

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 . . .



*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

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?