

TRY AN
IGNATIAN RETREAT



“And the lion shall lie down with the lamb”

Prepared by Alan Roberts

Cover Picture: *The Lion shall lie down with the lamb.*

The image symbolises the two sides of our human nature: the part of us that is designed for peace (the lamb) and the part of us that wants to destroy ourselves (the lion). All of us must learn to live in our humanity, which on the one hand is set free from the power of the lion and on the other has yet to accept this freedom. St Ignatius of Loyola observed all this well in his own life and so he gave us the Spiritual Exercises to help us experience these two opposing forces living as one. It is a lifetime's journey.

*Look,
I am standing at the door, knocking.
If one of you hears me calling
And
opens the door,
I will come in to share their meal;
side by side we will sit.*

(Rev 3: 20)

INSTRUCTIONS FOR USE:

This work is intended to help you pray with scripture in an Ignatian manner. Before you begin, ensure you have established a regular period of meditation, and, that you seriously intend to pray your way through what is directed. If you don't feel ready just yet, it would be better to wait until you feel certain you can commit to at least a half-hour of meditation each day. Use this work in your everyday life following the instructions as given. If you are generous in this and committed, you will find what you are seeking.

- Choose a time to pray daily, and a place
- When beginning, stand for one minute and become aware of what you are about to do. Imagine God smiling down and welcoming you
- Sit in a chair that holds your back firmly upright. Prayerfully read the scripture text.
- Relax, breathe deeply and rhythmically
- Pay particular attention to the theme and grace you need to ask for.

You do not need to use a new scripture each day. If you feel you want to continue being nourished by one, then follow your instinct. One text may last you the whole week. ***'What fills and satisfies the soul consists, not in knowing much, but in understanding the realities profoundly and in so savouring them interiorly.'***
(St Ignatius)

- **Make notes** at the end of each session in your journal: Note the final question.
 - Has there been some particular thought I've had that is significant?
 - What have I felt today? Was I at peace or disturbed?
 - Did I experience a sense of God's presence or absence?
 - Did I receive any spiritual insights or greater clarity about something?
 - If nothing happened, was I in any way responsible by my carelessness, laziness, lack of attention, self-preoccupation?
 - What do you notice in regard to your hunger for God? **What do you desire?**
- **NOTE : The Colloquy** is a prayer made as one friend to another. It captures what is stirring within you. The words comes from the heart to the Trinity and to Mary. It usually refers to the grace you need – e.g. God, I need to know that you really love me. Address the prayer to each member of the Trinity and then ask Mary to gain this grace for me.
- **CONSOLATION / DESOLATION:** Some people think we shouldn't look for consolation when praying, but St Ignatius tells us *it is characteristic of God to grant consolation in prayer* and St Theresa of Avila advises us *to seek the God of consolation, not the consolation of God first of all*. The two saints experienced desolation as well. When this is our experience, it may be due to neglect, or it may be God testing us. Recognise both therefore. Give thanks for the consolation, and ask for the grace you need when in desolation. Then ask *'how is my heart and my desire for God'*.

PRAYER FOR THE BEGINNING OF A RETREAT

Gracious and loving God,
Give me
A deep desire for,
An intimate understanding of,
And a great relishing of
The truth
About all your creation,
Myself,
And my relationship to you.

Help me to
Meet you
With openness and generosity.

I offer you my memory,
My understanding,
My will
My freedom,
And all that I possess
To be used
According to your most holy will.

Draw me into a deep, rich grace-filled silence
Where nothing can distract me
From your presence,
And where you alone abide.

I ask you
To communicate yourself to me
Over these ensuing days
To inflame me with
Gratitude, love and praise,
And to show me the path along which I can better serve you
And all your creation
In the future.

COME TO THE WATER!



PART ONE

WEEK ONE

I AM INVITED

We are only invited into a relationship with our God.

This is a loving invitation and we are left free to respond.

Faith therefore is a free response to a God who has first loved us.

If you are going to pray your way through these pages, do so only if you are prepared to commit yourself on a regular basis and with a generous heart.

Grace: *that I might appreciate the loving invitation and be given the freedom to respond.*

Stare at the picture on the opposite page. Imagine yourself as the person and, at some stage during the week, write him a letter describing his inner being. What has it been like, what is it like now, and what is it longing for?

- | | | |
|---|------------------|--|
| 1 | Isaiah 55: 1-3 | Come to the water |
| 2 | Isaiah 55: 4-5 | With you I will make an everlasting covenant |
| 3 | Isaiah 55: 6-9 | My ways are above your ways |
| 5 | Isaiah 55: 10-11 | The word ... does not return to me empty |
| 6 | Isaiah 55: 12-13 | You will leave with joy. |
| 7 | Repetition | |

THE EXAMEN

At the end of each day, try to spend about 15 minutes reflecting as follows:

- 1 How has God been at work in my life today?
- 2 How did I respond?
- 3 How am I being called to respond now?
- 4 Have there been situations I could have handled better? Sorrow.
- 5 Prayer of Sorrow
- 6 What is the grace I really need? Ask for this grace.



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WEEK TWO

EXPERIENCING GOD'S LOVE

We cannot find God.
What we can do is come out of our hiding place
And let ourselves be found by God.
When our spirits meet we will understand that God is love.
'Be still therefore and know that I am God' (Ps 46:10)

NOTE: The picture opposite depicts God creating Adam, bringing him out of the earth. Observe the hands and the grip on the head of Adam. This is known as 'the midwife's grip'. In your prayer observe yourself as the one being created. What do you feel?

Grace: *that I might know I am accepted by God...God calls me by name...the Father loves me unconditionally...as I am...God's presence is joy and gift.*

1	Ps 139:1-18	God, you examine me and know me
2	Ps 91	No disaster can overtake you
3	Lk 12:22-32	The lilies of the field...trust and surrender
4	Ps 23	The Lord is my shepherd
5	Repetition	
6	Ps 89: 1-2	I will celebrate your love forever, O God
7	Ps 63	My soul is thirsting for you.

WEEK THREE

In praying the scriptures below, ensure you hear the words being spoken to you personally.

Grace: Beg for grace of knowing God's love for you.

