Finding God in All Things: Ignatian Spirituality

Part III
Anna Horen, Presenter
Read it thoughtfully at least twice.

- Quiet yourself and ask for God’s help; the grace to be fully present.
- Pick a passage in which Jesus is interacting with people.
- Read it thoughtfully at least twice.
- Enter fully into the scene, imagining it as fully as possible. Use all the senses.
- Watch the action as though it was a movie. What is happening? Who is there? What are they doing? Who are you? What are you doing?
- Imagine yourself sitting with Jesus. Talk about what came up for you. What is his response?
- End with a prayer. What feelings are you left with?
Discernment

- From the Latin *discernere*.
- It means to distinguish, separate.
- Not the same as decision-making.
- In Christian spirituality, to distinguish God’s will from our own.
- A way of life, rather than something we do when faced with weighty matters.
- Self-knowledge is the key concept: we must know our patterns.
- The problem of God’s will. What does it really mean?
A prayerful review of the day.

Rewind and “watch” the day.

Note what happens without judgment.

Pay attention to feelings.

Did you feel God present? How? In whom?

Did events bring you closer to God or take you away from God?

Use what you remember and feel as the grounds for prayer.
Find a quiet place and take time to quiet yourself.

Become aware of God’s presence.

Review the day with gratitude.

Pay attention to your emotions.

Choose one event from the day as a basis for prayer.

Look toward tomorrow. Ask God for grace.

After closing with prayer, you may want to journal.
Internet Resources

- www.ignatianspirituality.com is an excellent all-purpose website.
- Sacred Space: www.sacredspace.ie
- Pray-As-You-Go: www.pray-as-you-go.org
- Creighton University Online Ministries:
  http://onlineministries.creighton.edu/CollaborativeMinistry/online.html
- 3-Minute Retreat: http://www.loyolapress.com/3-minute-retreats-daily-online-prayer.htm
- Ignatian Prayer Online: http://www.ignatianspirituality.com/ignatian-prayer/prayer-online/