

THE SPIRITUAL EXERCISES
MONTH NINE: SPIRITUAL LIVING WILL
WEEK ONE: MAY 10-15
FOCUS ON MEANING

A special practice that can continue a dynamic relationship with **The Exercises** is the **LIVING SPIRITUAL WILL**. Inspired by a medieval Hebrew Tradition from Spain, the **VIDUI** is a remarkable complement to Ignatian Spirituality. It offers a structure for engaging in life review and creating a thoughtful legacy that benefits our own spiritual growth as well as persons we most care for.

- 1) **Allow some time each day to focus on a different aspect of your SPIRITUAL LIVING WILL (VIDUI) in terms of MEANING**
- 2) **It can be helpful to set an intention at the beginning of the day in order to encourage awareness. Then, return to that same intention for journaling at the end of your day.**
- 3) **Keep notes regarding the issues you would like to include in this part of your SPIRITUAL LIVING WILL. At the end of the week, see how you might articulate your first attempt at a draft of the section on MEANING. Realize this will be a work in progress that can be returned to over and over again until you are satisfied with the language.**
- 4) **Write your VIDUI as if it were going to be read to you at the end of your life. Transparency is the goal. But do not get tripped up on making this a confession of your life. Be gentle and write in a spirit of self-compassion. Whether or not you would ever choose to share this with another is for you to decide.**
- 5) **Most of all, in the spirit of THE EXERCISES, use language that reflects the loving grace and encouraging guidance of God, your Beloved.**



DAY ONE/MAY 10

INTENTION

Reflect on the statement, "I did what I came here to do."

INVITATION TO JOURNAL

Consider what I am most proud to have accomplished in life.

DAY TWO/MAY 11

INTENTION

Who am I when I am no longer what I was.

INVITATION TO JOURNAL

How I have grown in emotional-spiritual maturity.

DAY THREE/MAY 12

INTENTION

What unique talents and gifts I have brought to life and others?

JOURNAL

How have I contributed to making a better world?

DAY FOUR/MAY 13

INTENTION

Name something you recognize as part of your spiritual legacy?

JOURNAL

How do you hope others might remember you?

DAY FIVE/MAY 14

INTENTION

What have you deeply hungered for at different stages of life?

JOURNAL

How have your deepest desires been a blessing for others?

DAY SIX/MAY 15

INTENTION

What do you hope will guide your SPIRITUAL LIVING WILL?

JOURNAL

How can you weave this week's reflections into a simple statement that gets at the essence of what has been most MEANINGFUL in your life so far?