**S1 Lesson 3: May 2020 Sacred Meditations**





St. Ignatius of Loyola taught that God can speak to us as surely through our imagination. In the Ignatian tradition, praying with the imagination is called contemplation. Contemplation is a very active way of praying that awakens our mind and heart and stirs up thoughts and emotions.

Contemplating a Gospel scene is not simply remembering it or going back in time. When we imagine the scene, the Holy Spirit makes present a mystery of Jesus’ life in a way that is meaningful for us now. Use your imagination to dig deeper into the story so that God may communicate with you in a personal way.

**Task:**

1. **Carry out this guided meditation** of Jesus in the Garden of Gethsemane led by Fr. Stephen Reilly, Co-Ordinator of Spiritual and Pastoral Formation at the University of Glasgow from the following link <https://www.youtube.com/watch?v=eRUOlgTJEI8>
2. **After the meditation. Copy and complete the following sentences:**
* At the start of the meditation, I felt…
* During the meditation, some things that I visualised were…
* One thing that stood out to my imagination was…
* I really enjoyed…
* I found it difficult to…
* I would/would not like to do more meditations like this because…
1. **Research** some facts about the Garden of Gethsemane, which still exists at the outskirts of the Jerusalem city walls today and take note of what you have learned.



