

## Imaginative Visualization

Read through your text two or three times, to become familiar with it.

Use your imagination to enter into the scene you are reading about. What is the setting of the story? What are the sights, the sounds, the aromas? Who else is there in the story? What do they look like? What expressions do their faces reveal? Explore the scene as fully as you can with all your imaginative senses.

Where are you in the story, in relation to the other participants? Are you one of the religious leaders? A member of the crowd? In the foreground, or the background? What is your role in this drama?

Let the story unfold and develop in your imagination. Does someone speak to you? What do they say? What do you say in reply? Is there other action, and do you play a part in it? What are your feelings as the scene evolves?

After the action has concluded, what do you do? Do you go somewhere, or tell someone? What do you tell them about what you just experienced? How do you describe the meaning of what has happened?

Allow your attention to come back to the present, being open to any insights or questions that may have arisen.

Reprinted from *"In the One Spirit: Paul's First Letter to the Christians in Corinth,"*  
by Kristine A. Haig, Office of Spiritual Formation,  
Presbyterian Church (U.S.A.)

The Bible is a seed,  
God is the sun,  
but we are the soil.  
Every generation is expected to bring forth  
new understanding and new realization.

*Abraham Heschel*