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# MOMENTS

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A RETREAT FOR EVERYDAY LIFE

A DIRECTED PRAYER EXPERIENCE FOCUSED UPON GROWING IN  
AWARENESS OF ONE'S INTERIOR SPIRITUAL LIFE BASED UPON THE  
SPIRITUAL EXERCISES OF ST. IGNATIUS

SCRIPTURES

COLLECTED AND PRESENTED BY KAREN SHIELDS WRIGHT FOR RETREATS IN  
THE EVERYDAY

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## FINDING GOD IN ALL THINGS

### ORIENTATIONS: RETREATS IN THE EVERYDAY

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1. Encountering God's Unconditional Love for Me – Grace of Gratitude
2. The Garden of God: God's Creation Created Through Love - Ignatian Contemplation
3. The Making of Me: The Breath of God / Interior Movements
4. Our Longing for God: Thirst – Ignatian Meditation (Lectio Divina) / Natural Spiritual Experiences
5. Listening to God Who Speaks: Operations of the Soul / The Language of God
6. God's Call to Me – Vocational Spirituality / Discernment
7. Into the Silence - Prayer of Quiet / Spirituality of Heart
8. Contemplation Entering the Mystical - Stillness, Solitude & Silence
9. An Invitation to Grace – Healing / God's Ongoing Creative Action in Me
10. God, the Giver of all Gifts - Jesus Christ, the Light of the World
11. Turning to God– Colloquy Prayer / Shadows / Consolation/Desolation
12. Awareness of God's Presence
13. God's Invitation to Greater Freedom– Journaling / Grace, Gifting, Gratitude

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Material taken from the Ignatian Adventure/Moment by Moment/ and authors such as William Barry books, James Martin, Timothy Gallagher, Henri Nouwen, and other texts, and online references

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MOMENT 1. ENCOUNTERING GOD'S UNCONDITIONAL LOVE FOR  
ME

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To grow in my awareness of how I have been, and am loved by God

**Desire:** To pray for the graces to be more aware of how God is near, to trust God's personal care and love for me.

*God is Love loving*



## MEDITATION: GOD SPEAKS TO US THROUGH THE PROPHETS

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### I KNEW YOU (JER 1:5A & 31:3B-4A)

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<sup>5</sup>*Before I formed you in the womb I knew you, before you were born I dedicated you...*

<sup>3</sup>*With age-old love I have loved you; so I have kept my mercy toward you.*<sup>4</sup> *Again I will build you, and you shall stay built...*

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### I CALLED YOU BY NAME (SELECTIONS FROM ISAIAH 43:1-7)

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But now, thus says the LORD,  
who created you, and formed you,

*Do not fear, for I have redeemed you;*

***I have called you by name: you are mine.***

<sup>2</sup>*When you pass through waters, I will be with you;  
through rivers, you shall not be swept away.*

*When you walk through fire, you shall not be burned,  
nor will flames consume you.*

<sup>3</sup>*For I, the LORD, am your God, your savior.*

<sup>4</sup>***Because you are precious in my eyes  
and honored, and I love you,***

<sup>5</sup>*Fear not, for I am with you;*

<sup>7</sup>*All who are called by my name  
I created for my glory;  
I formed them, made them.*

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### I AM WITH YOU (ISAIAH 41:10)

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*'Do not fear, for I am with you; for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand.'*

As you Read and Listen

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WHAT WORD OR PHRASE MOVES YOU?

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Select one of these passages to Re-read

Select a section, a word or phrase that stands out for you

Take notice of your thoughts, feelings, desire

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*WHAT IMAGE DO YOU HAVE OF GOD FROM HIS WORDS  
SPEAKING TO YOU?*

*ASK YOURSELF: HOW DOES GOD SEE ME?*

*WHAT IS GOD'S PRESENCE LIKE?*

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RESPONSE OF DAVID: THE LORD IS MY SHEPHERD (PS 23)

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The LORD is my shepherd, there is nothing I lack.

<sup>2</sup> In green pastures he makes me lie down;

to still waters he leads me;

<sup>3</sup> he restores my soul.

He guides me along right paths

for the sake of his name.

<sup>4</sup> Even though I walk through the valley of the shadow of death,

I will fear no evil, for you are with me;

your rod and your staff comfort me.

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*WHAT WORDS OR IMAGES FROM DAVID'S RESPONSE  
SPEAK FOR ME?*

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YOU HAVE PROBED ME (PS 139:1-18)

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LORD, you have probed me, you know me:

<sup>2</sup> you know when I sit and stand  
you understand my thoughts from afar.

<sup>3</sup> You sift through my travels and my rest;  
with all my ways you are familiar.

<sup>4</sup> Even before a word is on my tongue,  
LORD, you know it all.

<sup>5</sup> Behind and before you encircle me and rest your hand upon me.

<sup>6</sup> Such knowledge is too wonderful for me,  
far too lofty for me to reach.

<sup>7</sup> Where can I go from your spirit?  
From your presence, where can I flee?

<sup>8</sup> If I ascend to the heavens, you are there;  
if I lie down in Sheol, there you are.

<sup>9</sup> If I take the wings of dawn<sup>[a]</sup> and dwell beyond the sea,

<sup>10</sup> Even there your hand guides me,  
your right hand holds me fast.

<sup>11</sup> If I say, "Surely darkness shall hide me,  
and night shall be my light"

<sup>12</sup> Darkness is not dark for you, and night shines as the day.  
Darkness and light are but one.

<sup>13</sup> You formed my inmost being;  
you knit me in my mother's womb.

<sup>14</sup> I praise you, because I am wonderfully made; wonderful are your works!  
My very self you know.

<sup>15</sup> My bones are not hidden from you,  
When I was being made in secret,  
fashioned in the depths of the earth

<sup>16</sup> Your eyes saw me unformed;  
in your book all are written down;  
my days were shaped, before one came to be.

<sup>17</sup> How precious to me are your designs, O God; how vast the sum of them!

<sup>18</sup> Were I to count them, they would outnumber the sands;  
when I complete them, still you are with me.

---

*WHAT IS YOUR EXPERIENCE OF GOD'S PRESENCE IN  
THE WORLD TODAY, READING DAVID'S RESPONSE?*

*SHARE ALL OF YOUR FEELINGS WITH GOD.*

*HOW OPEN AM I TO RECEIVING THIS LEVEL OF  
INTIMACY?*

*HOW DOES DAVID EXPERIENCE GOD'S GAZE ON HIM?*

*HOW DO I?*

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GOD IS LOVE LOVING

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FOR GOD SO LOVED THE WORLD (JOHN 3:16 & 1:14)

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“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

“And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.”

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*WHAT FEELINGS DO YOU SENSE GOD WAS FEELING  
WHEN HE GAVE HIMSELF TO US?*

*WHAT IMAGE COMES TO MIND OF WHAT JESUS LOOKED  
LIKE TO THE DISCIPLES WHEN THEY SAW HIM IN HIS  
GLORY?*

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## CONTEMPLATION: GOD SPEAKS IN THE PERSON OF JESUS CHRIST

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### IF GOD SO CLOTHED THE GRASSES (LUKE 12: 22-28A)

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<sup>22</sup> Jesus said to [his] disciples, *“Therefore I tell you, do not worry about your life and what you will eat, or about your body and what you will wear. <sup>23</sup> For life is more than food and the body more than clothing. <sup>24</sup> Notice the ravens: they do not sow or reap; they have neither storehouse nor barn, yet God feeds them. How much more important are you than birds! <sup>25</sup> Can any of you by worrying add a moment to your life-span? <sup>26</sup> If even the smallest things are beyond your control, why are you anxious about the rest? <sup>27</sup> Notice how the flowers grow. They do not toil or spin. But I tell you, not even Solomon in all his splendor was dressed like one of them. <sup>28</sup> If God so clothes the grass in the field that grows today and is thrown into the oven tomorrow, will he not much more provide for you...*

---

WHAT HAS GOD PROVIDED FOR YOU TODAY?

