

WEEK EIGHT
END-OF-THE-DAY EXERCISES
(About 20 minutes)

DAY THREE:

RELISH the moments that went well and gifts received today

SUGGESTED READING:

R19 God was in this place and I, I did not know, Rabbi Lawrence Kushner

JOURNAL QUESTION:

-How/are The Exercises enhancing your awareness of ‘the particulars’ of daily life... especially in the subtle stirrings of the heart?

-Notice how journaling about the gifts of the day can enhance your soul’s attentiveness to their presence in the future.

Some points in approaching the Resolve Step:

How/do The Exercises speak to you about making resolutions in a spirit of freedom vs. set ups for failure, discouragement and guilt?



TRUSTING THE HEART

According to Ignatius of Loyola, the discernment of spirits is defined as that process by which we seek to distinguish between different kinds of spiritual stirrings in our hearts*, identifying those that are from a Divine Source and those that are not, in order to accept the former and to reject the latter.

*These affective stirrings include the likes of joy, sadness, hope, fear, peace, anxiety, and similar feelings – with their related thoughts and reactions, that influence our life and our progress toward inner peace and wholi-ness.



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