



## Reflective Worksheet

# Experiencing the Story with your Imagination

This reflective worksheet is designed to help you engage with God through a Scriptural story explored with your imagination.

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

2. Choose to be one of the characters in the scene, yourself, a minor character or even an object in the story. Record your choice.

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3. Allow the story to take its own course in your imagination (think of it as a video interpretation). Allow the characters, including Christ, to speak. In imagination, we're not bound by the framework of the story. Notice the story that unfolds in your imagination. When you're finished, summarize the story you imagined.

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4. Describe Jesus as you experienced him in this story. Be careful to stay within the story you imagined. What kind of person is he? What's his attitude, his tone of voice? What do you like about him? Is there anything that puts you off?

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5. Describe the way you saw and experienced yourself in story you imagined? What were your attitude, your actions, and feelings?

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6. What do you sense the Spirit showing you about Christ in the story you imagined?

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7. What do you sense the Spirit showing you about yourself in the story you imagined?

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### Test your experience

8. How does the story you imagined align with who you know God to be as revealed elsewhere in Scripture? How does it differ from who you know God to be?

*Note:* If the Christ you saw in the story you imagined does not align with the Christ you know in Scripture, then the story you imagined may not have been guided by the Holy Spirit. At this point, it's probably best to stop this reflection, resist what may not be of God, welcome the Spirit again and return to prayer.

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9. Does the story you imagined draw you closer to God or further away? How so?

*Note:* If your experience of the story you imagined drew you away from God, it may not have been guided by the Holy Spirit.

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### Reflect on the story you imagined

10. Talk with God about what you’ve noticed in the story as you imagined it.

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Close this time of prayer and reflection.

11. 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.

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