WHAT WORRIES OR FEARS DO I WANT TO LET GO  
OF, AS I MOVE THROUGH THIS RETREAT?

IMAGINE JESUS SPEAKING THOSE WORDS  
DIRECTLY TO YOU. WHERE ARE YOU BOTH?  
DESCRIBE THE SCENE. HEAR HIS WORDS AND SEE  
HIM SPEAKING THEM TO YOU. TELL HIM YOUR  
WORRIES, AND WAIT FOR HIS RESPONSE.

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MEDITATION: A DISCIPLE'S RESPONSE

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MY GRACE IS SUFFICIENT (2 COR 12:9)

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<sup>8</sup> "Three times I begged the Lord about this, that it might leave me, but he said to me, *"My grace is sufficient for you, for power is made perfect in weakness."* I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me."

NOTHING WILL SEPARATE US FROM THE LOVE OF GOD (ROM 8:38-39)

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"For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord".

GOD THE CREATIVE GIVER OF INFINITE GIFTS (PHIL 4:19)

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"My God will fully supply whatever you need, in accord with his glorious riches in Christ Jesus."

GOD THE HEALER: JESUS CHRIST (1 PETER 2:24)

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"By his wounds you have been healed."

.....  
*WHAT HAS CHANGED IN YOU IN REFLECTING  
UPON THE DISCIPLE'S STATEMENTS OF THEIR  
EXPERIENCES OF BEING WITH CHRIST?*  
.....



## MOMENT 1: SPIRITUAL EXERCISE

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God's gift to me is all of creation and myself.

He created me out of love and desires nothing more than a return of love. He continues to desire my love and friendship even when I move away from Him.

God accepts me completely with the strengths He has given me, and in all my imperfections. Letting God love us can bring areas of darkness to the surface... such is God's way of healing those hurts. Nothing can keep God from embracing and loving you.

.....

*ACCEPTING GOD'S UNCONDITIONAL LOVE FOR  
YOU, REFLECT ON WHAT WORDS YOU WOULD  
SHARE WITH OTHERS ABOUT YOUR EXPERIENCE  
OF ACCEPTING HIS GIFTS?*

.....

*Write down a few notes in your devotional journal.*

## MOMENT 2. THE GARDEN OF GOD GOD'S ONGOING CREATION

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Prayer for Graces To experience the wonder of the reality of His creation

Desire: to pray for the graces of wonder at God's ongoing creation; gratitude for the gift of God creating me and creating the world.

*Living in God*

## MEDITATION

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Reading: What does the text say?

Reflecting: What is God saying to me through the text?

Responding in Prayer: What do you want to say to God about the text?

Action: What do you want to do based on your prayer?

## CONTEMPLATION

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The Composition, by Imaging the Place

What do you see?

What do you hear?

What do you smell?

What do you feel?

What do you taste?

## INSIGHTS

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God is a God of surprises, let God surprise you

## CONTEMPLATION

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### THE GARDEN OF GOD (GEN 2: 4-6,8-9)

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**The Garden of Eden.** <sup>4</sup>This is the story<sup>[f]</sup> of the heavens and the earth at their creation. When the LORD God made the earth and the heavens— <sup>5</sup>there was no field shrub on earth and no grass of the field had sprouted, for the LORD God had sent no rain upon the earth and there was no man<sup>[g]</sup> to till the ground, <sup>6</sup>but a stream<sup>[h]</sup> was welling up out of the earth and watering all the surface of the ground —

<sup>8</sup>The LORD God planted a garden in Eden, in the east,<sup>[i]</sup> and placed there the man whom he had formed. <sup>9</sup><sup>[k]</sup>Out of the ground the LORD God made grow every tree that was delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil.

As you read and imagine<sup>1</sup>:

.....  
*PLACE YOURSELF IN THE GARDEN.*

*IMAGINE WHAT THE GARDEN LOOKED LIKE?*

*WHAT ACTION IS GOING ON? EX: IMAGINE THE  
STREAM WELLING UP OUT OF THE EARTH.*

*WALK THROUGH IT. WHO DO YOU ENCOUNTER?*

*USE YOUR SENSES TO SEE, TOUCH, SMELL, HEAR  
AND TASTE THE BEAUTY OF WHAT THE GARDEN  
HAS FOR YOU.*

*NOTICE YOUR FEELINGS. WRITE THEM DOWN OR  
CREATE A PICTURE, WRITE A POEM.*  
.....

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<sup>1</sup> Prayer of the Interior Senses – Ignatian Contemplation

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GOD'S LABORING (PS 33: 6-7)

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By the LORD's word the heavens were made;  
by the breath of his mouth all their host.<sup>[b]</sup>  
<sup>7 [a]</sup>He gathered the waters of the sea as a mound;  
he sets the deep into storage vaults.

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GOD RESTING (GEN 2: 1-3)

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<sup>1</sup> Thus the heavens and the earth and all their array were completed. <sup>2 [a]</sup> On the seventh day God completed the work he had been doing; he rested on the seventh day from all the work he had undertaken. <sup>3</sup> God blessed the seventh day and made it holy, because on it he rested from all the work he had done in creation.

---

*WITH YOUR MIND'S EYE SEE HOW GOD WAS  
WORKING AS HE GATHERED ALL OF THE WATERS.*

*WHAT OTHER IMAGES CAN YOU GATHER ABOUT  
HIS ACTIVITY IN CREATING THE WORLD, AND HIS  
CREATING NOW?*

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*PICTURE YOURSELF RIGHT THERE WITH GOD.  
WHAT IMAGES AND FEELINGS COME UP FOR YOU  
ABOUT HOW GOD FELT THAT 7<sup>TH</sup> DAY?*

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## A SAINT'S RESPONSES

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### THE CANTICLE<sup>2</sup> OF BROTHER SUN AND SISTER MOON BY ST. FRANCIS OF ASSISI

---

Most High, all-powerful, all-good Lord,  
All praise is Yours, all glory, all honour and all blessings.  
To you alone, Most High, do they belong,  
and no mortal lips are worthy to pronounce Your Name.

Praised be You my Lord with all Your creatures,  
especially Sir Brother Sun,  
who is the day through whom You give us light.  
And he is beautiful and radiant with great splendor,  
Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,  
In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air,  
and fair and stormy, all weather's moods,  
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,  
so useful, humble, precious and pure.

Praised be You my Lord through Brother Fire,  
through whom You light the night  
and he is beautiful and playful and robust and strong.

Praised be You my Lord through our Sister,  
Mother Earth who sustains and governs us,  
producing varied fruits with colored flowers and herbs.

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<sup>2</sup> A canticle is a hymn or other song of praise based upon the holy texts.

St. Francis was intimately close to God and felt so interconnected with God's creation that he saw all as gifts and part of his family.

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*WHERE HAVE I SEEN THIS AWESOME GLORY  
REVEALED IN MY LIFE AND THE LARGER WORLD?*

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## MEDITATION

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### GOD'S CARE FOR HIS CREATION (PS 104)

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#### SELECTIONS FROM DAVID'S RESPONSE OF CREATION

---

Bless the LORD, O my soul!  
O LORD my God, You are very great;  
You are clothed with splendor and  
majesty,<sup>2</sup> Covering Yourself with light as  
with a cloak, Stretching out heaven like  
a *tent* curtain.

