Lord Jesus Christ, I want to be with you compassionately in your suffering.
<table>
<thead>
<tr>
<th></th>
<th>Hope</th>
<th>Faith</th>
<th>Love</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spiritual Desolation</strong></td>
<td>* Mistrust</td>
<td>* Fear</td>
<td>* Negative, irreverent attitude toward myself (poor self image)</td>
</tr>
<tr>
<td>Feelings/moods tending to a loss or decrease of hope, faith, love</td>
<td>* Discouragement</td>
<td>* Shame</td>
<td>* Self-contempt, self rejection</td>
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<tr>
<td></td>
<td>* Despair</td>
<td>* Confusion</td>
<td>* Negative thoughts &amp; actions toward others; resentment, envy, jealousy</td>
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<td></td>
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<td>* Guilt</td>
<td>* Choosing not to believe or trust God’s love for me &amp; others</td>
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<td></td>
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<td>* Doubt</td>
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<td></td>
<td></td>
<td>* Idolatry</td>
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<tr>
<td><strong>Spiritual Consolation</strong></td>
<td>* Confidence &amp; trust</td>
<td>* Courage</td>
<td>* Acceptance &amp; trust of my self as loved by God</td>
</tr>
<tr>
<td>Feelings/moods tending to a growth or increase of hope, faith, love</td>
<td>* Willingness to risk</td>
<td></td>
<td>* Reverance for one’s self and others</td>
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<tr>
<td></td>
<td>* Waiting, persevering, patience, faithfulness</td>
<td>* Confident assurance of what we hope for in God.</td>
<td>* Inner peace &amp; joy</td>
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<td>* Kindness to others, gentleness, generosity</td>
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<td></td>
<td></td>
<td>* Gratitude to God &amp; others</td>
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<td></td>
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<td></td>
<td>* Praise and adoration of God</td>
</tr>
</tbody>
</table>

Adapted from Manresa Retreat House
Gospel Contemplation in the Spiritual Exercise
Agony in the Garden (Mt. 26: 36-46)

Time before

1. *Whose presence?* I will be in the presence of God.
2. *What is my grace?* Lord Jesus Christ, I want to be with you in your suffering.
3. *What is my passage?* I will prepare Mt. 26:36-46
4. *How long will I pray?* I will pray for 20 minutes. In the Sp. Ex., it is normally an hour.

Time during

**Contemplating the Passage:** Mt. 26: 36-46

Then Jesus came with them to a small estate called Gethsemane: and he said to his disciples, “Stay here while I go over there to pray.” He took Peter and the two sons of Zebedee with him. And sadness came over him, and great distress. Then he said to them, “My soul is sorrowful to the point of death. Wait here and keep awake with me.” And going on a little further he fell on his face and prayed. “My Father,” he said, “if it is possible, let this cup pass me by. Nevertheless, let it be as you, not I, would have it.” He came back to the disciples and found them sleeping, and he said to Peter, “So you had not the strength to keep awake with me one hour? You should be awake and praying not to be put to the test. The spirit is willing, but the flesh is weak.” Again, a second time, he went away and prayed: “My Father,” he said, “if this cup cannot pass by without my drinking it, your will be done.” And he came back again and found them sleeping, their eyes were so heavy. Leaving them there, he went away again and prayed for the third time, repeating the same words. Then he came back to the disciples and said to them, “You can sleep on now and take your rest. Now the hour has come when the Son of Man is to be betrayed into the hands of sinners. “Get up! Let us go! My betrayer is close at hand.”

**The time after is for the Review of Prayer.** This is where discernment takes place. It is when one is ‘reading the signs’ that God brought up in the prayer time and trying to understand their deeper meaning. Take 5 minutes for this review. In the Sp. Ex., it is normally 15 minutes.

The discerning process has two steps:

I. What are the signs God gave me during the prayer time?
   1. What did I like? This is consolation.
   2. What did I not like? This is desolation.
   3. What new insights did I have? This is spiritual delight.

II. What do these signs mean?
   1. What did I learn about the Father, the Son, or the Spirit?
   2. What did I learn about myself?
   3. What did I learn about our present relationship?
   4. What is my next step for growing in this relationship?
PRAYING WITH IGNATIUS-SAINT IGNATIUS HIGH SCHOOL
HOME PRAYER SELECTIONS

Week 6
(Non-Lenten Version)

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 with you compassionately in your suffering.

Pray:

Luke 22:7-34 The Last Supper


Repetition of Week

Holy Saturday (with Mary or Disciples)

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?
PRAYING WITH IGNATIUS-SAINT IGNATIUS HIGH SCHOOL
HOME PRAYER SELECTIONS

SESSION 6

(Lenten Version)

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 with you compassionately in your suffering.

Pray:


Washing of the Feet: John 13, OR
Holy Thursday Liturgy Holy Thursday

Stations of the Cross, OR
Good Friday Liturgy Good Friday

Grace: To be with Mary, Mary Magdalene, Peter, John, Judas, or Jesus in the tomb
Spend with one or more of these people Holy Saturday

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?