

Imaginative Reading

A practice that moves the stories of scripture from your head to your heart.

Psalm 119:18 – “Open my eyes to see the wonderful truths in your instructions.”

This practice works especially well with parables and other stories of Jesus found in the four gospels.

Choose a story from the gospels (Matthew, Mark, Luke or John).

Read the passage to become familiar with the story. Picture the scene and allow it to appear in your imagination.

Slowly read the story a second time. As you do, allow the Holy Spirit to draw you into the story as one of the characters. You may be one of the main characters or an incidental bystander that isn't even mentioned by name.

Slowly read the story a third time as if you were the character in the story. Pay attention to the thoughts and feelings that arise as you walk in their shoes. Be especially attentive to what Jesus is doing or saying to you and to others in the story.

Keep a notebook or a journal handy to record any insights or questions that you may want to explore.