

Journey
to Healing

**Healing
in His
Presence**

VIRTUAL GUIDE

Imaginative Prayer Practice:

Breakfast with Jesus



Scripture Focus: John 21:1–14

Preparation:

- Find a Quiet Space: Choose a comfortable and quiet place where you won't be disturbed.
 - Settle Your Mind: Take a few deep breaths, inviting the Holy Spirit to guide your imagination.
- Read the Passage: Slowly read John 21:1–14, allowing the scene to unfold in your mind.

Imaginative Encounter:

1. Visualize the Scene:

- o Picture yourself as one of the disciples, returning from a night of fishing.
- o Feel the cool morning air, hear the gentle lapping of the waves, and see the figure of Jesus standing on the shore.
- o Notice the fire burning and the aroma of fish and bread.

2. Engage Your Senses:

- o Sight: Observe Jesus' expression as He calls out to you.
- o Sound: Listen to His voice and the sounds of the sea.
- o Smell: Notice the aroma of the fire and the fish cooking.
- o Touch: Feel the texture of the sand beneath your feet.
- o Taste: Savor the breakfast Jesus has prepared.

3. Personal Interaction:

- o As you sit with Jesus, He turns to you and gently asks:
 - "How are you feeling today?"
 - "Is there anything you'd like to share with Me?"
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- o Respond to Him honestly, sharing your thoughts and feelings.

4. Listen for His Response:

- o After sharing, sit in silence, listening for Jesus' response.
- o What does He say to you?
- o How does His presence make you feel?

Creating Your Sacred Space:

Consider this beach scene as the beginning of a personal sacred space within your imagination—a place where you can regularly meet with Jesus. This space can be any setting where you feel safe and at peace, such as a serene garden, a quiet beach, or a cozy room. The key is to choose a place that resonates with you, where you can freely converse with Jesus, share your heart, and experience His presence.

Engaging in this practice aligns with the tradition of imaginative contemplation, which encourages using our God-given imagination to deepen our relationship with Christ. By consistently returning to this sacred space, you create a rhythm of intimacy with Jesus, allowing His healing presence to permeate your daily life. This space becomes a refuge—a place to process emotions, seek guidance, and rest in His love.

Reflection:

- After the prayer, take a few moments to reflect on the experience.
Consider journaling your thoughts, feelings, and any insights you received.

Continued Practice:

This week, revisit this imaginative prayer, allowing Jesus to meet you in different areas of your life. Remember, imaginative prayer isn't limited to Gospel narratives; it's a way to encounter Jesus in any moment, inviting His healing presence into your daily experiences.

Imaginative Prayer Practice: Embracing Jesus' Call



Scripture Focus: John 21:15–17

Preparation:

- Find a Quiet Space: Choose a comfortable and quiet place where you won't be disturbed.
 - Settle Your Mind: Take a few deep breaths, inviting the Holy Spirit to guide your imagination.
- Read the Passage: Slowly read John 21:15–17, allowing the scene to unfold in your mind.

Imaginative Encounter:

1. Visualize the Scene:

- o Imagine yourself sitting with Jesus by the Sea of Galilee after sharing breakfast.
- o Feel the warmth of the morning sun and hear the gentle lapping of the waves.

2. Engage in the Conversation:

- o Jesus turns to you and asks, “Do you love me?”
- o Respond to Him honestly, sharing your heart.
- o With each affirmation, hear Him say, “Feed my lambs,” “Tend my sheep,” “Feed my sheep.”

3. Reflect on the Call:

- o Consider what "feeding His sheep" means in your context.
- o Who are the individuals in your life that need care, encouragement, or support?
- o How can you embody Jesus' love in your daily interactions?

Reflection:

- After the prayer, take a few moments to reflect on the experience.
- Consider journaling your thoughts, feelings, and any insights you received.

Continued Practice:

This week, revisit this imaginative prayer, allowing Jesus to reveal new ways you can "feed His sheep." Remember, this call is not limited to church leaders but is an invitation for all who love Him to care for others in meaningful ways.

Your imagination is a gift from God and a way to connect with God.

God can speak to us as surely through our imagination as through our thoughts and memories. – Ignatius

I ask the Holy Spirit to creatively do his work in pointing me to Jesus. I ask him to make the Living Lord real to me.

I ask him to experience as real what I intellectually know to be true. I ask him to sanctify my imagination and help me experience the real Jesus with all five senses. – Gregory Boyd