1	Isaiah 48:7	I am revealing new things to you
2	Isaiah 42: 5-9	I have taken you by the hand and formed you
3	Isaiah 49:14-15	Does a mother forget her baby?
4	Isaiah 49: 16	I have tattooed you on the palm of my hand
5	Repetition	
6	Isaiah 43: 1-4	Do not be afraid (Use own name for Jacob & Israel).
7	Repetition	

WEEK FOUR

PRINCIPLE AND FOUNDATION

I was created to make a unique contribution to the great evolution project initiated and continually supported by God, namely:

- ***Bringing all creation into one magnificent conscious loving union.***

Since all created things in the universe share with me this common eternal destiny, they are essential to and inseparable from me as I participate in the pursuit of this on-going evolutionary process.

Individually and joined with others, I am to use all means available to carry this shared purpose with all my personal creativity, compassion and energy, always seeking and pursuing what is more conducive to this purpose.

For this God empowers me to grow in passionate love and care for all elements of the cosmos, since they as me, all live and move and have their being in God's love.

And God is with me as I undergo whatever diminishment may befall me as I co-operate with others in my efforts and actions in pursuing this Divine Project – the purpose for which we individually and collectively were created.ⁱⁱⁱ

The above statement is an invitation to bring our lives into line with the essence of our faith. Faith can easily be replaced by creed. It is a matter of allowing our religion becoming less of theory and more of a love affair with God and God's project of bringing all creation into one magnificent conscious loving union.^{iv}

How free am I to take
this stance before my
God?

Grace: *to know and do God's Will, by appreciating the gift of being co-creator with God in this project of bringing all beings into one loving union.*

1	Lk 1:26-38	A visitation...an invitation...a response
2	Lk 10:38-42	An integrated life...the Lord at the centre
3	Gen 22:1-18	What are the Isaacs in my life?
4	Lk 14: 15-24	I cannot come
5	Lk 13: 20-21	The kingdom described.
6	Repetition	
7	Repetition	

Reflect: What am I experiencing now? When I look back on the last 3 weeks am I feeling more relaxed, hungry for God, more peaceful? Our task is to plead for grace. Our disposition is to be generous hearted, open and receptive at all times.

PRAYER OF ST IGNATIUS

Lord, my God.

When your love spilled over into creation,

You thought of me.

I am from love,

Of love,

For love.

Let my heart O God, always

Recognise,

Cherish

And

Enjoy your goodness in all of creation.

Direct all that is me towards your praise.

Teach me reverence for every person, all things.

Energise me in your service.

Lord God

May nothing ever distract me from your love -

Neither health nor sickness

Wealth nor poverty

Honour nor dishonour Long life nor short life.

May I never seek nor choose to be other

Than you intend or wish. Amen.

PRAYER BY JOHN HENRY CARDINAL NEWMAN

God knows me and calls me by my name ...
God has created me to do some definite service
And has committed some work to me
Which has not been given to another.
I have my mission – I never may know it in this life,
But I shall be told it in the next.

Somehow I am necessary for God's purposes ...
I have a part in this great work;
I am a link in a chain, a bond of connection
Between persons.
God has not created me for naught. I shall do good,
I shall do God's work;
I shall be an angel of peace, a preacher of truth
In my own place, while not intending it,
If I but keep God's commandments
And serve God in my calling.

Therefore I will trust my God
Whatever, wherever I am,
I can never be thrown away.
If I am in sickness, my sickness may serve God;
In perplexity, my perplexity may serve God;
If I am in sorrow, my sorrow may serve God.
My sickness, or perplexity, or sorrow may be
Necessary causes of some great end,
Which is quite beyond us.
God does nothing in vain; God may prolong my life,
Or shorten it;
The work of the Creator always has a purpose.
I may be thrown among strangers,
Made to feel desolate,
With sunken spirits, puzzled about the future –
Still God has a purpose for me ...
Let me be Thy blind instrument. I ask not to see –
I ask not to know – I ask simply to be used. ^v

NOTES



SIN

The powerful experience of God's love, ejects the skeleton out of the closet.

(Sr Maureen Conroy)^{vi}

When we have experienced God's love, we will naturally move on to consider how we have been asleep in the past. This may be the great realisation that stays with you, particularly if you consider you are a faithful Christian and have nothing much to acknowledge.

We also need to be shown our hidden sins, that is, sins that have **never been acknowledged or confessed**. It is important to go back and face these for the Spirit of God wants to invade your whole being. Excessive guilt is always unhelpful. When I acknowledge my sins I am graced by God and a pilgrim again.

Another aspect of this time, is the surfacing of resentment or anger which may be associated with traumatic moments from our past.* Such memories need healing. They can affect our self-image and love for ourselves. If I do not believe I am lovable, how can I love others, let alone my God?

The rules here are simple:

- Do not go digging. Just be open and allow Christ to show you
- If you are disturbed in your prayer, stay with that disturbance asking the Spirit to reveal the truth to yourself
- Acknowledge whatever surfaces. Walk with Christ through it and own how you feel. You might want to draw or write letters to others involved, or find a way to release your rage. A competent mentor at this point may be needed
- When you feel ready, hand the issue over to Jesus
- Allow Jesus to take it, and see it melting away
- Stay with Jesus until you feel the freedom.

