**Praying with your imagination**

1. Choose a story from the bible. Try starting with a story from the Gospel – for example Jesus turns water into wine John 2.1-11. Later you can apply the same pattern with other stories and passages.
2. Take a bit of time to be still. Perhaps, use a breath prayer ([see February’s Taster](https://www.bristol.anglican.org/churchlife/resourcesforparishes/rhythm-of-life/rhythm-of-life--february.php)) to prepare yourself to listen to God.
3. Read the passage slowly several times paying attention to how the story unfolds.
4. Close your eyes and picture yourself in the story. Who is with you? What are they doing? Imagine the smells, sounds, colours in the scene. What do you notice? How do your or others in the story feel? Make sure you spend enough time to fully experience what is happening.
5. Read the passage again and ask yourself what is God saying to you? What have you learned about Jesus and yourself?
6. Take some time to respond in prayer, share with God what you are learning and invite him to speak to you.
7. Finally, thank God for his love and his presence with you.

