



IGNATIAN SPIRITUALITY CONFERENCE

Resources on spirituality and personal growth by the Jesuits of Canada

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[ignatianconference.com](https://www.ignatianconference.com)

Ignatius 500
ANNIVERSARY OF
THE CONVERSION
OF IGNATIUS



JÉSUITES
du Canada

JESUITS
of Canada



PRAYING WITH AND
THROUGH ART:

IGNATIAN
CONTEMPLATION
THROUGH PHOTOGRAPHY

REFERENCES

- <https://www.flickr.com/photos/jesuitescanada/galleries/72157714489474171/>
- <https://www.lafabriqueculturelle.tv/capsules/12132/marc-rizzetto-pere-jesuite-et-photographe>
- <https://www.jesuites.com/careme-mediter-et-prier-evangile-et-art/>

WHAT IS IGNATIAN CONTEMPLATION?

- **Ignatian contemplation** is a way of using your imagination to 'place' yourself in a scene from Scripture or with Jesus, Mary or God the Father. It is much more 'content heavy' than other forms of prayer. That is, it really asks you to 'compose the place', as Ignatius says in the Exercises, with as much realism as possible.

PRAYING WITH A WORK OF ART - PRAYING WITH A PHOTOGRAPH

- **1. Get into an attitude of prayer**

To put oneself in an **attitude of encounter with God** through His Word and the vision that an artist has of the world, of man and of the divine presence that is revealed in it.

PRAYING WITH A WORK OF ART - PRAYING WITH A PHOTOGRAPH

- **2. Be silent...**

...In order to be open to the **presence of God.**

- **3. Ask for the light of the Holy Spirit**

To enter into the mystery represented in this work of art:
an episode from the life of Christ, a passage from the history
of the people of the Covenant or any other biblical scene...

PRAYING WITH A WORK OF ART - PRAYING WITH A PHOTOGRAPH

- 4. **First of all, look at**

the **colours**, their mass, their intensity, their arrangement in relation to each other, the way they complement or oppose each other;

lines, vertical, horizontal, oblique or curved: see how they combine with the colours;

the **characters** or other **figurative elements** represented: see their position in relation to the work as a whole, the attitude, the postures in relation to each other, their proportion in relation to the whole; try to identify them (if necessary refer to the museum's aesthetic commentary).

PRAYING WITH A WORK OF ART - PRAYING WITH A PHOTOGRAPH

- **5. Then observe**

Observe the **links that are established between lines, colours and figurative elements**: humans, animals, objects... and enter into the spiritual message that emerges:

What vision of God is being expressed here? What vision of Man?

What is the meaning of this biblical scene for the people of Israel? for the world today? for my own life?

PRAYING WITH A WORK OF ART - PRAYING WITH A PHOTOGRAPH

- **6. Addressing God**

Addressing God, the Father, Jesus Christ or the Spirit (or God through Mary or a figure in the scene being contemplated) to **thank him, ask his forgiveness or ask for his help,** depending on what you **discover in this contemplation.**

CONTEMPLATION OF THE INCARNATION

- **Ignatius of Loyola proposes in the Spiritual Exercises the contemplation of the incarnation.** It proposes to imagine how the Trinity (Father, Son and Spirit) looks at the world after creation and before the incarnation. Contemplating the world, seeing everything that happens in it, God decides to send his son.

PRINCIPLE AND FOUNDATION No. 23

Man is created to praise, revere and serve God our Lord and thereby save his soul, and the other things on the face of the earth are created for man and to help him in the pursuit of the end for which he is created.

PRINCIPLE AND FOUNDATION No. 23

From this it follows that man must use these things insofar as they help him towards his end, and that he must withdraw from them insofar as they are an obstacle to his end.

PRINCIPLE AND FOUNDATION No. 23

For this it is necessary to make ourselves indifferent to all created things, in all that is left to the freedom of our free will and is not forbidden to it; so that we do not want, for our part, health more than sickness, wealth more than poverty, honour more than dishonour, a long life than a short one, and likewise for all the rest, but that we desire and choose only what leads us more to the end for which we are created.