*When you make my word your home,
You will indeed be my disciples.
You will learn the truth
And the truth will make you free (Jn 8:11-32).*

***NOTE:** Trauma from the past will create anger within us. Anger is not a sin but a reaction. It is harbouring the anger that is sinful. Consider the following:

ANGER	<i>becomes</i>	RAGE	<i>becomes</i>	RESENTMENT (HATE)*
/		/		/
Normal		Reaction		Rage festers and takes over.
		to anger (no choice)		
		<i>Therefore</i>		
		<i>Pause Question Respond</i>		

***Harbouring resentments** is allowing someone else to live inside your head rent free.

***Resentment** is like drinking poison hoping it will kill your enemy (Nelson Mandela)^{vii}

Before beginning prayer each day in this section, consider the following stanza from this famous poem:

THE HOUND OF HEAVEN

Francis Thompson

I FLED Him, down the nights and down the days;
I fled Him, down the arches of the years;
I fled Him, down the labyrinthine ways
Of my own mind; and in the mist of tears
I hid from Him, and under running laughter.
Up vistaed hopes I sped;
And shot, precipitated,
Adown Titanic glooms of chasmèd fears,
From those strong Feet that followed, followed after.
But with unhurrying chase,
And unperturbèd pace,
Deliberate speed, majestic instancy,
They beat—and a Voice beat
More instant than the Feet—
'All things betray thee, who betrayest Me.'^{viii}

UNDERSTANDING SIN

We are all born spiritual but we need a lifetime to become fully alive in the Church. We are simply pilgrims on a journey and on the way we tend to become lost. A good question to ask is: how is my heart? There is always a part of us that is like the motor car. The engine needs tuning and the wheels need realigning. Prayer energises us and helps us realign because it allows God breathe new life into us and lose interest in what distracts on the journey of self-discovery. Prayer empowers us to co-operate with God in the project of bringing all creation into one magnificent conscious loving union.

WEEK FIVE

SIN O Happy Fault

Grace: *God, show me my real sinfulness and your mercy.*

1	Mk 2:15-17	Only the sick need the doctor
2	Lk 18:9-14	The tax-collector and the Pharisee
3	Ps 51:1-19	Have mercy on me, O God, in your kindness
4	Mtt 13:18-23	A parable about weeds...the weeds in my life
5	Lk 12:4-7	Who to fear?
6	Lk 8:26-39	Jesus casts out demons
7	Lk 9:25-26	What does it profit any person....?

WEEK SIX SIN AND LOSS

Grace: *a growing and intense sorrow, even to the depth of tears if it be his grace, for all my sins.*

I will be open to facing whatever God shows me about my past and look at my sins year by year or period by period. Three things will be helpful: where I lived, the associations I had with others, the occupation I was pursuing.

NOTE: *Do not let current speculation about Hell interfere. Use concepts such as alienation, hate, loneliness, darkness, being lost, fear, rejection.*

Hell is what we create for ourselves. It is that place where love is not. It is a refusal to join with God in the great project of bringing about a conscious, loving union of all creation.

1	Lk 15: 11-24	The prodigal son
2	Lk 15: 21-32	The dutiful son
3	Deut 30:11-20	I place before you life and death...my choice.
4	Mtt 13:44-46	My commitment
5	Mtt 12: 33-37	Sound tree ... sound fruit
6	Jeremiah 18:1-7	Jeremiah visits the potter.
7	Repetition	

WEEK 7 SIN

Grace: *to know how the destroying effect of sin.*

1	James 1:13-18	Trial and temptation
2	Lk 7:36-50	The woman who was a sinner
3	Eph 4:17-24	The old unredeemed life...the new life of grace
4	Repetition	
5	Lk 8:18-27	A cluttered heart.
5	Repetition	

*She sat and wept, and with her untressed hair
Still wiped the feet she was so blest to touch;
And he wiped off the soiling of despair
From her sweet soul – because she loved so much.
(Dante: Gabriel Rossetti)*

WEEK EIGHT

SIN AND LOSS

Grace: *the gift of knowing the destructive force of sin, the loving mercy of God and the resolve to allow this new path to guide my life.*

***Consign the past to God's mercy,
the present to God's love,
and the future to God's providence.
(St Augustine)***

- | | | |
|---|----------------------|---|
| 1 | Lk 19: 1-10 | He has gone to stay at a sinner's house |
| 2 | Jn 4: 1-10 | If you only knew what God is offering |
| 3 | Ps 51 | David's act of contrition |
| 4 | Mk 1: 14-15 | The kingdom is near. |
| 5 | Pray the poem below | |
| 7 | Pray the poem below. | |

LEAVE ME, O LOVE (Sir Philip Sydney)

Leave me, O love which reachest but to dust;
And thou, my mind, aspire to higher things;
Grow rich in that which never taketh rust,
Whatever fades but fading pleasure brings.
Draw in thy beams, and humble all thy might
To that sweet yoke where lasting freedoms be;
Which breaks the clouds and opens forth the light
That doth both shine and give us sight to see.
O take fast hold; let that light be thy guide
In this small course which birth draws out to death,
And think how evil becometh him to slide,
Who seeketh heav'n, and comes of heav'nly breath.
Then farewell, world; thy uttermost I see;
Eternal Love, maintain thy life in me.^{ix}

WEEK NINE

Grace: To realise repentance is about love and justice.

1	Lk 16: 19-31	The rich man and Lazarus
2	Mtt 25: 31-46	I was hungry and you gave me to eat
3	Mtt 26:69-75	Peter's denial ... his repentance
4	Jn 21: 15-17	Do you love me?
5	Repetition	
6	Repetition	

- What have I done for Christ?
- What am I doing for Christ?
- What ought I to do for Christ?

HOW DO I KNOW I HAVE RECEIVED OR AM RECEIVING 'THE GRACE'?

- I feel I am not fighting any more
 - I feel I can let go
 - I experience the movement, the inclination, even only the desire to surrender to Jesus
 - I am appreciating the relationship between Jesus and myself
 - I can rest in peace
 - I am able to accept myself, "warts and all" ... neither the future nor the past looms over me.
 - I feel lighter ... a burden has been lifted ... my anxieties evaporate
 - I feel I can move on
 - I am filled with greater conviction and confidence.
-
- Grace is gift
 - We return to ask for the grace again and again
 - What do I desire?
 - The grace sought in prayer can come to us long after the prayer has ended
 - We have to persevere in asking for the grace in prayer.

**The past is no more
The future not yet
The gift is now!^x**

WEEK TEN

THE CALL OF THE TEMPORAL KING

Before we move on to the next section there is an important question we must all ask: How do I understand Jesus?

We can begin by asking ourselves: Do I know anyone who does not have feet of clay? Or, is there any living person I know, whom I could be absolutely sure would not let me down in some way?

So this week, just ponder these questions and try to think of some well-known prophetic person requesting that you go with them to make the world a better place. They have a dream and a vision that captures your heart.