<sup>3</sup> He lays the beams of His upper  
chambers in the waters;  
He makes the clouds His chariot;  
He walks upon the wings of the wind;  
<sup>4</sup> He makes the winds His messengers,  
Flaming fire His ministers.

<sup>5</sup> He established the earth upon its  
foundations, So that it will not totter  
forever and ever.

<sup>6</sup> You covered it with the deep as with a  
garment; The waters were standing  
above the mountains.

<sup>7</sup> At Your rebuke they fled,  
At the sound of Your thunder they  
hurried away.

<sup>8</sup> The mountains rose; the valleys sank  
down To the place which You  
established for them.

<sup>9</sup> You set a boundary that they may not  
pass over ,So that they will not return to  
cover the earth.

<sup>10</sup> <sup>l</sup>He sends forth springs in the valleys;  
They flow between the mountains;

<sup>11</sup> They give drink to every beast of the  
field;

The wild donkeys quench their thirst.

<sup>12</sup> Beside them the birds of the heavens  
dwell; They lift up *their* voices among  
the branches.

<sup>13</sup> He waters the mountains from His  
upper chambers;

The earth is satisfied with the fruit of  
His works.

<sup>14</sup> He causes the grass to grow for the  
cattle, And vegetation for the labor of  
man, So that he may bring forth food  
from the earth,

<sup>15</sup> And wine which makes man's heart  
glad, So that he may make *his* face  
glisten with oil, And <sup>l</sup>food which  
sustains man's heart.

<sup>16</sup> The trees of the LORD <sup>l</sup>drink their fill,  
The cedars of Lebanon which He  
planted,<sup>17</sup> Where the birds build their  
nests, *And* the stork, whose home is the  
fir trees.

<sup>18</sup> The high mountains are for the wild  
goats; The cliffs are a refuge for the  
shephanim.<sup>19</sup> He made the moon for the  
seasons;

The sun knows the place of its setting.

<sup>20</sup> You appoint darkness and it becomes  
night,

In which all the beasts of the  
forest <sup>l</sup>prowl about.

<sup>21</sup> The young lions roar after their prey  
<sup>l</sup>And seek their food from God.

<sup>22</sup> *When* the sun rises they withdraw  
And lie down in their dens.

<sup>23</sup> Man goes forth to his work  
And to his labor until evening.

<sup>24</sup> O LORD, how many are Your works!  
In wisdom You have made them all;  
The earth is full of Your <sup>l</sup>possessions.

<sup>25</sup> There is the sea, great and <sup>l</sup>broad,  
In which are swarms without number,  
Animals both small and great.



MOMENT 3. THE MAKING OF ME: CREATED TO BE THE BELOVED OF  
GOD

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PRAYER FOR GRACE:

To grow in my awareness of how I have been, and am loved by God, and to be more aware of how God is near, to trust God's personal care and love for me.

ENCOUNTERING GOD

God is present and ongoing creatively active in the world and in our lives. God communicates indirectly to us through creation, Scriptures and our daily encounters. His presence can be felt by us through creation and heard through reading Scriptures, and His action can be seen in our encounters throughout our day.

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CENTEMPLATION

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THE MAKING OF ME (GEN 1:26)

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<sup>26</sup> Then God said: *Let us make human beings in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, the tame animals, all the wild animals, and all the creatures that crawl on the earth.*

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IMAGINE BEING THERE OVER HEARING GOD  
SPEAKING ABOUT MAKING A PERSON.

WHAT IMAGES AND OR FEELINGS COME UP FOR  
YOU?

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THE BREATH OF GOD (GEN 2:7)

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Then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. (Gen 2:7)

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*BE THERE NOW AS GOD IS FORMING YOU AND  
BREATHING INTO YOU YOUR LIFE.*

*HOW DOES GOD'S BREATH FEEL?*

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I AM THE IMAGE (GEN 1: 27)

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<sup>27</sup> God created mankind in his image; in the image of God he created them; male and female he created them.

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*WHAT IMAGES COME TO YOU NOW AS A PERSON  
BEING MADE IN THE IMAGE OF GOD?*

*WHAT IS YOUR EXPERIENCE OF YOURSELF AS THE  
IMAGE OF GOD?*

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FACE-TO-FACE ENCOUNTER (GEN 1: 28-31A)

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<sup>28</sup> God blessed them and God said to them:

*Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that crawl on the earth.*

<sup>29</sup> God also said:

*See, I give you every seed-bearing plant on all the earth and every tree that has seed-bearing fruit on it to be your food; <sup>30</sup> and to all the wild animals, all the birds of the air, and all the living creatures that crawl on the earth, I give all the green plants for food.*

And so it happened. <sup>31</sup> God looked at everything he had made, and found it very good.

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IMAGINE GOD SPEAKING TO YOU "I GIVE ALL THIS  
TO YOU"

WHAT COMES UP FOR YOU WHEN YOU HEAR GOD  
WHISPER TO YOU "ALL OF THESE GIFTS ARE  
YOURS?"

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## MEDITATION

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### DAVID'S RESPONSE TO GOD'S CREATION (PS 8)

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O LORD, our Lord,  
how awesome is your name through all the earth!

I will sing of your majesty above the heavens  
<sup>3</sup> with the mouths of babes and infants.<sup>[c]</sup>

<sup>4</sup> When I see your heavens, the work of your fingers,  
the moon and stars that you set in place—

<sup>5</sup> <sup>[d]</sup> What is man that you are mindful of him,  
and a son of man that you care for him?

<sup>6</sup> Yet you have made him little less than a god,  
crowned him with glory and honor.

<sup>7</sup> You have given him rule over the works of your hands,  
put all things at his feet:

<sup>8</sup> All sheep and oxen,  
even the beasts of the field,

<sup>9</sup> The birds of the air, the fish of the sea,  
and whatever swims the paths of the seas.

<sup>10</sup> O LORD, our Lord,  
how awesome is your name through all the earth!

---

*WHAT WORDS OF DAVID SPEAK FOR YOUR HEART?*

*WHAT FEELINGS SPRING FORTH IN YOU?*

*WHERE HAVE YOU SEEN GOD'S ONGOING ACTION  
RECENTLY?*

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### MOMENT 3: SPIRITUAL EXERCISE

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God's gift to me is all of creation and myself.

REFLECT ON WHAT YOU WOULD SHARE WITH  
GOD AND SOMEONE CLOSE TO YOU ABOUT YOUR  
EXPERIENCE OF RECEIVING ALL THESE GIFTS

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## MOMENT 4. LONGING FOR GOD

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### OUR DESIRE FOR A SPIRITUAL LIFE

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To be aware of my interior longing for the Divine

Desire: To pray for the graces to be aware of my desires and longing for God

*God desires us to desire*

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## MEDITATION

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### DESIRE (PS 73:24-26)

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<sup>24</sup>You guide me with your counsel,  
and afterward you will receive me with honor.<sup>[a]</sup>

<sup>25</sup>Whom have I in heaven but you?  
And there is nothing on earth that I desire other than you.

<sup>26</sup>My flesh and my heart may fail,  
but God is the strength of my heart and my portion forever.

---

### TRUST (PS 91:2)

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I will say to the LORD, "My refuge and my fortress, My God, in whom I trust!"

---

### DELIGHT (PS 37:4-5,7)

---

Delight yourself in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act. Rest in the LORD and wait patiently for Him.

