

A grid of red candles on a stone surface, with several lit. The candles are arranged in a grid pattern on a stone surface. Some candles are lit, showing a small flame, while others are unlit. The background is a soft, out-of-focus light.

Session 8

Lord Jesus Christ, I
want to be so grateful
for gifts given me that
I will respond in service
and love as you love.

THE CONTEMPLATION TO ATTAIN LOVE (CONTEMPLATIO)

- The note on which the *Spiritual Exercises* conclude.
- The graces to be prayed for are knowledge, gratitude and increasing love and service *in everything*. God shows his love in and through everything; I aspire to find and love God in everything.
- The grace of the exercise is to grow in loving in the way God himself loves.
- For Ignatius, action is a defining characteristic of love. The fundamental act of love is the choice to give oneself to God ("Take and Receive") and this act of love then extends itself into the deeds of service.
- **"Love ought to find its expression in deeds rather than in words."** (Ex. 230)

TAKE AND RECEIVE

Take, Lord, and receive all my liberty,
my memory, my understanding
and my entire will -
all that I have and call my own.
You have given it all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace.
That is enough for me.

(St. Ignatius Loyola)

(Taken from Understanding the *Spiritual Exercises* by Michael Ivens, S.J.)

Spirituality Program for Adults Websites on Ignatian Prayer and Spirituality

www.sacredspace.ie/

A user-friendly guide to daily prayer with many helpful hints. Run by the Jesuits of Ireland.

www.creighton.edu/ministry

Great site, with daily reflections from individuals of different faiths and from different departments at Creighton. A 34-week online Ignatian retreat for everyday life with useful supplementary reading and daily reflections. Also has Stations of the Cross. Click on the link to Online Ministries.

www.sjweb.info

Descriptions, essays, interviews, and links to a myriad of on-line resources.

www.nwjesuits.org

Similar to above site, but more user-friendly and complete. Site for the Jesuits of the Pacific Northwest Oregon and California Provinces. California, Oregon, Washington, Idaho, Montana and Alaska. Click on “Spiritual Resources” for *Spiritual Exercises*, Daily Ways to Pray and *Spiritual Exercises* in Everyday Life (SEEL).

WWW.usccb.org/bible/

Catholic translation of the Bible (*The New American Bible*) online.

www.pray-as-you-go.org

Jesuit Media Initiatives in England offers daily prayers that you can listen to on your computer or download to you iPod or other MP3 player. 10-minute sessions include music, scripture and reflective questions to become more aware of God’s presence in your life.

www.ignatianspirituality.com

Website of Loyola Press featuring “Prayer, Spiritual Direction, Retreats and Good Decisions” with categories such as Ignatian Prayer, Ignatian Voices, Ignatian Community and Good Decisions. Includes DotMagis Blog.

www.americamagazine.org

The weekly national Catholic magazine, published by the Jesuits.

<http://pray.ignatius.edu>

The Saint Ignatius High School prayer website. Daily readings and reflection

www.jesuitprayer.org

Reimagining the Examen- App for smartphone

SPA Library- Basement of St. Mary’s Chapel

PRAYING WITH IGNATIUS-SAINT IGNATIUS HIGH SCHOOL
HOME PRAYER SELECTIONS
Week 8

PREPARE: Choose Place, Posture, Prayer Time, Prayer Passage, and become mindful of the Presence of God.

GRACE SOUGHT: Lord Jesus Christ, I want to be so grateful for gifts given me that I will respond in service and love as you love.

Pray:

What is Life All About?

Principle and Foundation

Review of Prayer:

1. What did you like? What resonated with you?
2. What didn't you like? Where did you feel resistance?
3. Did you experience and spiritual insight? Delight?
 1. What was revealed of God?
 2. What was revealed of yourself?
 3. What is being revealed of your relationship with God?

WHAT IS LIFE ALL ABOUT?

For me, what is life all about?

- What are my goals?
- What are my dreams?
- What are my desires?

In the world in which I live, what actually motivates me the most?

- What do I hope to achieve in my life?
- What are the most important operative values in my life?

If I look to my feelings for clues –

- What upsets me? Angers me?
- When do I feel happy, encouraged, or fulfilled?
- What are the causes?

When do I get down or depressed or discouraged? The causes?

What energizes me? What do I look forward to? Or what do I dread? Why?

When am I at peace or satisfied with who I am? Or what I have done? Dissatisfied?

When do I feel successful? Or when a failure?

Are my operative values the same as my idealistic ones? And if they differ, how do they differ?

In short, when I look at how I lead my life, what is life all about....really?

PRINCIPLE AND FOUNDATION

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

Recognize,

Cherish,

And enjoy

Your goodness in all of creation.

Direct all that is me toward Your praise.

Teach me reverence for every person, all things.

Energize 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

(Bergan and Swann 1985)