

# Ignatian Meditation



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## Why Meditate on Scripture?

Meditation helps us to become “careful to do everything written in the Word” (Joshua 1:8).

It is mentioned more than 15 times in the Psalms (Ps. 48:9; 77:2; 143:5; 145:5; 119:15)

It’s a spiritual discipline, which is: practicing how to become attentive to that small voice and willing to respond when we hear it.

## How is *meditation* on Scripture different from *study* of Scripture?

IN THE “STUDY METHOD YOU...	IN MEDITATION METHOD, YOU...
<ul style="list-style-type: none"><li>• Dissect the text</li><li>• Ask questions about the text</li><li>• Read and compare facts and new ways of applying the facts</li></ul>	<ul style="list-style-type: none"><li>• Hear the text and enter into it</li><li>• Let the text ask questions of you</li><li>• Read to let God speak to you</li></ul>

## How do we do this?

- Be a “fly on the wall”: If you had been present, what sights, sounds, tastes, smells and textures would you have experienced?
- Let God put you in the passage, perhaps becoming the person Jesus is speaking to. Let Jesus look you in the eyes, sitting face to face, and speak to you. What do sense as Jesus speaks to you? What facial expressions do you notice?
- Use your imagination, but still be WORD-centered
- Approach Scripture in non-controlling manner: *Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.* (James 1:21)

Now the tax collectors and “sinners” were all gathering around to hear him. But the Pharisees and the teachers of the law muttered, “This man welcomes sinners and eats with them.”

Then Jesus told them this parable: “Suppose one of you has a hundred sheep and loses one of them. Does he not leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, ‘Rejoice with me; I have found my lost sheep.’ I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent. (Luke 15:1-7)