Now, if you would go with some frail human being, how much more ought we go with Jesus, who is like us in all things, except sin? This is the one who has shown us God's faithful love. With Jesus at our side, we can bring new life to others. We can introduce them to 'the kingdom of God' and in this we co-operate with God's project of bringing the world to a conscious, loving union for which we have been created.

Grace: *not to be deaf to his call, but prompt and diligent to accomplish his most holy will.*

Pray: Ask yourself: What cause or person has ever captured my heart?

- | | | |
|---|-------------------|--|
| 1 | Isaiah 42:1-8 | The servant of the Lord ... a light to the nations |
| 2 | Isaiah 49:1-7 | The mission (use own name for 'Islands') |
| 3 | The Lord's Prayer | Your kingdom come. |

Significant words for the Kingdom meditation:

Not to be deaf	ready and diligent	be content
come with me	so generous and kind	labour with me
keep watch	following me	total service
Christ calls each person in particular		

- Does any aspect of the programme of Jesus especially capture my heart?
- How do I become part of the dream of Jesus?
- Do I feel moved to make the following offering?

Jesus, I want to offer myself to you.
I do so now in your presence,
In the presence of Mary your Mother
And
In the presence of all who live in your home.
I want to imitate you by accepting whatever might come my way
Be it joy or sorrow.
Give me the grace so that my offering may be sincere.

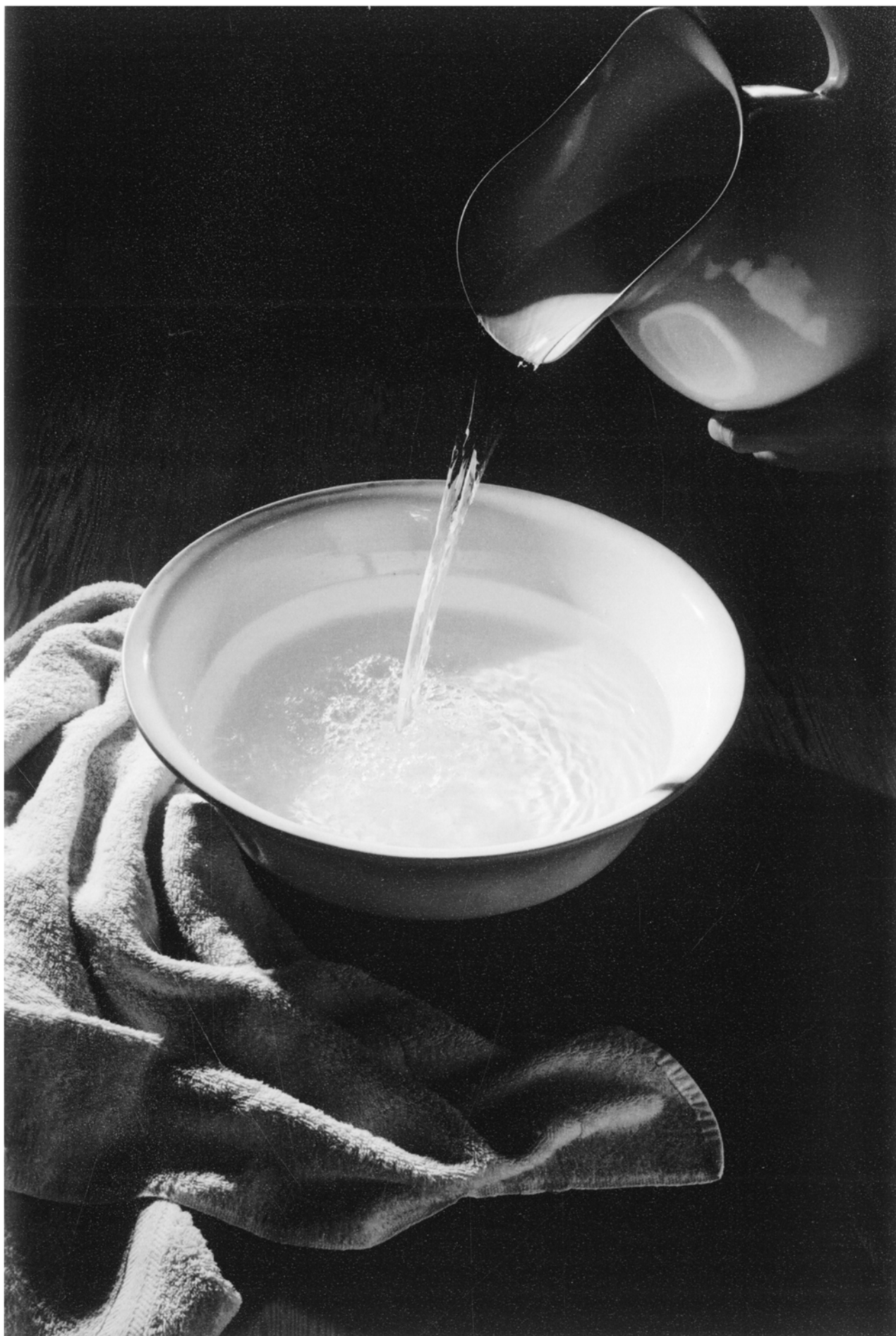
Recommended: Spend occasional periods from now on, reading from The Imitation of Christ, The Gospels or The Lives of the Saints.

The Call (George Herbert)

Come, my Way, my Truth, my Life:
Such a Way, as gives us breath:
Such a Truth, as ends in strife:
Such a Life, as killeth death.

Come, my Light, my Feast, my Strength:
Such a Light, as shows a Feast:
Such a Feast, as mends in length:
Such a Strength, as makes his guest.

Come my Joy, my Love, my Heart:
Such a Joy, as none can move:
Such a Love, as none can part:
Such a Heart, as joys in Love.



SECTION TWO

JESUS - AMONG US IS ONE WHO SERVES

- In this section, we leave behind the thinking, and open ourselves to using our imagination and developing the notion of just being in the presence of Jesus. We know this as contemplative prayer.
- You are encouraged to pray using your senses: feeling, touching, tasting, smelling and hearing in order to feel with all your being Christ enveloping you as you pray.
- The imagination is important here. An example might be out on the boat with Jesus during the storm. See the waves tossing the boat and observe what others are like, what you are like in this situation. How do you feel about Jesus being asleep?
- End as in all your times of prayer with a vocal prayer recited slowly and reverently, and *Anima Christi*, and *Our Father*, or another appropriate prayer.