## LONGING

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### MY SOUL THIRSTS (PS 63:1)

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#### ARDENT LONGING FOR GOD - A PSALM OF DAVID, WHEN HE WAS IN THE WILDERNESS OF JUDAH

O God, You are my God; I shall seek You earnestly; My soul thirsts for You, my flesh yearns for You, In a dry and weary land where there is no water.

<sup>3</sup> I look to you in the sanctuary  
to see your power and glory.

<sup>4</sup> For your love is better than life;<sup>[b]</sup>  
my lips shall ever praise you!

<sup>5</sup> I will bless you as long as I live;  
I will lift up my hands, calling on your name.

<sup>6</sup> My soul shall be sated as with choice food,  
with joyous lips my mouth shall praise you!

<sup>7</sup> I think of you upon my bed,  
I remember you through the watches of the night

<sup>8</sup> You indeed are my savior,  
and in the shadow of your wings I shout for joy.

---

### AS THE DEER (PS 42: 1)

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As the deer panteth for the water; So my soul longeth after Thee.

## INVITATION

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### COME TO THE WATERS (ISAIAH 55)

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Everyone who thirsts,  
come to the waters;

and you that have no money,  
come, buy and eat!

Come, buy wine and milk  
without money and without price.

<sup>2</sup>Why do you spend your money for that which is not bread,  
and your labor for that which does not satisfy?

Listen carefully to me, and eat what is good,  
and delight yourselves in rich food.

<sup>3</sup>Incline your ear, and come to me;  
listen, so that you may live.

## CONTEMPLATION

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### WATER OF LIFE

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#### BLESSED ARE THEY (MATT 5:6)

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Jesus speaking: *Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.*

---

#### THE WATER I SHALL GIVE (JOHN 4:13-15A)

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<sup>13</sup>Jesus answered and said to her, *“Everyone who drinks this water will be thirsty again; <sup>14</sup>but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.”* <sup>15</sup>The woman said to him, *“Sir, give me this water, so that I may not be thirsty.”*



## MOMENT 4: SPIRITUAL EXERCISE / WATER REFLECTION

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### ALLOW YOURSELF TO LISTENING TO YOUR LONGINGS WITHOUT JUDGMENT OR SELF-EDITING.

As David is now aware of his desire for God, he speaks to God of it. He compares the feelings of longing in his soul as like a deer panting in need of water to live. He assures us if we delight in God, God will give us the desires of our heart, calling us to trust. David has experienced God's trusting care; proclaims even when his health may fail, his deepest desires of his heart will not fail.

.....  
*AS YOU ENCOUNTERED THE SCRIPTURES TODAY  
SPEAKING OF THIRST AND WATER WHAT IMAGES  
CAME UP FOR YOU?*  
.....

## THE EXAMEN

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### GOD IS IN THE DETAILS

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- Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts.
- Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them?
- Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.
- St. Ignatius tells us we are reflect on what are our deepest desires and to be specific in letting let God know of them.

## MOMENT 5. LISTENING TO GOD WHO SPEAKS

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PRAYER FOR GRACE:

To pray for the graces to listen, to be open to the Word, and all the ways God is speaking to me in my daily life.

*Our God who speaks in dreams*

## MEDITATION

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### GOD SPEAKING IN DREAMS (JOB 33: 14-15)

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For God speaks in one way, and in two, though man does not perceive it. In a dream, in a vision of the night, when deep sleep.

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### PENETRATING MY HEART (HEB 4: 12-13)

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<sup>12</sup>Indeed, the word of God is living and effective, ...penetrating even between soul and spirit, ...and able to discern reflections and thoughts of the heart. <sup>13</sup>No creature is concealed from him, but everything is exposed to the eyes of him...

---

## CONTEMPLATION

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### HEAR MY VOICE (REV 3:20)

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*Behold, I stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me.*

---

### TEACHER (JOHN 14:26)

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*But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.*

---

## POWER OF THE PAUSE

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Allowing our soul to catch up with our body

*Be still and know that I am God. (Ps 46:10)*

## THE EXAMEN: DISCERNING HEARTS

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### Transition

Become aware of the love of which God looks upon you as you begin this Examen

### Gratitude

Note the gifts that God's love has given you this day. Give thank to God for them

### Petition

Ask God for insight and strength that will make this Examen a work of grace, fruitful beyond your human capacity alone

### Review with God

Review your day with God. Look for the stirrings in your heart and the thoughts that God has given you this day. Look also for those that have not been of God. Review your choices and response to both: and throughout the day in general.

### Forgiveness

Ask for the healing touch of the forgiving God who with love and respect for you, removes your heart's burdens.

### Renewal

Look to the following day, and with God plan concretely on how to live it in according to God's loving desire for your life.

### Transition

Beware of God's presence with you. Prayerfully conclude the Examen.

## MOMENT 6. GOD CALLS TO ME - DISCERNMENT

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Prayer for the Grace: To grow in my awareness to be open to God's call in my life

Desire: To pray for the following graces: a grateful awareness of the many ways in which God calls me.

*God who calls me*

## MEDITATION

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### LISTENING (1 SAM 3:10)

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<sup>10</sup> Then the LORD came and stood and called as at other times, “*Samuel! Samuel!*” And Samuel said, “Speak, for Your servant is listening.”

### HERE I AM (1 SAM 3: 3A-11)

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**Revelation to Samuel.** Samuel was sleeping in the temple of the LORD where the ark of God was. <sup>4</sup> The LORD called to Samuel, who answered, “Here I am.” <sup>5</sup> He ran to Eli and said, “Here I am. You called me.” “I did not call you,” Eli answered. “Go back to sleep.” So he went back to sleep. <sup>6</sup> Again the LORD called Samuel, who rose and went to Eli. “Here I am,” he said. “You called me.” But he answered, “I did not call you, my son. Go back to sleep.” <sup>7</sup> Samuel did not yet recognize the LORD, since the word of the LORD had not yet been revealed to him. <sup>8</sup> The LORD called Samuel again, for the third time. Getting up and going to Eli, he said, “Here I am. You called me.” Then Eli understood that the LORD was calling the youth. <sup>9</sup> So he said to Samuel, “Go to sleep, and if you are called, reply, ‘Speak, LORD, for your servant is listening.’” When Samuel went to sleep in his place, <sup>10</sup> the LORD came and stood there, calling out as before: Samuel, Samuel! Samuel answered, “Speak, for your servant is listening.” <sup>11</sup> The LORD said to Samuel: *I am about to do something in Israel that will make the ears of everyone who hears it ring.*”

### WHEN YOU CALL, I WILL LISTEN (JER 29:11-14)

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<sup>11</sup> *For I know well the plans I have in mind for you—oracle of the LORD—plans for your welfare and not for woe, so as to give you a future of hope.* <sup>12</sup> *When you call me, and come and pray to me, I will listen to you.* <sup>13</sup> *When you look for me, you will find me. Yes, when you seek me with all your heart,* <sup>14</sup> *I will let you find me—oracle of the LORD—and I will change your lot; I will gather you together...*”

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DO NOT BE AFRAID (JER 1: 4-10A)

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<sup>4</sup> The word of the LORD came to me:

<sup>5</sup> *Before I formed you in the womb I knew you,*

*before you were born I dedicated you, a prophet to the nations I appointed you.*

<sup>6</sup> “Ah, Lord GOD!” I said,

“I do not know how to speak. I am too young!”

