

# MONTH FOUR / WEEK FOURTEEN

## A Week of Gifts

*A 7-day practice of noticing the gifts that shaped your year.*

### Focus of the week

Our focus is to become aware of the subtle exchanges of grace in our year  
- what we offered, what we received, and how these movements formed us.

The Spiritual Exercises open us to many kinds of gifts — some that we *receive* through grace, companionship, discernment or prayer; and some that we *offer* to others through presence, courage, or love. These gifts are often subtle. They move quietly, like the interior movements that Ignatius talks about. The gifts are the exchange of energies that happens in relationships, in moments of clarity, or in the ordinary rhythm of our days.

This week is simply an invitation to notice; to pause for a few minutes each day and reflect on one gift — given or received — that has shaped you this year.

May your week be a week of remembering, receiving, and resting.

### Daily Exercises (Days 1–6)

#### Day 1 – The Gift of Light

##### Option A: *Journaling*

Where did light touch my life this year?

*In suffering, kindness, prayer, or a moment of unexpected grace?*

How did it help me see myself or the world differently?

##### Option B: *Embodied Practice*

Sit by a window or light a candle.

Notice where light falls. Simply allow yourself to receive it.

Ask quietly: *What light do I want to carry into the year ahead?*

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#### Day 2 – The Gift of Companionship

##### Option A: *Journaling*

Who companioned with me this year? (or who did I companion?)

*offering support, presence, laughter, truth, or understanding?*

What did their companionship awaken in me?

##### Option B: *Embodied Practice*

Place a hand over your heart and bring to mind one person who blessed your year.

Send them a silent blessing:

*“May you be held in love as you have held me.”*

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## Day 3 – The Gift of Tears

### Option A: *Journaling*

When did tears come this year?

— *through sorrow, tenderness, relief, or beauty?*

What were my tears trying to say or soften or heal?

### Option B: *Embodied Practice*

Sit comfortably and place one hand over your heart, the other over your belly.

Breathe slowly.

Notice if there is any tightness, ache, or softness in the chest.

Let each breath say:

***“It’s safe for me to feel.”***

Just allow whatever feelings to come.

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## Day 4 – The Gift of Imagination

### Option A: *Journaling*

Ignatius believed that imagination is a sacred doorway - a thin place where God can meet us through image, story, and felt presence.

Where did my imagination come alive this year?

*Was it through dream, prayer, storytelling, creativity, companionship or a moment of unexpected vision?*

Let the journal become a landscape where your imagination can speak freely.

### Option B: *Embodied Practice*

Gather a small collection of images (from magazines, postcards, or online).

Without overthinking, choose one that “pulls” you.

Sit with it quietly and ask:

- *Why this image?*
- *What does it awaken in me?*
- *What part of me is being spoken to through this symbol?*

Let the image give you a word, a feeling, or a direction for the year ahead.

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## Day 5 – The Gift of Letting Go

### Option A: *Journaling*

What did I release this year ?

— *a role, expectation, pattern, or relationship?*

What opened in me because of this letting go?

### Option B: *Embodied Practice*

Sit comfortably and place your hands in your lap, palms facing down.

Take a few breaths and quietly acknowledge what you have been holding tightly this year — *a role, expectation, fear, or pattern.*

When you feel ready, turn your palms upward.

Let the body speak the prayer:

**“I release what no longer serves me.”**

Allow yourself to stay with this for a minute or two, noticing any shift in breath, shoulders, or chest.

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## Day 6 – The Gift of Desire

### Option A: *Journaling*

What deep desire stirred in me this year?

What longing keeps returning?

How might this desire be an expression of God’s invitation within me?

### Option B: *Embodied Practice*

Light a small candle. (*or imagine one if a candle is not available.*)

Bring your hands slowly toward the flame of the candle.

Feel the warmth.

Let that warmth symbolise the spark of desire within you — not grasping, not pushing, simply *warming.*

Ask:

**“What in me wants to grow brighter in the coming year?”**

Let the warmth guide your awareness, trusting that your desire is from the divine.

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