

WEEK ONE EXERCISES
MARCH 16-20 (Monday-Friday)

Each of the five days this week, you are invited to consider part or all of the following practice as a way to dive deeper into discernment regarding the **VOICE OF THE DIVINE** in your life at this time:

- 1) At the beginning of the day, revisit the **SACRED QUESTION** that you articulated last month. It is okay if your question is still in process. It is worthwhile to trust that our soul is always incubating such a question.
- 2) Have the courage to explore and name the seed of your personal **DEEPEST DESIRE** that is implied in your **SACRED QUESTION**.
- 3) Reflect on how/whether your **DEEPEST DESIRE** reflects both the **GIFT** and the **PASSION** of your **ENNEAGRAM TYPE** (Remember the **PASSION** can be two sides of the same coin!) Recall Ignatius' teaching that, "Both our weakness and strength work always work together towards a higher good (**MAGIS**) not easily seen in time of uncertainty or desolation."
- 4) Consider engaging in reflective **COLLOQUY** with a proposed **SCRIPTURE STORY** of the day. Each of the stories this week contain a tragic gap or seeming contradiction. What might be the implied lessons for your life and circumstances?
- 5) At the end of the day, revisit the parts of this exercise that shed deeper insight into your **SACRED QUESTION** and **DEEPEST DESIRE**. Record your insights in the **EXAMEN JOURNAL**.





TWO SIDES OF PASSION

"To endure, to suffer for the sake of..."



CURSE:
UNCONTROLLED
OBSESSION

GIFT:
OUR STRONGEST
MOTIVATION



PASSIONS & THE ENNEAGRAM

The PASSIONS of the ENNEAGRAM are reactions to the wounding messages of our childhood. Somewhere in our stories, we internalized a message that it wasn't safe for us to be who we really are, so we unconsciously put on a mask to help us survive and get our needs met. The passions are a type of emotional "vice" and such vices control us – we do not control them.

The passion of our type is bigger than any other emotional state we have, is always present, and informs what we believe, feel and do. Doing the inner work of the enneagram is, in many ways, learning to step out of our stories and limiting beliefs, so that the passion can begin to loosen its grip on us, and we can start to live from our place of virtue (our true self) again.

IGNATIAN NOTION OF "SIN"
"Betrayal of our deepest convictions"

ID QUOD VOLO

YOU ARE WHAT YOU LOVE

COLLOQUY LESSONS FROM SCRIPTURE REGARDING HOW TO STAND IN A TRAGIC GAP

Each story could also mirror a different Enneatype scenario.
But these stories can speak to our universal life circumstances.
Imagine yourself in the scene or, journal about any lesson that speaks to you.



CONVERSING WITH GOD

- An simple intimate conversation
- A space where conversation can occur
- Speaking as one friend speaks to another
- *Cor ad cor loquitur...*

“Heart speaking to heart”

MONDAY (Matthew 13:24-30)



HOW CAN BOTH BE TRUE AT THE SAME TIME?



PARABLE OF THE WEEDS
MATT 13:24-30



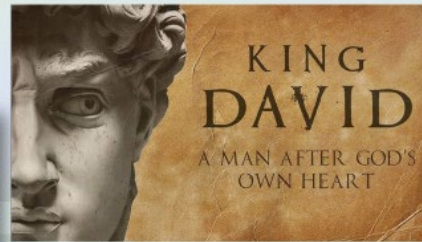
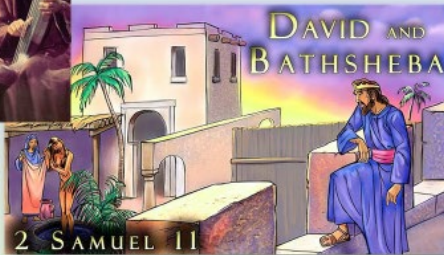
TARES Look IDENTICAL To WHEAT

WHEAT: before it is fully ripe. TARES: Lolium Temulentum

TUESDAY (2 Samuel 11: 1-26)



**ARE WE LOVABLE
IN SPITE OF OR BECAUSE OF
OUR IMPERFECTIONS?**



WEDNESDAY (Genesis 22:1-19)



IS IT A SAFE UNIVERSE?



Sarah: How was your day, dear?
Abraham: Good but almost sacrificed Isaac earlier?
Yours?

THURSDAY (EXODUS 32:1-20)



WHO CAN I REALLY TRUST?

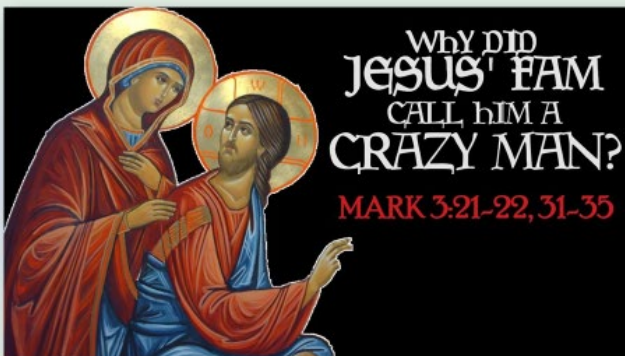


AS MOSES APPROACHED THE CAMP AND SAW THE CALF AND THE DANCING, HE BURNED WITH ANGER AND THREW THE TABLETS OUT OF HIS HANDS, SHATTERING THEM AT THE BASE OF THE MOUNTAIN.
- EXODUS 32:19

FRIDAY (MARK 3:21-35)



HOW CAN I FIND PEACE IN MY TRAGIC GAP?



WHEN HIS FAMILY HEARD ABOUT THIS, THEY WENT OUT TO TAKE CUSTODY OF HIM, SAYING, "HE IS OUT OF HIS MIND."

- MARK 3:21