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.

- 1. Begin by entering into prayer. (Talk to God.)
 2. Audibly acknowledge that "Jesus is Lord" and that He is in authority over you.
- 3. Audibly command any/all spiritual forces of evil away from wherever you are. If you are a follower of Jesus, you are under Jesus' authority, so you can call His power into action over demonic realities. It's His power at work, not yours. Audibly tell any/all spiritual forces of evil to be submitted to the feet of Jesus by His name, blood, and authority, which are over you.
- 4. Audibly, invite the Holy Spirit to fill the entire space where you are.

 5. Surrender your imagination to Jesus. Tell Him that you trust Him with your imagination.

 7. Ask Jesus for a picture of a place to meet with Him in this imaginative prayer time.
- 8. Once you have that picture of a place to meet with Jesus, your prayer session may go a variety of directions. The most significant aspect of this type of prayer is simply being with Jesus. Listen to what He says and pay attention to what He shows you.
 - 9. Ask Jesus if there is anything He wants to tell you or show you. Listen and receive. He can reveal anything He wants to share in a variety of ways: words, verses, pictures, images, etc.
- 10. As that interaction wraps up, ask Him if there is anything else He wants to tell you or show you. Again, listen and receive.

 11. Repeat Step 10 until Jesus closes out the session (often with a sense that He's expressing, "that's all for now").

 12. Thank Him.

 13. Ask if you can meet Him here again sometime.

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.

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