



Imaginative Prayer

I'm so glad you are giving Imaginative Prayer a try! I love it as a way of growing in intimacy with God. I will be praying for you, too, as you move in closer and snuggle into Jesus' safe and secure embrace.

You may want to read through the questions below before you begin. The questions are ONLY a guide. If you never use the questions below, great. This is totally between you and God. God knows where you need to be touched ... what needs to be healed ... how you need to be loved. Trust the Holy Spirit and allow yourself the freedom not to "stick to the script" of the story. Ask questions. Listen. God will meet you.



Start by finding a quiet place where you won't be disturbed. Settle in. Pause. Breathe slowly. The goal here is not to become a "super saint" ... it is simply an invitation to intimacy from the God who loves you. Begin by **slowing** reading through Luke 13:10-17. Then, read it again, perhaps out loud. (*Feel free to use the text below or your own Bible.*)

One Sabbath day as Jesus was teaching in a synagogue, he saw a woman who had been crippled by an evil spirit. She had been bent double for eighteen years and was unable to stand up straight. Jesus called her over and said, "Woman, you are healed of your sickness!" He laid hands upon her and instantly she was made straight and began to praise God!

But the leader in charge of the synagogue was indignant that Jesus had healed her on the Sabbath day. “There are six days of the week for working,” he said to the crowd. “Come on those days to be healed, not on the Sabbath.”

But the Lord replied, “You hypocrites! Each of you works on the Sabbath day! Don’t you untie your ox or your donkey from its stall on the Sabbath and lead it out for water? This dear woman, a daughter of Abraham, has been held in bondage by Satan for eighteen years. Isn’t it right that she be released, even on the Sabbath?”

—Luke 13:10-17

❖ Now, spend as much time as you want (I’d encourage at least 20-30 minutes) picturing the scene. If you want, you could start as an onlooker in the crowd. The pay attention ...

*What do you notice? What sounds do you hear? How does Jesus call the woman over?
What is the expression on Jesus’ face?*

❖ In your imagination, move closer to Jesus so you can hear what He has to say to the woman.

*What is the tone of His voice? Does Jesus look her in the eye? How does He touch her?
How does the woman respond to Jesus’ touch? What is the look in her eyes after she is healed?*

❖ Or you might try being the Bent Over Woman, put yourself in her shoes.

*Why are you at the Temple? Do you know Jesus is there teaching? Does He have to bend over in order to look you in the eyes? How do you feel when Jesus looks you in the eyes?
Are you afraid when He calls you over? Do you go willingly or do you hesitate? If you hesitate, be curious, what makes you pause? How do you feel when Jesus touches you?
How does the healing feel in your body? What is your response? How do you feel when the synagogue leader attacks Jesus because of you? How does Jesus sound when He defends your healing? How does it make you feel?*

❖ Ask yourself some questions, although you will probably find that the Holy Spirit will bring thoughts and feelings to the surface without the need for these questions.

Where do I feel bent over in my own life? Bowed down? Overcome? Is it in a relationship? With finances? Physical Ailments? Exhaustion? Guilt? Aging? Where do you need to be released and set free? Are you willing to be set free? Ask Jesus where you need to be unburdened? Ask Jesus what He wants you to know?

Hear Jesus calling you to Himself. You are receiving an invitation to be healed ... to be set free. Feel His loving hands being placed on you. How do you want to walk out of the Temple? Is it an invitation to a prayer?

❖ Pay attention to God and to yourself. Take your time ... come back to the story several times if it would be helpful. You may want to write down and capture what God says to you, your experience, or any questions you want to explore. Just **know** God wants to lavish love upon you.

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