on Jesus. What did he say? What did he do? How did he feel about the other people in the passage? What did he want them to learn?
- **OTHERS:** Read the passage again. Focus on the other people in the story. What were they doing? How did they feel? How did their thoughts/feelings change through their encounter with Jesus?
- **YOU:** Read the passage again. Focus on yourself. Imagine that you are there with Jesus. What does Jesus want you to know? What changes is Jesus inviting you to make in

Writing Prayers of the Faithful

1. Read the Gospel, the first reading, psalm, and second reading for the Mass which you are writing intercessions. Underline or list key phrases that stand out for you. Things to look for are:
 - a. actions that God has done, is doing, or will do
 - b. metaphors and poetic phrases
 - c. commands
2. If possible, find out what music is being planned for the celebration. Look for strong phrases and images from the text.
3. List the concerns that are on people's minds right now. Include:
 - a. what is going on in your parish or school community
 - b. what is going on in your surrounding community (e.g., city, county, state)
 - c. what is going on in the nation
 - d. what is going on in the world
4. Pick one form which you will use for all the intercessions. Petitions usually take one of three forms:
 - a. "For ____."
 - b. "That ____."
 - c. "For ____, that ____."
5. Begin writing, playing with the images and scriptural phrases, using the four basic topics:
 - a. For the needs of the Church;
 - b. For public authorities and the salvation of the whole world;
 - c. For those burdened by any kind of difficulty;
 - d. For the local community.as your starting point and connecting them to the current concerns of your assembly. Stick with your chosen form (step 4 above).
6. Speak out loud what you have initially written. Imagine your assembly. Can they all join in this prayer? Can they all participate fully in this intention? If there's any doubt, rewrite it.