Pray: Anima Christi.

Soul of Christ, sanctify me,

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Do not allow me to be separated from you.

From the malevolent enemy defend me.

In the hour of my death call me,

And bid me come to you,

That with your saints I may praise you

Forever and ever. Amen.

In the meditations below
do not hesitate to place yourself
right at the centre of the mystery.

WEEK ELEVEN

Grace: *Jesus, just help me grow closer to you. Help me understand that I can love you.*

- | | | |
|---|-----------------|---|
| 1 | Jn 1: 1-5, 9-14 | The Incarnation ... in the beginning was the Word |
| 2 | Lk 2:1-8 | The birth of Jesus |
| 3 | Lk 2:8-14 | The Shepherds and the Angels |
| 4 | Mtt 2:1-12 | The visit of the Magi. Acknowledge Jesus as my Lord |
| 5 | Lk 2:22-38 | The Presentation of Jesus in the Temple |
| 6 | Mtt 2:13-18 | The flight into Egypt...the holy Innocents. |
| 7 | Repetition | |

WEEK TWELVE

Grace: *that I might gain an intimate knowledge of our Lord, who has become human for me, and that I may love him more and more and follow him more closely. (SE 104)*

- | | | |
|---|-------------------|-----------------------------------|
| 1 | Mtt 2:19-23 | The return from Egypt to Nazareth |
| 2 | Lk 2:41-50 | The finding in the Temple |
| 3 | Lk 2:39-40, 51-52 | The hidden years at Nazareth |
| 4 | 1 Jn 1-3 | We have seen with our own eyes |
| 5 | Mk 10:35-45 | The request of James and John. |
| 6 | Repetition | |
| 7 | Repetition | |

WEEK THIRTEEN

THE TWO STANDARDS

There are two sides to our make up as humans: light and darkness. All of us have a shadow side. If I am committed, I can easily betray. If I love, I can also hate. The darkness in us is very cunning. So I need to ask for the grace to see myself in all my truth and commit myself to Jesus.

Grace: To see myself in all my truth and commit myself to Jesus.

- | | | |
|---|---------------|--|
| 1 | Mtt 6:24 | You cannot serve two masters....who is my master? |
| 2 | James 3:13-18 | Two kinds of wisdom |
| 3 | Mk 10:17-31 | Rich young man...my attitude towards materialism |
| 4 | Lk 1:38 | Here I am...let what you have said be done to me |
| 5 | Phil 2:5-11 | The ultimate self-giving of Jesus |
| 6 | Mtt 21:28-31 | The parable of the two sons...protect me from indifference |
| 7 | Rev 3:15-21 | Hot...cold. |

WEEK FOURTEEN

THE THREE CLASSES OF PERSON

Three people are given a large sum of money.

- The first person desires to get rid of their attachment, but never does so.
- The second person desires likewise, but in such a way they keep the money and believe God will come to where they desire. No decision is made to dispose of the money, even though it would be better for the individual.
- The third person desires also to be free of the attachment but has no inclination to either keep or dispose of it. They desire to either dispose or keep it according to what God will move their will to choose.

**The question is: where is your heart?
With the money, or, with God?**

Knowledge	of the way of Jesus
Commitment	to the way of Jesus
Love	of the person of Jesus.

Spiritual Freedom: This suggests we see everything in the light of our love for God. God loves us, and we want to return his love. This mentality means I will let myself be led by the Spirit to cooperate with God's plan for the whole of creation. My heart has no room for anything other than what God desires. Hence, all my actions, thoughts, affections and decisions are influenced by this mentality.

Spiritual Poverty: This is about growing in total dependence upon God. It recognises that without God we can do nothing. All is gift! If you have responded to God, it is only because of grace. Such a person knows they are only a pilgrim. It does not mean we own nothing, but rather that we are not possessed by what we do own. A good test is to examine your heart. What occupies it? If you have money, do you want more and are you continually being occupied by this desire? Or, are you concerned about social status through wealth, power etc?

Characteristics of a person with Spiritual poverty:

- Self-acceptance – I am limited, and I need God, because I am created by God
- Self-acceptance - I have made peace with my own history
- Self-acceptance – I depend on God rather than my own resources, whether it be money, intellect, status
- Self-acceptance – I am a sinner and will never be totally free
- Ability to follow the promptings of the Spirit
- Readiness to let God pierce one's most private defences
- Acceptance of being ordinary
- Can accept being poor or having less than others, as well as social status.

Grace: *to choose what is more for the glory of God and God's plan for creation.
To know Him more clearly, to follow more nearly, and to love him more deeply.
In your reflecting, remember there is a threefold progression: from*

Knowledge	of the way of Jesus	To see thee more clearly
Commitment	to the way of Jesus	To follow thee more nearly
Love	of the person of Jesus.	To love thee more dearly ... Day by day ...

The question is: where is your heart? With the money, or, with God?

- **Class 1: Matthew 25:1-13;**
- **Class 2: Matthew 6:24**
- **Class 3: Luke 1: 38**

1	Lk 9:57-62	Would be followers of Jesus
2	Jn 1:35-51	The first disciples
3	Mtt 21:28-32	Parable of the two sons.... <i>to be a disciple both in word and in deed</i>
4	Lk 14:25-33	The cost of discipleship
5	Matt 3:13-17	The baptism of Jesus by John in the Jordan.
6	Revision	
7	Revision	

WEEK FIFTEEN JESUS SETS OUT ON HIS MINISTRY.

Grace: *appreciate that Jesus is truly human, and to desire an increase of faith and trust in Jesus.*

That I might grow in my desire to appreciate the Cross and its value in my life.

That I might hear his call clearly and respond generously - to know, love and follow.

1	Mtt 4:1-11	Jesus is tempted in the desert
2	Lk 4:14-30	First words of Jesus...Nazareth rejects Jesus
3	Lk 4:1-11	We do not live on bread alone
4	Jn 1:35-40	Where do you live?
5	Lk 22:24-27	The dispute about greatness
6	Jn 15: 9-17	The commandment to love...you are my friends.