<sup>7</sup> But the LORD answered me,

*Do not say, “I am too young.”*

*To whomever I send you, you shall go;*

*whatever I command you, you shall speak. Do not be afraid of them,*

*for I am with you to deliver you — oracle of the LORD.*

<sup>9</sup> Then the LORD extended his hand and touched my mouth, saying to me,

*See, I place my words in your mouth!*

<sup>10</sup> *Today I appoint you*

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I WILL GIVE YOU REST (MATT 11:28-30)

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Jesus said: *“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*

## CONTEMPLATION

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### THE CALL: PUT OUT INTO THE DEEP (LUKE 5: 1-11)

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While the crowd was pressing in on Jesus and listening to the word of God, he was standing by the Lake of Gennesaret. 2 He saw two boats there alongside the lake; the fishermen had disembarked and were washing their nets. 3 Getting into one of the boats, the one belonging to Simon, he asked him to put out a short distance from the shore. Then he sat down and taught the crowds from the boat. 4 After he had finished speaking, he said to Simon, *“Put out into deep water and lower your nets for a catch.”* 5 Simon said in reply, “Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets.” 6 When they had done this, they caught a great number of fish and their nets were tearing. 7 They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking. 8 When Simon Peter saw this, he fell at the knees of Jesus and said, “Depart from me, Lord, for I am a sinful man.” 9 For astonishment at the catch of fish they had made seized him and all those with him, 10 and likewise James and John, the sons of Zebedee, who were partners of Simon. Jesus said to Simon, *“Do not be afraid; from now on you will be catching men.”* 11 When they brought their boats to the shore, they left everything and followed him.

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### COME AND FOLLOW ME (JOHN 1: 35-39)

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<sup>35</sup> The next day John was there again with two of his disciples, <sup>36</sup> and as he watched Jesus walk by, he said, “Behold, the Lamb of God.” <sup>37</sup> The two disciples heard what he said and followed Jesus. <sup>38</sup> **Jesus turned and saw them following him and said to them, “What are you looking for?”** They said to him, “Rabbi” (which translated means Teacher), “where are you staying?” <sup>39</sup> **He said to them, “Come, and you will see.”** So they went and saw where he was staying, and they stayed with him that day.



## REFLECTION

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Following one's vocation suggests that there is a special form of life that one is called to: to follow this is the way to realize one's God-given destiny. Following one's vocation ensures that what you choose to do, finds itself in harmony with your inner nature which God created in you. It also means that this is the best way to unfold and develop whatever gifts one has. Take some time to reflect on your unique gifts.

- How are you being invited to trust, grow and respond to those gifts as you live your life at this time in your life?
- How are you living out your vocation?

Reread one of the scriptures aloud a few times. Allow the words to wash over you without judgment. Is there a word or phrase that resonates with you? Come back to that word or phrase throughout the day noticing how you are invited by God to reflect.

MOMENT 7: INTO THE SILENCE - THE LANGUAGE OF GOD &  
THE SPIRITUALITY OF HEART

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*“For where your treasure is, there also will your heart be.”*

*Jesus in Matt 6:21*

“Many of the world’s religions believe there’s one simple path that leads us towards God, its been at the core of the Catholic mystical tradition for centuries, it’s called - silence.

Daunting as it maybe, we all need silence, when we enter regularly into silence, we start to see things with greater clarity, especially I come to know myself, I come in touch with that part of myself, which is the deepest part - my soul. Life would be transformed for the better, if we could embrace silence. Many people’s lives are so full of busyness and so full of noise they are in danger of this really important part of their lives, dying away. Life would be transformed for the better.”

Fr. Christopher Jamison  
Abbot & Benedictine monk, England  
The Big Silence Documentary

## THE INTERIOR LIFE

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Our interior life begins in and flows out of and through our soul. The soul lies at the central core of our being, the place we are connected directly with the Spirit of God and that which operates through our mind/body. It is through our mind/body we experience the world around us and in us, and where we process those experiences through feelings and thoughts.

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### ENTERING OUR INTERIOR

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Allowing ourselves to move into the core of our being – at the level of our soul. How we reach that place is “into the Silence” of contemplation.

It is through our openness - to take that first step in trust will allow God to work in us. It starts with a desire and then an intention to do so; for God will not force us or overcome us. We can unconsciously hold back this natural desire to ‘be with’, yet wonder why we feel something is missing, feel exhausted or unfulfilled. It takes energy to resist such a natural flow between God and us. For it takes courage to move pass those ‘blocks’ that may rise up with us during the Silence, which we will sense as a resistance.

## SPIRITUALITY OF THE HEART

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*The heart has its reasons of which the mind knows nothing*

Blaise Pascal

17<sup>th</sup> C French theologian, physicist, mathematician, logician

The Heart in scripture is the Person. **Our heart speaks not just with words, but with affections.**

**Affections** are those feelings, spontaneous thoughts, desires, deep emotions that well up from within us.

The content of our affections express our **Inner Orientation**—our whole self - intellect, feelings, unconscious and conscious intentions of the will. Our orientation is either moving towards God - towards the good, true and beautiful - or away from love that is God.

We are called to become aware of and mindful of the content of our affections, since they are indicators of our orientation towards or away from God.

How we come to know we are following His will, is when we follow our truest desires that are aligned with His desires. And how we come to realize our true deepest desires is by entering “into the Silence.”

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## HOW GOD SPEAKS

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God reveals Gods-self indirectly to us in nature, through our encounters and within our interior self. There we may encounter a prompting, such as a feeling beyond ourselves. Or a voice not ours in which our soul shapes words in our head, in that sense we are 'hearing voices'.

Both of which are movements of God within our soul of God speaking.

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## WE ARE CALL TO NOTICE

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Listening to the language of the heart (our affections) is where God reveals Gods-self inspiring from us a response – a totality of response – our whole self – our thoughts, feelings and desires (affections).

We are call to notice our deepest interior reactions to these promptings. These reactions are also called movements.

- Non-material = thoughts, imaginations, memories, dreams, desires, feelings, moods, affections, intentions, and the will.
- Material = our body – there we feel our emotions physically

They are considered spiritual (versus non-material) when they are directed from us towards and prompted from God within us.

## CONTEMPLATION

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Listening with the 'ear of the heart'

*"The important thing is not to think much but to love much."*

St. Teresa of Avila

## KNOWN

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The small still voice of God within is known by

- quiet tranquility of mind
- patient serenity of heart
- peace of spirit
- openness to the Divine

## SPIRITUAL EXERCISE

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### *THE SERMON ON THE MOUNT AND THE LAST SUPPER DISCOURSE*

Imagine sitting there on the hillside in front of the sea, listening to Jesus speak these words to you.

Notice what comes up for you. Your feelings, thoughts, insights. Do not force trying to think of something, let it rise up from within.

Stay in that silence. Later note down what came up for you.

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## BLESSED ARE YOU

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When he saw the crowd, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

*Blessed are they who mourn, for they will be comforted.*

*Blessed are the meek, for they will inherit the land.*

*Blessed are they who hunger and thirst for righteousness, for they will be satisfied.*

*Blessed are the merciful, for they will be shown mercy.*

*Blessed are the clean of heart, for they will see God.*

*Blessed are the peacemakers, for they will be called children of God.*

The Sermon on the Mount

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PEACE BE WITH YOU

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LET YOUR HEARTS NOT BE TROUBLED

*Do not let your hearts be troubled. You have faith in God; have faith also in me.*

*In my Father's house there are many dwelling places... I am going to prepare a place for you.*

*I will come back again and take you to myself, so that where I am you also may be.*

*Where [I] am going you know the way ... I am the way and the truth and the life.*

*I will not leave you orphans; I will come to you.*

*Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him.*

*The Advocate, the holy Spirit that the Father will send in my name—he will teach you everything and remind you of all that I told you.*

Last Supper Discourse. John 14: 1 – 6, 18,23,26



## MOMENT 8: CONTEMPLATION: ENTERING THE MYSTICAL

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### STILLNESS, SOLITUDE & SILENCE

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Contemplation is the unfolding awareness of the Spirit in you through prayer experienced in stillness, interior solitude, and silence.

