

**MONTH THREE/WEEK FOUR**  
**Weekly Theme: *Suffering and the Price of Love***

**Weekly Theme: Power of Surrender**

**MORNING EXERCISES**

(About 30 minutes)

**1. WISDOM FROM THE SPIRITUAL EXERCISES**

*Take a few moments to quiet your mind and welcome the following teaching.*

The course of Ignatius' life was drastically altered after he was hit by a cannon ball and forced against his will into months of recovery. The Exercises are the fruit of his intense time of desolation. His 'rules' for discernment continue to speak to the universal human experience of life's 'cannon ball moments.'

**"Although in desolation we ought not to change our first intentions (made during times of consolation) there is a unique grace available to intensely change our self at these times through spiritual practices and a heightened awareness of our true self."**

Rule #6 from The Spiritual Exercises

**2. QUESTIONS FOR DISCERNMENT**

*Consider journaling for today this week by noting 'what arises in you' as you consider any of these questions for discernment:*

-Reflect back on the times of desolation noted in your Spiritual Geographing exercise. How/would you relate your experiences to Rule #6 for 'dark night' times?

-What kind of 'intense changes' in yourself did you experience during these times? How/did your challenging circumstances move you to a place of surrender?

-If you experienced a 'unique grace' during times of desolation, savor that experience.

**3. ENNEAGRAM INSIGHT**

*Simply observe how the following Enneagram insight complements today's teachings.*

Enneagram teacher, Sandra Maitri, describes an Enneagram of Anti-Self actions as "the way that each type undermines and turns against its own soul." Consult the Enneagram of Anti-Self Actions on the 30 Day website

**4. ENNEAGRAM AWARENESS**

*Spend a few minutes with today's Enneagram insights; consider making a journal entry which you could return to at the end of the day.*

After reading about the strategies described in your EnneaStyle of Anti-Self Actions, reflect on how those same strategies may have contributed to or exacerbated the times of profound desolation in your life.

## 5. DEVOTIONAL REFLECTION:

*Choose one of the following passages and one of its points for reflection as a way to enter into a period of prayerful intention. This is not so much a time for analysis but for reflection. Choose whatever form of devotional prayer or meditation you like to complement the passages. Always end your reflection time with a moment of gratitude and 'savoring.'*

### SCRIPTURE OPTION A

*From the Gospel Tradition: Peter's Denial*

Now Peter sat outside in the courtyard and a servant girl came to him, saying, "You also were with Jesus of Galilee." But he denied it before them all, saying, "I do not know what you are talking about." And when he had gone out to the gateway, another girl saw him and said to those who were there, "Look, this fellow also was with Jesus of Nazareth." But again Peter denied it with an oath, "I swear to you that I do not know who you are talking about!" And a little later others who stood by came up and said to Peter, "Surely you also are *one* of them, for your speech betrays you." Then Peter began to curse and swear, saying, "I do not even know the man!" And immediately a rooster crowed and Peter remembered the word of Jesus who had said to him that evening, "I tell you, Peter, before the rooster crows tonight, you will deny me three times." And he went out and wept bitterly.

Matthew 26:69-75

### POINTS FOR A COLLOQUY REFLECTION

- Tap into your imagination to place yourself in this story. Consider each of the persons involved (Peter, the girls who spoke or yourself as on onlooker). How/do you empathize with Peter's dilemma and reactions? How/does Jesus' prediction land in you? Describe what feelings/thoughts/reactions you are having as you witness this story.
- Identify a time in your life when you felt betrayed or when you were the betrayer. What was it like to experience that kind of desolation?
- What is it like to know that Jesus will not condemn Peter? When have you encountered forgiveness on the other side of betrayal? Savor the experience.

### LITERARY OPTION B

*The Invitation* by Hafiz

I want to know if you have touched the center of your own sorrow,  
if you have been opened by life's betrayals  
or have become shriveled and closed from fear of further pain!  
I want to know if you can sit with pain, mine or your own, without  
moving to hide it or fade it, or fix it.

I want to know if you remember the limitations of being human.  
And it doesn't interest me if the story you are telling me is true.

**POINTS FOR REFLECTION:**

- In your imagination, re-read this poem in the presence/living memory of someone you deeply love... however you imagine that. Take a few moments of quiet afterwards. Which lines or sentiments are speaking to you? What do you hear in your virtual conversation about the pain, betrayal, suffering?
- How can you touch the center of your own sorrow, without hiding from it or trying to fix it?
- How do you feel called to pray and be grateful for the limitations of being human? Savor the experience.

**6. INTENTION FOR THE WEEK**

- Make an intention to become aware today each day of those times when you are not in control of what is happening around you.
- Try to notice how those times impact you (in your body, mind or heart). Try to just notice and not judge.

**MID DAY EXERCISES**  
(5-10 minutes)

**1. MINI-EXAMEN: HOLY NOTICING**

*Take a few quiet moments to remember your intention for each day*

- Is there an observation from the morning worth noting?
- Renew your intention for the remainder of the day:
- Continue just noticing (and even welcoming, when possible) the many ways in which you/we are not in control of life's circumstances.

**2. GRATITUDE**

*Identify at least one experience so far today for which you are grateful*

Ignatius encourages us to trust that times of (unwanted) surrender have the potential to radically change us if we cease resisting **WHAT IS**.

- Breathe a prayer of gratitude for a few minutes. Inhale the grace of transformation that is always available to us. Exhale whatever desolation might cause you to be discouraged. Try this for about one minute.

## END-OF-THE-DAY EXERCISES

(About 20 minutes)

### 1. THE EXAMEN

*The daily Examen is the heart of the Spiritual Exercises. This is an opportunity to take a long, loving look back over your day where, 'We recognize the Beloved in the nitty gritty of life and we bring the nitty gritty back to the Beloved.' This exercise is an examination of consciousness (clear awareness) NOT an examination of conscience focused on faults and failings. By being faithful to this practice and journaling your insights, patterns will emerge over thirty days including awareness from your unconscious that would normally have been missed in everyday activity.*

-The EXAMEN should take about fifteen minutes. During this reflection time, you can use the following five R's to help guide your time:

**REQUEST** the presence of Spirit (however you imagine it) to lead you through the review of the day

**RELISH** the moments that went well and gifts received today

**REVIEW** (walk back through your day) using the suggested focus questions of today as your guide; these are expressed in the Intention of the Day of your Morning Exercises. What would it be like to 'talk to God about this'? Or you might choose the memory of a beloved friend.

#### FOCUS QUESTIONS FOR THIS WEEK'S EXAMEN:

- Looking over the day (with God or someone beloved by my side) I return in my imagination to a moment in my day that may have been worrisome or uncertain. I let myself feel any emotions and notice whether I handled it gracefully or poorly.
- Looking over my day for a second time, I identify the most life-giving moment of the day. Again, I relive the experience and notice how it impacted my emotions.
- I give thanks for both experiences trusting that I was not alone and that their lessons may be of benefit now and in the future.

**REPENT** for any mistakes or failures by simply acknowledging them without drama or self-loathing. If you feel called to *at-one-ment* with another, the Beloved or yourself, note that desire for whenever an appropriate time arises.

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

## **2. DISCERNMENT JOURNAL**

*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.*

### **SPIRITUAL GEOGRAPHYING**

*This week, look at the Spiritual Geographying Exercise and consider if you ever experienced any 'HI times/periods of your life' that followed the LO times of desolation. Though you would not recognize this perspective during your experiences of desolation, is there another order that you can now identify?*