WEEK SIXTEEN

JESUS CALLS AND CHOOSES HIS FRIENDS

Grace: *To desire to hear the call clearly and become a friend of Jesus
To always meet Jesus in my service of others in need
To be encouraged and consoled as the disciple were
To know what is involved in being a follower of Jesus.*

1	Mtt 12:46-50	The true relatives and friends of Jesus
2	Jn 13:1-15	Discipleship as a call to service
3	Mtt 17:1-9	Jesus is transfigured
4	2 Cor 6:4-10	Suffering gladly endured for the faith
5	Jn 20:29	Blessed are we who believe but have not seen
6	Lk 10:29-37	Who is my neighbour....
7	2 Peter 1:16-18	We saw his glory on the mountain...

WEEK SEVENTEEN

THREE MODES OF HUMILITY

- I desire and choose not to do anything which may break my relationship with God
- I desire and choose to do whatever will enhance my relationship with Jesus
- I desire and choose the values and attitudes and experiences of Jesus be reflected in my own life.

Grace: *to gain an awareness of what is involved in following Jesus....a desire to respond to this awareness.
See the hand of God and Jesus in every event of my life and in all creation.
Desire to see the hand of Jesus in any contempt....poverty...humility which may fall to my lot
Appreciate the love and care with which Jesus responds to my needs and situation.*

1	2 Cor 12:7-10	Paul's struggles to keep him humble and reliant on the Lord
2	Mtt 13: 1ff	Various parables about the Kingdom. (Pick one or two)
3	Lk 6:17-49	Blessings and curses. (choose one or two for your prayer)
4	Mk 8:1-9	Jesus feeds the four thousand...the generosity of God
5	Repetition	
6	Repetition	
7	Micah 6:8	This is what Yahweh asks of you.

WEEK EIGHTEEN**THE KINGDOM OF GOD. HOW...WHERE...DOES GOD WORK?**

Grace: *May I truly see and appreciate that Jesus will never give up on me.*

May I hope and trust that I will remember Jesus' presence, especially when the going gets tough.

May I reflect the love of God and of my neighbour in all my thoughts...words...deeds.

- | | | |
|---|---------------|---|
| 1 | Mk 10:46-52 | What do you want...let me see again...he followed |
| 2 | Lk 15:1-10 | The lost sheep...the lost coin |
| 3 | Lk 19:41-44 | Jesus weeps over Jerusalem |
| 4 | Mtt 14:22-33 | Jesus walks on water |
| 5 | Mk 9:2-8 | The transfiguration |
| 6 | 1 Cor 13:1-13 | The gift of love. |
| 7 | Repetition | |

WEEK NINETEEN**WHO IS JESUS....FOR ME....?**

Grace: *to see Jesus as my haven...never be slow to come to live with Jesus*

To acknowledge him as my Lord and my God

To appreciate the warm humanity of Jesus...that a love of him may fill my heart...and that I may feel an intimate love for him.

To appreciate the love Jesus had for Lazarus...a love that gives life....and that it extends to me.

- | | | |
|---|---------------|--|
| 1 | Mtt 11:25-30 | Come to me.... |
| 2 | Mtt 16:13-20 | Peter's profession of faith |
| 3 | Jn 12:1-8 | Jesus with his friends Martha and Mary |
| 4 | Jn 11:1-26 | Jesus raises Lazarus to life |
| 5 | Mtt 14: 13-21 | Jesus feeds the 5000 |
| 6 | Eph 3: 14-21 | May he give you the power for your hidden self to grow strong. |
| 7 | Repetition | |

WEEK TWENTY**PALM SUNDAY AND THE ANOINTING**

Grace: *may I watch and pray with Jesus during his last week on earth.*

- | | | |
|---|-------------|---|
| 1 | Mtt 2:1-11 | Jesus enters Jerusalem in triumph |
| 2 | Lk 13:34-35 | I long to gather you as a hen her brood |
| 3 | Ps 93 | The majesty of God's rule |
| 4 | Mtt 26:6-12 | Supper at Bethany. (May I minister to Jesus during his passion) |
| 5 | Lk 22:3-6 | Judas agrees to betray Jesus |
| 6 | Jn 11:46-54 | The plot to kill Jesus. |
| 7 | Repetition | |

The physical circumstances can be of help in praying at this time: darken the room, close curtains...etc.

NOTES



SECTION THREE

THE PASSION

As we begin the Passion, it is important to carry with us throughout the day the thoughts and feelings which we experience in prayer.

- What Jesus suffered in his humanity and did not avoid this suffering
- How Jesus hid his divinity
- How Jesus suffered for me
- The figure on the Cross is of one who is totally emptied of self.

WEEK TWENTY ONE

Grace: *to desire sorrow, compassion and shame because the Lord is going his suffering for my sins. To see the humility and sorrow of Jesus and what he is prepared to suffer for me.*

- | | | |
|---|-------------|--|
| 1 | Lk 22:7-20 | The Last Supper |
| 2 | Jn 13:1-15 | Jesus washes the feet of the disciples - the humility of Jesus |
| 3 | Lk 22:39-46 | The agony in the Garden |
| 4 | Jn 12:23-33 | The hour has come |
| 5 | Mk 14:43-51 | The arrest of Jesus. |
| 6 | Repetition | |
| 7 | Repetition | |

Christ suffers for me...what are the opportunities I have to suffer for him.

Making the Stations of the Cross may be helpful during this week.