Shared in graced filled moments through a 20-30-minute contemplative experience using the universal ancient integrative mind/body spiritual practice of prayer with scriptures.

In developing a spiritual awareness of our interior life, we come to a place of presence with awe and wonder in our inexpressible longing and heartfelt connections to the Divine call within those operations of our soul.

As we envision our life as a gift from a gracious God, who is Love loving, we come to experience the continuous in-breaking of the Divine's life flooding throughout all our daily encounters.

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### IN CONTEMPLATION WE BEGIN TO ENTER THE MYSTICAL

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In contemplation, we bring all our powers, our memory, our understanding, senses, perception, imagination, judgment, and decision-making faculties of the mind/soul. Though the words of scripture are in the past to us; all is present to God.

For each of us can pray just as easily as we breathe; for it is God who is helping us to pray. Here we sit under the gaze of God, and we ask today what would we want what do we need what we desire.

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## SCRIPTURE: A KISS OF ETERNITY

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SCRIPTURE IS WHERE GOD IS PRESENT WHO SPEAKS TO ME

The ancients insisted especially upon the link between scripture and the beatific vision. Scripture opens up the gates of the heavenly kingdom; to understand it here below is already a kiss of eternity.

“WHEN SCRIPTURE RECOUNTS ETERNAL EVENTS AS THOUGH THEY WERE HAPPENING IN TIME IT CAUSES THOSE WHO ARE ACCUSTOMED TO TEMPORAL THOUGHTS, TO PASS IMPERCEPTIBLY TO THOSE OF ETERNITY.” ST. GREGORY

Reading is seen as an anticipated vision of divine glory

This is how the Lord leads the soul to intimacy – successive stages of intimacy corresponding to the 3 senses of Scripture: historical, moral, mystical.

## HOW TO BEGIN

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Find time to be at peace in quiet for 20 minutes. Sitting comfortably, select a word or phrase or become aware of your breath, which you can use to bring any thoughts that drift off back into silence. Begin with an opening prayer. Sitting in silence, experience resting in the love of God being with you. Any thoughts that intrude, just let them drift away.

- Stillness – outer body – centering yourself
- Silence – interior mind – by attention towards the gaze of God
- Surrender – - take and received all of me - your body, mind, heart, and soul

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## CENTERING

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In centering ourselves, we gather in those scattered thoughts, emotions, and feelings. Here we enter into the core of ourselves; in that area where we are not alone; where we sit in stillness and silence, bringing our attention towards the one Who is, the Holy Spirit who resides within us.

Centering it's not an end in itself, but it is the beginning wherein those moments we enter into a conscious internal encounter to dialogue with God our Creator, who is continuously creating us, moment by moment.

We begin by bringing our attention to each part of your body, sensing the tension in our face and neck, sensing the pressure of your clothes on your shoulder, feeling the position of your arms and hands, the weight of the chair and floor onto your back and feet, sensing all of your physical self.

Now slowly and gently move your attention to your breath, breathing in and breathing out, allowing the air to move freely.

Allow your thoughts and the sounds around you; to come and go without trying to figure them out, let them go on their own.

Now we begin our divine reading.

## IGNATIAN CONTEMPLATION (IMAGINATIVE PRAYER)

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### WHAT DO YOU ASK OF GOD TODAY?

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In contemplation, we use our memory, our imagination, and our free will. Here we call up images and feelings which we can approve or reject them. Here we enter the event, as if we are there, hearing, seeing, and feeling. We allow ourselves to enter into the interior experience of the event of God and of real people.

Examples: You can feel the stillness of the paralytic as Jesus reaches out to touch him. Feel the grief of Mary's heart when she leaves Jesus for the last time. You feel Jesus's joy in the little children who climb all over him.

Here we experience the dynamics of the event it is the "inscape" of thoughts and feelings. As we enter in we first become a spectator, then you imagine that you touch them and they touched you. This kind of prayer goes beyond comprehension. The prayer itself is an experience, very real and as memorable as any other event... it begins the mystical journey.

Here are you re-envision using the God-given Powers in prayer. We focus our imagination for the sake of coming to know and to love.

We come into God's falling into his loving gaze. We offer ourselves entirely over to God.

God speaks through our imaginations as well as through our understandings, memories, thoughts, intellect, desires, feelings, and emotions. Jesus knew how important was one's imagination for he taught in parables – i.e., the prodigal son, the widow's mite, the rich young man, the good Samaritan, the one lost sheep.

Observe what is going on in the scene.

o Place yourself in the event. There you became aware of all aspects of the scene by imagining and sensing it through your 5 senses. Then through inspiration become an active participant.

o Experience yourself, feel how others feel.

o Let the Holy Spirit take you.

o Reflect on your experience

o Respond to God from what speaks in your heart

o Sit in the Prayer of Silent Love, the mystical prayer of Silence.

MOMENT 9: AN INVITATION TO GRACE -  
HEALING/GOD'S ONGOING CREATIVE ACTION IN ME

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FOR PEACE, CONSOLATION, AND HEALING

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*Prayer for today: To accept and experience the God ongoing creative action  
of grace, healing me.*

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## THE WORDS OF LIFE

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The scriptures, inspired by the Holy Spirit of God, are the breath of life. They all converge on Christ as the living Word, where the gospels speak from the mouth of Christ. There the Holy Spirit takes us beyond the letter of the text. All point to and enshrine the infinite unfathomable mysteries.

We are to use the literal meaning of the text as the starting point and point of departure for Ignatian Contemplation as we enter the Silence.

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## LECTIO DIVINA

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### THE 4 MOVEMENTS

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- Lectio
- Meditatio
- Oratio
- Contemplatio

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### LECTIO (LATIN FOR READING)

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Reading with the eyes of love is prayer brings us into a place in which God speaks to us. It is a pilgrimage of words towards the Mystery. It is a dialogue of reception, self-gift and communion. Lectio is a slow active and passive process, dialogue with our faithful friend. We read to listen to let go and let be. Here we come to be transformed by the Word.

### HEALING DURING LECTIO

We come to feed our mind on the food of life - the Word of God. We come to develop new thoughts and patterns or obtain a deeper level of understanding. Here our thoughts begin to be restructured and new neurosignatures are created. It is a sense of being washed over anew.

## MEDITATIO (MEDITATING ON THE WORD)

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Here we come to ruminate to reflect, to remember, to interpret and to allow the Word to penetrate our mind and hearts. It is in rehearing the word in our mind's eye, we are drawn to specified words or ideas in the texts.

When certain words speak to your heart and not just your head that is God speaking to us. God talks to us by 'highlighting' what we reheard, as we allow ourselves to be drawn up surrendering ourselves in God's word. The Holy Spirit may bring to mind memories we have need for healing.

## ORATIO (RESPONSE)

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As we become aware of what needs to be changed, we respond. We respond in silent conversation for He knows what is in our hearts. Here we petition our needs.

We cooperate with God in His healing by accepting the grace. Letting what will be, by letting go, to let God.

## CONTEMPLATIO (SILENCE)

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Here we come into the encounter where the Word reaches beyond the words on the page and our own words. God here reaches out of heaven touching a heart to a heart. In this a mystical experience, we may know not what, yet we 'know'.

