



Reflective Worksheet

Experiencing the Story by praying the elements and themes

This reflective worksheet is designed to help you engage with God through a Scriptural story explored by recognizing and praying the story's elements and themes.

There are many ways to experience God through a story. Usually, an individual finds one or two practices most helpful. After you explore this method, reflect on the experience. If you've found it rich and deep, use the method again with another Scriptural narrative. If the method proved unhelpful, put it aside and try a different approach.

Engaging with God through a story is a prayer practice and we will treat it as such.

Preparing to pray

Take a few moments to settle down; breathe deeply, welcome the Holy Spirit, and invite God to guide you. Trust God to reveal what He desires you to see today.

For our prayer reflection, we'll use the first part of the story of the woman who met Jesus at the well.

Listen to the story

1. Slowly read the story aloud and listen as you do so. Then, do it again. Feel the shape and flow of the story. Circle the words, phrases or images that particularly attract your attention. Try not to analyze, interpret or apply. The goal is to hear and notice what the Spirit desires to reveal to you today.

"A woman from Samaria came to draw water. Jesus said to her, "Give me a drink." (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask for a drink from me, a woman of Samaria?" (For Jews have no dealings with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." John 7-10 ESV

Explore the story

2. Allow the story to unfold in your mind. As it does, notice and record the characters and elements or objects in the story.

3. Record the main movements of the story in general terms. For example; a woman goes to work, etc.

4. Consider the characters, elements and movements in the story. Write a short sentence that describes the theme of the story.

5. Consider the day ahead of you. What are the actions or objects in your upcoming day that parallel the objects and actions in the story?

Respond

6. Pray for your upcoming day using the elements, actions and themes you've identified.

Close this time of prayer and reflection.

7. Reflect on the experience. Was this method of prayer helpful for you in deepening your relationship with God? If so, what aspects did you find helpful. Remember, there are many ways to prayer with Scripture.
