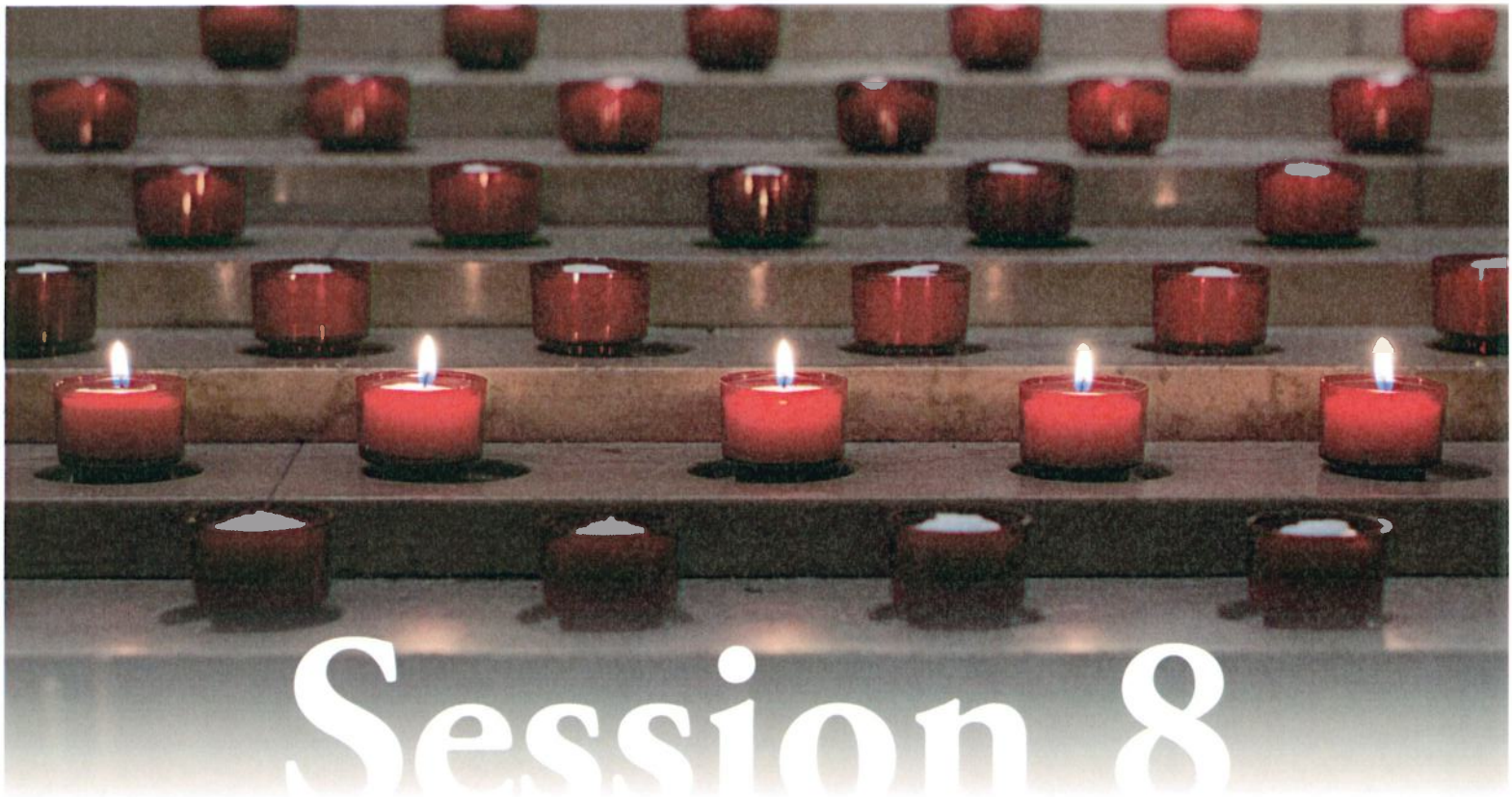

Lord Jesus Christ, I want to be so grateful for gifts given me that I will respond in service and love as you love.

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.staygreat.com
Daily prayer inspired by Mark Link, S.J., currently of Loyola University Chicago. "For seekers, drifters and believer" **Great site with six different daily reflections according to following themes: Stay Great; Pause n' Meditate; Live the Word; Pray the Word; Hear the word; Make 'em Laugh.**

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 Province) -- 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**. !0-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.

www.pray.ignatius.edu
The Saint Ignatius High School prayer website. Daily readings and reflection

www.jesuitprayer.org

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?