

THE SPIRITUAL EXERCISES
MONTH NINE: SPIRITUAL LIVING WILL
WEEK THREE: MAY 24–29
FOCUS ON RELATEDNESS



This week invites us to turn toward the relationships that have shaped our lives. We are formed through connection — through love, friendship, family, community, care, belonging, and loss. As we reflect more deeply on our lives, we begin to recognise how much our relationships have influenced who we have become.

THE EXERCISES this week offer an invitation to notice the movements of connection within your life:

- Where have you experienced love, belonging, support, or companionship?
- Where have relationships brought joy, challenge, grief, or healing?
- Where do you still long for deeper connection — with others, with yourself, with God, or with life itself?

As you reflect this week, allow yourself to remember the people who have walked beside you through the seasons of your life. Notice what relationships still feel life-giving, unfinished, or deeply meaningful.

1. Allow some time each day to focus on a different aspect of RELATEDNESS within your VIDUI.
2. Begin each day by holding a simple intention in awareness. Then return to it through journaling at the end of the day.
3. Keep notes regarding the relationships, memories, conversations, blessings, losses, or longings that arise through your reflections this week. At the end of the week, notice what insights or words you may want to include in your VIDUI.
4. Most of all, remain attentive to the movements of connection, love, and belonging within your life — trusting that God often speaks to us through the people and relationships we encounter along the way.



DAY ONE / MAY 24

INTENTION

Reflect on the people who have most shaped your life.

INVITATION TO JOURNAL

Who has helped you become the person you are today?

DAY TWO / MAY 25

INTENTION

Bring your awareness to your relationship with yourself at this stage of life.

INVITATION TO JOURNAL

In what ways have you grown in self-acceptance, self-understanding, or compassion toward yourself over the years? Record this in your journal.

DAY THREE / MAY 26

INTENTION

Reflect on relationships in your life that may still feel unfinished, tender, or unresolved.

INVITATION TO JOURNAL

Is there someone toward whom your heart still longs for healing, understanding, or peace? Write about this relationship.

DAY FOUR / MAY 27

INTENTION

Notice the ways LOVE has been expressed and received throughout your life.

INVITATION TO JOURNAL

How have you experienced (expressed / received) love through others over the course of your life?

DAY FIVE / MAY 28

INTENTION

Reflect on your relationship with yourself, with God, Spirit or something greater than yourself and how it has developed over your life to the stage of life you are in now.

INVITATION TO JOURNAL

How has your sense of the Sacred changed, deepened, or supported you throughout your life

journey and where do you most experience connection, belonging, or sacred presence at this stage of life?

DAY SIX / MAY 29

INTENTION

Spend some quiet time reflecting on the relationships and connections that matter most to you now.

INVITATION TO JOURNAL

How might you express gratitude, blessing, reconciliation, or love as part of your **SPIRITUAL LIVING WILL**?