## THE CONSOLATION OF GRACE

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*The fruits of Holy Spirit's grace is our experience of consolation*

Though our situation may not change, our ability to carry the burdens become lighter is when we accept God's endless stream of grace. Our acceptance of these free gifts of grace become manifested in what has been written of the fruits of the Holy Spirit that are expressed in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.



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## "YOU WILL FIND REST"

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*"Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."  
(Matt 11:29-30)*

We carry burdens of pain from which Jesus calls us to bond with him, to let him take the lead so we can heal.

- What areas in your life do you need healing?
- What burdens are you carrying that you need Jesus to carry for you?

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## CONTEMPLATION FOR HEALING

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- Read both of the selections to yourself
  - Select one which resonates with you
- Imagine you are now that woman
- Collect your burden, your pain
  - Bring it to Him
- Let His words speak to you

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*“YOU ARE SET FREE”*

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<sup>10</sup> He was teaching in a synagogue on the sabbath. <sup>11</sup> And a woman was there who for eighteen years had been crippled by a spirit; she was bent over, completely incapable of standing erect. <sup>12</sup> When Jesus saw her, he called to her and said, *“Woman, you are set free of your infirmity.”* <sup>13</sup> He laid his hands on her, and she at once stood up straight and glorified God.

(Luke 13:10-13)

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*“GO IN PEACE”*

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As he went, the crowds almost crushed him. <sup>43</sup> And a woman afflicted with hemorrhages for twelve years,<sup>[b]</sup> who [had spent her whole livelihood on doctors and] was unable to be cured by anyone, <sup>44</sup> came up behind him and touched the tassel on his cloak. Immediately her bleeding stopped. <sup>45</sup> Jesus then asked, *“Who touched me?”* While all were denying it, Peter said, “Master, the crowds are pushing and pressing in upon you.” <sup>46</sup> But Jesus said, *“Someone has touched me; for I know that power has gone out from me.”* <sup>47</sup> When the woman realized that she had not escaped notice, she came forward trembling. Falling down before him, she explained in the presence of all the people why she had touched him and how she had been healed immediately. <sup>48</sup> He said to her, *“Daughter, your faith has saved you; go in peace.”*

(Luke 8.40-56)

## MOMENT 10: GOD, THE GIVER OF ALL GIFTS - JESUS CHRIST, THE LIGHT OF THE WORLD

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### CENTERING MEDITATION

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God keeps on creating you, filling you with gifts and with desires. We experienced last week our own creation by God through His breath - ruah. His Spirit and love burns at the core of our very life. As we center ourselves, be mindful of God's gaze upon you, here we offer our whole self to God at this moment.

PRAYER FOR TODAY: TO EXPERIENCE HIS LOVE FOR US IN HIS GIFT OF HIMSELF, AND TO RESPOND IN KIND.

### CONTEMPLATION

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#### GOD'S LAVISH CARE - THE GIVER OF ALL GIFTS

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"For God so loved the world that He gave us His only begotten Son, that whoever believes in Him should not perish, but have eternal life." (John 3:16)  
He is the image of the invisible God, the firstborn of all creation. For in him were created all things in heaven and on earth, the visible and the invisible. (Colossians 1:15-16)  
{For it was} in the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came to be through Him, and without Him nothing came to be. What came to be through Him was life, and this life was the light of the human race; the light shines in the darkness, and the darkness has not overcome it. (John 1

For we are His handiwork, created in Christ Jesus for the good works that God has prepared in advance. (Ephesians 2:2

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ALL THINGS WERE CREATED THROUGH CHRIST,  
THE IMAGE OF THE INVISIBLE GOD, THE LIGHT OF  
THE WORLD. REFLECT UPON BEING CREATED AS  
GOD'S HANDWORK, CREATED IN CHRIST,  
IMAGINE WHAT IS YOUR EXPERIENCE OF YOU ARE  
CREATED THROUGH THIS LIGHT.

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### GOD'S OWN SELF - OUR LORD SPEAKS

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Jesus unrolled the scroll and found the passage where it was written: *"The Spirit of the Lord is upon me because He has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord."*(Luke 4: 18-19)

Jesus said, *"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."* (John 8:12)

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### OUR RESPONSE

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"The LORD is my light and my salvation" (Psalm 27:1)

Imagine being there, having Jesus speaking directly to you those word, in answering the call to follow, how does it feel to have the Gift of the light of life shining for and in you?

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## A DISCIPLE TEACHES

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### **The Father's Plan – Our Adoption**

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavens, as He chose us in Christ, before the foundation of the world, to be holy and without blemish before Him. In love God destined us for adoption to Himself through Jesus Christ, in accord with the favor of His will, for the praise of the glory of His grace that He granted us in the Beloved. (Ephesians 1)

### **Our Inheritance Through the Spirit**

In Christ we were also chosen, destined in accord with the purpose of the One who accomplishes all things according to the intention of his will, so that we might exist for the praise of His glory, we who first hoped in Christ. (Ephesians 1)  
The Father has blessed us, chosen us in Christ, and destined us to be adopted to exist for the praise of His glory. How does the words below of David speak for your heart?

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## OUR PRAISE OF DIVINE GOODNESS

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Bless the Lord, my soul; all my being, bless His holy name! Bless the Lord, my soul; and do not forget all His gifts Who pardons and heals all your ills Who redeems your life and crowns you with mercy and compassion Who fills your days with good things, so your youth is renewed (PS 103)

## SPIRITUAL EXERCISE: "TAKING NOTICE"

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Notice what happens to your desires to love as you become more aware of God lavish care for you. By "taking notice" we offer a daily reflection prayer of gratitude for God's infinite gifts of grace.

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### INVITATION FROM GOD

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The Examen is the daily prayer of thanksgiving, insight, reflection, intentionality, and hope. It invites us to ask ourselves:

- *How was I drawn to God today - by a friend, an event, a book, the beauty of nature?*
- *How did I respond to God's loving action in my life this day?*

### GIVE THANKS FOR THE GIFTS OF THE DAY

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For Ignatius the first and most important step in any spiritual journey is Gratitude. Therefore, we look first to remember and to name the blessings.

Let the day wash over you.

- Look at the day, at the work you did, at the people you interacted with. What did you receive from them? What did you give them?
- Pay attention to small things and other seemingly small pleasures. God is in the details.
- Notice any joys and delights; focus on the day's gifts. ... Be specific. Savor what God shows you.

### REFLECTION

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God, the giver of all gifts, offers us the grace and ongoing care for all our concerns. Ask God to help you answer these questions and for the help tomorrow.

- What did I learned about God, and myself today?
- What am I thankful for? What were the blessings?
- What do I look forward to in my day tomorrow? How can God help me be that person? Ask.

## MOMENT 11. TURNING TO GOD

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To re-order and re-direct all aspect of my life towards God

Desire: To pray for the graces to turn towards God in all my circumstances both in the good and in the bad.

*God who is near*

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### DRAW NEAR (AMES 4:8)

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“Draw near to God, and he will draw near to you.”

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### I WILL LET YOU FIND ME (JER 29: 11-14)

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<sup>11</sup> *For I know well the plans I have in mind for you—...—plans for your welfare and not for woe, so as to give you a future of hope.* <sup>12</sup> *When you call me, and come and pray to me, I will listen to you.* <sup>13</sup> *When you look for me, you will find me. Yes, when you seek me with all your heart,* <sup>14</sup> *I will let you find me—....*

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### WISDOM FOR TRIALS (JAMES 1)

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Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him. But he must ask in faith without any doubting, for the one who doubts is like the surf of the sea, driven and tossed by the wind. For that man ought not to expect that he will receive anything from the Lord, *being* a double-minded man, unstable in all his ways.

Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.

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### JOY AND PEACE (PHIL 4: 4-7)

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Rejoice in the Lord always. I shall say it again: rejoice! <sup>5</sup> Your kindness should be known to all. The Lord is near. <sup>6</sup> Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. <sup>7</sup> Then the peace of God that surpasses all understanding will guard your hearts and minds....



## MOMENT 12. AWARENESS OF GOD'S PRESENCE

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To be aware of God's presence in my life

Desire: To pray for the graces to be aware of God's presence and action throughout my everyday activities.

*Finding God in all things*

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SEEK (ISA 55: 6)

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Seek the LORD while he may be found, call upon him, while he is near.

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YOU WILL FIND ME (JER 29: 10-14A)

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<sup>10</sup>For thus says the LORD: ...<sup>11</sup>*For I know well the plans I have in mind for you....plans for your welfare and not for woe, so as to give you a future of hope.* <sup>12</sup>*When you call me, and come and pray to me, I will listen to you.* <sup>13</sup>*When you look for me, you will find me. Yes, when you seek me with all your heart,* <sup>14</sup>*I will let you find me...*

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I WILL GO WITH YOU (EXODUS 33: 14)

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The Lord answered, *"My presence will go with you, and I will give you rest."*

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WHO IS NEAR (JER 23:23)

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*"Am I a God who is near,"* declares the LORD

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ALWAYS WITH YOU (MATT 28:20B)

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Jesus said to his disciples, *"And behold, I am with you always, until the end of the age".*

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IN YOUR PRESENCE FULLNESS OF JOY (DAVID'S RESPONSE PS 16:11)

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You make known to me the path of life; in your presence, there is fullness of joy; at your right hand are pleasures forevermore.

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LORD YOU KNOW ME (DAVID'S RESPONSE PS 139)

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The All-knowing and Ever-present God

LORD, you have probed me, you know me:

- <sup>2</sup> you know when I sit and stand;<sup>[b]</sup>  
you understand my thoughts from afar.  
<sup>3</sup> You sift through my travels and my rest;  
with all my ways you are familiar.  
<sup>4</sup> Even before a word is on my tongue,  
LORD, you know it all.  
<sup>5</sup> Behind and before you encircle me  
and rest your hand upon me.  
<sup>6</sup> Such knowledge is too wonderful for me,  
far too lofty for me to reach.

<sup>7</sup> Where can I go from your spirit?

From your presence, where can I flee?

<sup>8</sup> If I ascend to the heavens, you are there;  
if I lie down in Sheol, there you are.

<sup>9</sup> If I take the wings of dawn<sup>[c]</sup>  
and dwell beyond the sea,

<sup>10</sup> Even there your hand guides me,  
your right hand holds me fast.

<sup>11</sup> If I say, "Surely darkness shall hide me,  
and night shall be my light"<sup>[d]</sup>—

<sup>12</sup> Darkness is not dark for you,  
and night shines as the day.  
Darkness and light are but one.

## MOMENT 13. GOD'S INVITATION TO GREATER FREEDOM

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To grow in interior freedom needed to orient my life towards God.

Desire: To prayer for the following graces: to grow in interior freedom; to become more aware of those things (inordinate desires and disordered attachments) that get in the way of loving God, others, and myself.; and to a deepening intimacy with God in prayer; and for a greater trust in God.

*God's invitation to grace*

## SPIRITUAL FREEDOM

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Spiritual freedom is an interior freedom rooted in knowing who we are – within our limitations and in our gifts - being comfortable with who and Whose we are. One who has more freedom is able to discern more of God's presence in one's life; and to make choices that flow from that, in whatever situation they find themselves in. It is our fundamental identity, with God at the center of our lives.

Desire: To be free from excessive self-doubt, perfectionism, jealousy, pride, prejudices, and the constant need to control; all which creates chaos in our soul leading to poor choices. And to be detached from those material objects that hinder our freedom to make such decisions.

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TRUST & TRUTH (PS 25:4-5)

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To You, O Lord, I lift up my soul.

O my God, in You I trust, Make me know Your ways, O Lord; Teach me Your paths.  
Lead me in Your truth and teach me, For You are the God of my salvation; For You I  
wait all the day.

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PARDONS & BLESSINGS (SELECTION FROM PS 103)

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Bless the Lord, O my soul, And all that is within me, bless His holy name. Bless the  
Lord, O my soul, And forget none of His benefits; Who pardons all your iniquities, Who  
heals all your diseases; Who redeems your life from the pit, Who crowns you with  
loving kindness and compassion; Who satisfies your years with good things, So that  
your youth is renewed like the eagle.

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LEAN NOT (PROV 3: 5-6)

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Trust in the Lord with all your heart, and do not lean on your own understanding. In all  
your ways acknowledge him, and he will make straight your paths.

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AN INVITATION TO GRACE (ISAH 55: 3A)

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“Incline your ear and come to Me.  
Listen, that you may live;  
And I will make an everlasting covenant with you.

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PRAISE FOR THE LORD'S MERCIES (PS 103)

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Bless the LORD, O my soul,  
And all that is within me, *bless* His holy name.

<sup>2</sup> Bless the LORD, O my soul,  
And forget none of His benefits;

<sup>3</sup> Who pardons all your iniquities,  
Who heals all your diseases;

<sup>4</sup> Who redeems your life from the pit,  
Who crowns you with loving-kindness and compassion;

<sup>5</sup> Who satisfies your <sup>[a]</sup>years with good things,  
So *that* your youth is renewed like the eagle.

<sup>6</sup> The LORD performs <sup>[b]</sup>righteous deeds  
And judgments for all who are oppressed.

<sup>7</sup> He made known His ways to Moses,  
His acts to the sons of Israel.

<sup>8</sup> The LORD is compassionate and gracious,  
Slow to anger and abounding in loving kindness.

<sup>9</sup> He will not always strive *with us*,  
Nor will He keep *His anger* forever.

<sup>10</sup> He has not dealt with us according to our sins,  
Nor rewarded us according to our iniquities.

<sup>11</sup> For as high as the heavens are above the earth,  
So great is His loving kindness toward those who <sup>[c]</sup>fear Him.

<sup>12</sup> As far as the east is from the west,  
So far has He removed our transgressions from us.

<sup>13</sup> Just as a father has compassion on *his* children,  
So the LORD has compassion on those who <sup>[d]</sup>fear Him.

<sup>14</sup> For He Himself knows <sup>[e]</sup>our frame;  
He is mindful that we are *but* dust.

<sup>15</sup> As for man, his days are like grass;  
As a flower of the field, so he flourishes.

<sup>16</sup> When the wind has passed over it, it is no more,  
And its place acknowledges it no longer.

<sup>17</sup> But the loving kindness of the LORD is from everlasting to everlasting on those who  
<sup>[f]</sup>fear Him,

And His <sup>[g]</sup>righteousness to children's children,

<sup>18</sup> To those who keep His covenant  
And remember His precepts to do them.

<sup>19</sup> The LORD has established His throne in the heavens,  
And His sovereignty rules over all.

<sup>20</sup> Bless the LORD, you His angels,  
Mighty in strength, who perform His word,  
Obeying the voice of His word!

<sup>21</sup> Bless the LORD, all you His hosts,  
You who serve Him, doing His will.

<sup>22</sup> Bless the LORD, all you works of His,  
In all places of His dominion

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*PRAYER CAN BE A STRUGGLE, YET WE HAVE GOD'S  
SPIRIT INTERCEDING FOR US.*

*KNOWING THIS HOW DOES YOUR HEART SPEAK TO  
YOU?*

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