Week 33

**I ask to be filled with a deep sense of the gifts I have received, and so overflowing with gratitude.** In my own words, what I ask is . . .

[](https://www.google.com/imgres?imgurl=http://www.versiondaily.com/wp-content/uploads/2015/09/Gratitude-and-happiness-The-link-based-on-neuroscience-720x380.jpg&imgrefurl=http://www.versiondaily.com/gratitude-and-happiness-the-link-based-on-neuroscience/&docid=rQ3KBEji65jFcM&tbnid=jGp81VKetUMWYM:&w=720&h=380&safe=active&bih=583&biw=1295&ved=0ahUKEwiahq3uvJLOAhUJ_IMKHX3FAQ0QMwhJKBIwEg&iact=mrc&uact=8)

*Take, Lord, and receive all my liberty,*

*my memory, my understanding,*

*and my entire will,*

*all that I have and possess.*

*Thou hast given all to me.*

*To Thee, O Lord, I return it.*

*All is Thine, dispose of it wholly*

*according to Thy will.*

*Give me Thy love and Thy grace,*

*For this is sufficient for me.*

-The Spiritual Exercises of St. Ignatius, No. 234

Reading

Brackley – 22. Consolation, Action, Liberation pp. 203-211 The Spirit of Christ consoles, producing joy, peace, and generous action.

Creighton – 33. God’s Love for Us, Our Response pp. 291-299

Suggestions

Using images like the rays of the sun’s warm light or the overwhelming power of a constant waterfall, consider how God’s life-giving presence and love flow in and through all of creation, given to and for us.

Consider: *Love consists more in deeds than in words; love involves the mutual exchange of gifts between lovers. God labors for me in all of creation.*

Re-read “The Daily Means” pp. 2924-296 and practice them.

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Summing up the week: Was I surprised by anything I read or prayed or felt or experienced?

Journaling: Have I learned anything from the readings, scripture, or my prayers that I want to hold on to?

Group Meeting: From my praying the Sp. Exs., what do I want to bring to the group?