



Odilon Redon
(French,
1840–1916),
Melancholy,
1876.
Charcoal on
paper.

When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. – John 11:33-35

Imaginative Prayer

Using an Ignatian method of imaginative prayer, you can use the John reading and follow the steps below to help you with your prayer. You could even respond through drawing, painting or writing, creating an image like the one above or some other image that comes from your prayer time.

Pause: Ready yourself for prayer. This can be done by using a short, written prayer, focusing on the painting above or any another way that works for you.

Read: Become familiar with John 11:1-45; don't over analyse it but allow the mood or 'flavour' of the reading come to you. Allow yourself to be open to it and if a word or phrase stands out, sit with it a while.

Picture: Begin to imagine the scene in the John 11:1-45. Think about the following questions to help you construct the scene: Where is it? What is space around like, is it outdoors or indoors? What temperature is it? What smells and sounds are around? Who is present? What do they look and sound like?

Imagine: Now imagine you are one of the people present, interact with the scene. Talk to Jesus, what does he say to you? Spend some time here and don't worry about 'doing' everything that happens in the reading.

Reflect: At the end, go over what you imagined and consider how you felt, what happened, what was said. What was God saying to you in that prayer? Thank God for this time that you spent together.