WEEK TWENTY TWO

Grace: *to be free of malice, revenge and hatred from my heart and to be humble and full of love.*

- | | | |
|---|--------------------|--|
| 1 | Jn 18.12-14, 19-24 | Jesus before Annas and Caiaphas |
| 2 | Lk 22:54-62 | Peter denies Jesus – grace of loyalty |
| 3 | Lk 22:66-71 | Jesus before the Sanhedrin – to know truth |
| 4 | Lk 23:1-25 | To suffer injustice with trust |
| 5 | Lk 23:6-12 | Feel the helplessness of Jesus in the hands of the wicked. |

PRAYING BEFORE Christ Crucified

- I put myself before Jesus Christ our Lord, present before me on the cross
- I talk to him about how he creates because he loves and then he is born one like us out of love, so emptying himself to pass from eternal life to death here in time, even on a cross. By his response of love for the Father, he dies for my sins
- I look to myself and ask – just letting the questions penetrate my being.
- **In the past, what response have I made to Christ?**
- **How do I respond to Christ now?**
- **What response should I make to Christ?**

I look upon Jesus as he hangs upon the cross.
I ponder whatever God may bring to my attention.
I close with the Our Father.

WEEK TWENTY THREE

Grace: *to understand that Jesus' patience towards the soldiers extends to me.*

- | | | |
|---|--------------|--|
| 1 | Mtt 27:26-31 | Soldiers mock...scourge...crown Jesus |
| 2 | Lk 23:26-31 | Walk the way of the cross |
| 3 | Lk 23:33-43 | The crucifixion |
| 4 | Jn 19:25-27 | Keep faithful watch with Mary and John |
| 5 | Repetition | |
| 6 | Repetition | |

The 7 last words of Jesus on the Cross

- Father, forgive them, they know not what they do. (Lk 23:34)
- Truly I tell you, today you will be with me in paradise. (Lk 23:42-43)
- Woman, here is your son, here is your mother. (Jn 19:26-27)
- And about three o'clock Jesus cried with a loud voice, "Eli, Eli, lama sabachthani?" My God, my God, why have you forsaken me?" (Matt 27:46)
- After this, when Jesus knew that all was now finished, he said, (in order to fulfil the scripture), "I am thirsty". (Jn 19:28)
- Then Jesus with a loud voice, said, "Father, into your hands I commend my spirit" (Lk 23:46)
- When Jesus had received the wine, he said, "It is finished"(Jn 19:30).

WEEK TWENTY FOUR

Grace: *to love my Saviour who is dying for me.*

- 1 Lk 23:44-49 The death of Jesus
- 2 Jn 19:28-37 Final moments
- 3 Mk 15:42-47 Mary receives the body of Jesus (pieta)
- 4 Lk 23:50-56 The burial of Jesus
- 5 An hour with Mary to mourn with her over the death of Jesus and comfort her ... her great weariness and desolation ... her faith in God. Jesus is taken down from the Cross and placed in the tomb. Wait with her, listen to the memories of her Son. Tell her who you are.

Remember: we are dealing with a lot of material. You do not have to cover it all. Try to remain in the scene, watch and pray. Jesus was a person with full human affections and emotions.

GENEROUS LOVE

Love ever gives ...

Forgives ... outlives ...

And ever stands

With open hands,

And while it lives,

It gives

For this is love's prerogative ...

To give ... and give ... and give.^{xi}

WEEK TWENTY FIVE

HOLY SATURDAY – A WEEK WITH MARY AND THE DISCIPLES

Grace: *The relief of “it is accomplished”. Were you there when they crucified my Lord?*

1 Lk 22-23 Spend time re-reading the passion story again.

Spend the rest of the week in Holy Saturday mood, feeling the loss, the expectation, watch and pray.

A visit to the Church, making the stations of the Cross is suggested. Choose a character from the Passion story, speak to him/her. Choose from the references below which the Church uses on Holy Saturday night:

Gen 1:1-2:4

Ex 14:15-15:1

Is 54:5-14

Is 55:1-11

Gen 22:1-18.

Note:

- The retreat is drawing to a close ... take each day as it comes, keeping up the effort and desire for love. This is an important time
- Pray from the heart, observing your feelings
- There is no room for penance at this time
- Use the senses. Make use of the season, the scenery
- Pray the Canticle of the Sun.

CANTICLE OF THE SUN
St Francis of Assisi

Praised be you, my Lord, with all your creatures,
Especially Sir Brother Sun
Who is the day, and through whom you give us light.
And he is beautiful and radiant with great splendour;
And bears a likeness of you, Most High One.

Praised be you, my Lord, through Sister Moon and the stars,
In heaven you formed them clear and precious and beautiful.
Praised be you, my Lord, through Brother Wind,
And through the air, cloudy and serene, and every kind of weather,
Through whom you give sustenance to your creatures.

Praised be you, my Lord, through Sister Water,
Who is very useful and humble and precious and chaste.
Praised be you, my Lord, through Brother Fire,
Through whom you lift 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,
And who produces various fruit with coloured flowers and herbs.^{xii}



Homai tou iho, kia whakakotahi, to taua wairua.

Give me your nose, that our spirits might be one.^{xiii}

SECTION FOUR

THE RESURRECTION

Consider the divinity, which seemed hidden during the Passion, now appears and manifests itself so miraculously in this holy Resurrection, through its true and most holy effects (St Ignatius)].

WEEK TWENTY SIX

Grace: *An intimate knowledge of the many blessings received, that filled with gratitude for all, I may in all things love and serve the divine Majesty. Contemplation to attain Divine Love.*

1	Jn 20:1-10	The stone has been removed
2	Jn 20: 11-18	Jesus commissions Mary
3	Jn 20:19-23	Jesus comforts and commissions his disciples
4	Jn 20: 24-29	Faith does not depend on seeing
5	Jn 4:10	If you only knew what God is offering?

PRAYER OF SURRENDER

Take, Lord, and receive all my liberty,
My memory, my understanding,
and all my will – all that I have and possess.
You Lord, have given all that to me.
I now give it back to you, O Lord.
All of it is yours.
Dispose of it according to your will.
Give me love of yourself along with your grace,
for that is enough for me.

Love – manifests itself in deeds rather than in words.

Love – manifests itself in mutual sharing of goods (St Ignatius)

WEEK TWENTY SEVEN

Grace: *an intimate knowledge of the many blessings received, that filled with gratitude for all, I may in all things love and serve the divine Majesty. Contemplation to attain Divine Love.*

1	Lk 24:13:35	The road to Emmaus
2	Jn 15:1-8	Jesus the true vine...life of Jesus in me
3	1 Jn 4:12-16	If we love one another God lives in us
4	Mtt 12:46-50	The true kindred of Jesus
5	Jn 21:1-14	Jesus by the lakeside.

