

MONTH FOUR/WEEK SIXTEEN

FINAL WEEK of MOVEMENT TWO: THE SPIRITUAL EXERCISES

As a way of summarizing the past four months of The Exercises and to prepare for MOVEMENT THREE, we suggest that your focus each day is on another Sacred or Courageous Questions. Some of these questions will already have been part of the first movements of The Exercises. The practice of asking such questions is an essential part of the Ignatian Wisdom Tradition. The idea is to begin your day with the assigned couplet questions and to carry them throughout your day. At mid-day, gently return to the same questions and notice how/whether they might be revealing something in the normal course of events. At the end of the day, allow time to journal on the same questions using the recommended GUIDELINES FOR ASKING SACRED QUESTIONS. It is not important to come to a resolution of your questions for each day. Trust that the very invitation to these questions can begin to reveal the deeper wisdom of the soul.

SUNDAY, 4 JANUARY

Where am I most free?/Where am I least free?

MONDAY, 5 JANUARY

Where do I most find love?/Where do I least find love?

TUESDAY, 6 JANUARY

What is my strongest desire?/What is my deepest desire?

WEDNESDAY, 7 JANUARY

What do I need to surrender?/What do I fear surrendering in life?

THURSDAY, 8 JANUARY

How can I trust my own wisdom?/Where do I most mistrust myself?

FRIDAY, 9 JANUARY

What do I most hope for?/ What do I most fear?

SATURDAY, 10 JANUARY

What image of God is most lifegiving?/What fearful images do I (still) carry?