

# Imaginative Prayer

With imaginative prayer, you are simply setting apart your imagination as a place to meet with Jesus. In as much as God created any part of you, He created your imagination as well. Because he designed your imagination, you can trust that it can be engaged for holy, prayerful purposes under Jesus' authority and under the discernment of your own spirit as it is connected to the Holy Spirit. What follows is a simplified step-by-step approach to meeting with Jesus in this way.



Note: This style of prayer explained here was largely developed through imaginative prayer sessions that I participated in with my husband, Val Tramonte, and from insights gained through the "Encountering God Training" by Rhonda Calhoun.