WEEK TWENTY EIGHT

Grace: *A full realisation of the many blessings I have received, that I might be filled with gratitude to love and serve God.*

- | | | |
|---|--------------|---------------------------------|
| 1 | Lk 24:1-8 | Why look among the dead? |
| 2 | Lk 24: 9-12 | And they did not believe them |
| 3 | Lk 24: 36-43 | Touch me and see for yourselves |
| 4 | Mtt 28: 1-8 | His face was like lightning |
| 5 | Mtt 28: 9-15 | Do not be afraid. |
| 6 | Repetition | |
| 7 | Repetition | |

THE RESURRECTION IS A MINISTRY.^{xiv}

This statement tells us that Jesus is still ministering in the world. The work begun by the earthly Jesus continues today through us and we all become part of God's project of helping all peoples live in one great union of love.

This week is not about Jesus being resuscitated, but about him moving on to the fullness of his divinity and coming back to be with us.

WEEK TWENTY NINE

RESURRECTION AND ASCENSION

Grace: *A full realisation of the many blessings I have received, that I might be filled with gratitude to love and serve God.*

- | | | |
|---|-------------|---|
| 1 | Jn 1:16-18 | From his fullness we have all received |
| 2 | Eph 1:3-14 | God's plan of salvation |
| 3 | Acts 1:9-11 | Why do you stand looking up to heaven...? |
| 4 | Ps 8 | How great your name throughout the earth |
| 5 | Phil 2:5-11 | His state was divine |
| 6 | Ps 27:1 | God is my light and salvation. |

WEEK THIRTY

CONTEMPLATION TO ATTAIN LOVE

Grace: an intimate knowledge of the many blessings received, that filled with gratitude for all, I may in all things love and serve the divine Majesty.

Grace: may my love for Jesus reflect itself in the care of my brothers and sisters

Pray: John 21:15-17. Peter, do you love me ...? (Use own name)

For I tell you this,
one loving blind desire for God alone is more valuable in itself,
more pleasing to God and to the saints,
more beneficial to your own growth,
and more helpful to your friends, both living and dead,
than anything else you could do.

(The Cloud of Unknowing)^{xv}





PRAYER OF SURRENDER

**I surrender myself to you, Lord, and ask you
Put an end to my restlessness.
I give you my will
I do not believe any longer that I can answer myself
What I am doing, and what is happening through me,
Lead me and show me your will.**

**I give you my thoughts
I do not believe that I am so intelligent
That I can answer myself,
My whole life or other people,
Teach me to think your thoughts.**

**I give you my plans.
I do not believe any longer that my life finds meaning
In what I reach through my plans.
I entrust myself to your plan
For you know me.**

**My anxiety about others I give to you
I do not believe any longer
That with my anxiety I can improve anything
That remains with you. Why should I be anxious?**

**My anxiety about the power of others I give to you.
You were powerless before the mighty.
The mighty have fallen. You live.**

**My fear of my own failures I give to you
I do not have to be successful
If I wish to be one blessed according to your will.**

**All insoluble questions, all discontent with myself,
All my cramped hopes I give to you.
I give up running into locked doors
And wait for you. You will open them.
I give you myself, I belong to you.
You have me in your hand. I thank you. ^{xvi}**

Nothing is more practical than finding God.
That is, than falling in love in a quite absolute, final way.
What you are in love with,
What seizes your imagination
Will affect everything.
It will decide what will get you out of bed in the morning.
What you will do with your evening,
How you will spend your week-ends. What you read.
And what amazes you with joy and gratitude.
Fall in love, stay in love, and it will decide everything.
(Pedro Arrupe S.J).^{xvii}

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- ⁱ See Rule 329, Spiritual Exercises of St Ignatius.
- ⁱⁱ Painting: Fr David Orange, p6, inspired by sculpture of God Creating Adam Chartres Cathedral.
- ⁱⁱⁱ Savary M. Louis, *The New Spiritual Exercises, in the Spirit of Teilhard de Chardin*, 2010
- ^{iv} Based on notes from Philip Chirkop, SJ, retreat 14 Oct 2018, Home of Compassion, Wellington.
- ^v From *Meditations and Devotions*, “Meditation on Christian Doctrine”, “Hope in God – Creator”, March 7, 1848. Adaptation for inclusive language mine.
- ^{vi} Conroy, Maureen, R.S.M, *The Discerning Heart* (Loyola Press, Chicago, Illinois, 1993), p.61.
- ^{vii} Notes from Philip Chirkop, SJ, retreat 14 Oct, 2018, Home of Compassion.
- ^{viii} Thompson, Francis, *The Hound of Heaven*, (Morehouse Publishing, Harresburg, PA), pp. 4-7.
- ^{ix} <https://www.poetryfoundation.org/poems/45167/leave-me-o-love-which-reachest-but-to-dust>
- ^x Br David Steindl Rast, OSB, Palmerston North Retreat, 1983.
- ^{xi} Sevenhills Handout.
- ^{xii} Selected verses taken from ‘The Franciscan Story’, Maurice Carmody, (London: Athena Press, 2008), p.24.
- ^{xiii} Explanation of *The Hongi*, a traditional Maori greeting.
- ^{xiv} *A Jesuit Retreat with Rev. Howard Gray, S.J.* A Now You Know Media Written Guide, p.29.
- ^{xv} *The Cloud of Unknowing and the Book of Privy Counselling*, edited by William Johnston, Image, Doubleday, New York, 1973.
- ^{xvi} Translated from “Wie wir beten können”. Pymble handout, 1976.
- ^{xvii} <http://www.ignatianspirituality.com/ignatian-prayer/prayers-by-st-ignatius-and-others/fall-in-love>
(Accessed 12.9.16)

PHOTOS

Cover Danny Boulton
Others Michael Walker
P.38 Alan Roberts
P.37 Alan Roberts

Printed by Railway Bookshop, Main Street, Otaki.

ACKNOWLEDGMENT

These notes are my adaptation of those given at Sevenhills Retreat Centre in Adelaide.

