

# *Growing Spiritually as an Elder*

## *Imagery Prayers*



*Imagery Prayers use the gift of your inner imaginative spirit to communicate with God and to rest in the awareness of God. They can be intercessory in nature or meditative.*

*Below are suggestions in three categories:*

- 1) Being with Jesus prayers*
- 2) Scriptural imagery prayers*
- 3) Memory prayers*

### **Being with Jesus Prayers**

- 1) Jesus said, "I go to prepare a place for you." Picture Jesus present someplace or in some dilemma that is coming up in the near future for you. See Jesus in that place and time making it ready for you. This works well for persons about to have surgery or relocate.
- 2) Envision Jesus going down a stairway with you to a door to some hurt that you carry. Invite Jesus into that closed space and wait for him outside the door.
- 3) Imagine yourself in a peaceful place sitting/walking/being with Jesus. Ask Jesus any question you need to ask and know that you are heard. Look into his face and see his acceptance of you and your question. Listen for how Jesus will answer you over the next weeks or months.

### **Scriptural Imagery Prayers**

- 1) Picture yourself in the arms of God being held or rocked. Allow yourself to feel the love of this embrace.
- 2) See yourself resting on the open hand of God. You are sheltered there. Do you feel like sitting, lying, dancing, crying, laughing? What do you know about God and you and your life right now by doing this prayer?
- 3) See yourself in the armor of faith. How is God protecting you? See yourself flying on the wings of eagles. See yourself secure in a boat in a tempest tossed sea.



## **Memory Prayers**

Memory prayers can raise very painful material. Use this form only when deep trust is available and where you may have the ability to follow up with each other over time. It is helpful to either journal write or speak with a person after doing this type of prayer.

- 1) Imagine Jesus in a memory where you have unfinished business emotionally. Picture Jesus offering you comfort in this memory place. How is Jesus looking at you? How is Jesus looking at the others in the memory? Can you receive from Jesus what you need at this time to move past this memory and whatever scar it has placed on you? This prayer is good for those who are grieving or have received a hard hurt. It sometimes takes many times of prayer to move through these hurts. Other times grace comes quickly. Be patient. Move at the rate of the spirit.
- 2) Rest in the joy of a great memory. Go there with Jesus. What do you want to tell him about the event and what it means to you? See this moment or place. Soak in the details of it and offer them back to God in gratitude. Tell God every piece of it you can remember and why it matters to you. We are shaped by gratitude. Allow the joy in your life to shape you in prayer.
- 3) Rest with one of the people you have loved that has left in death. Recall in God's presence what is precious to you about them. Name the ways your love has been shared with that person. Thank God for all that is blessing you from having known that person. Pray for their peace in God. Pray for all who mourn for that person.

Release to God any feelings of hurt associated with the person as you are ready. Some hurts are deep and will take many, many prayers to release.

- 1) You may pray for the willingness to let go of the hurt.
- 2) You may pray for the desire to pray for the willingness to let go of the hurt.

You know part of what you need, and God knows even more fully. Healing comes as we ready ourselves to receive it.

