

WEEK EIGHT
END-OF-THE-DAY EXERCISES
(About 20 minutes)

DAY SIX:

RESOLVE with a concrete intention to live tomorrow consciously and freely.

SUGGESTED REFLECTION:

The **Resolve step** of the Ignatian Examen is a forward-looking prayer for God's help in making concrete, specific, and manageable changes for the future. After reviewing your day and identifying areas for growth, you ask for God's grace to respond to His love, make amends, and live tomorrow with renewed sensitivity and courage.

Some points in approaching the Resolve Step:

1. **Ask for divine assistance:** Pray for help in growing from the day's experiences and for the courage to implement changes.
2. **Make concrete resolutions:** Don't make broad, vague promises. Instead, focus on one specific area of spiritual growth for the next day.
3. **Respond to your soulful desire:** Consider what is being desired in you and respond with love and a willingness to act.
4. **Look to the future:** Think about the next day and how you might co-laborate with the Divine Plan that is emerging in your heart, focusing on course correction and a fresh start.
5. **Be specific:** If you need to reconcile with someone or address a failure, resolve to do so as quickly and concretely as possible.
6. **Maintain hope:** Trust in the Beloved's Love and guidance to lead you, fostering an attitude of hope, even when you feel weak or challenged.

JOURNAL QUESTION:

How/do The Exercises speak to you about making resolutions in a spirit of freedom vs. set ups for failure, discouragement and guilt?

SUGGESTED REFLECTION:

Without a daily journal it would not be possible to track the sometimes subtle spiritual movements in every day experiences. Spend a few minutes making entries that reflect today's experiences and learnings. Here everything belongs, both the gifts and the challenges.

JOURNAL QUESTION:

-How/do The Exercises encourage you to journal as a way of measuring the subtle movement of grace over the coming weeks and months?

-How do the notions of God's Plan vs. God's Project speak to you?

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**SOMETHING
TO BE FIGURED OUT**





**God's
Project**

A CO-CREATIVE,
DYNAMIC PROCESS



**REFLECT ON HOW YOU FEEL ABOUT
THE DISTINCTION BETWEEN
"GOD'S PLAN" VS. "GOD'S PROJECT"**

