

Week 1

I ask that I may be able to find God's presence and God's love for me in the people and events of my life.

In my own words, what I ask is . . .



*You are the one who put me together inside
my mother's body, and I praise you because of the
wonderful way you created me*

- Psalm 139; 13-14

Reading

Brackley – 1. Spirituality for Solidarity, pp. 2-9

Getting close to suffering people (“solidarity”) grounds B’s scattered self. The Ignatian path, Ignatian spirituality, has met his need for hope and meaning.

Creighton – 1. Our Life Story, pp. 1-7

These people and events have made me who I am.

Suggestions

Take one or more of your memories and *savor* the *feeling* in them; say “Thank you.”

Note: There are no “bad” feelings or to put it simply “bad” feelings are all right; don’t get rid of them.

Re-read Gillick’s “For the Journey: Expect God to work” (pp. 4-5) and ponder it.

Scripture

Read Psalm 139 and read and reflect on the phrase: Wherever I’ve been, God has been there with me; God cares.

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

Journaling: From my writings, 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. (which might simply amount to “from living my life in a reflective way this week”) , what do I want to bring to the group?