

**THE SPIRITUAL EXERCISES**  
**MONTH NINE: SPIRITUAL LIVING WILL**  
**WEEK TWO: MAY 18-23**  
**FOCUS ON FORGIVENESS**

As we continue reflecting on **your SPIRITUAL LIVING WILL (VIDUI)**; this week invites us to gently turn toward the healing work of **FORGIVENESS**

Forgiveness is not about denying pain or pretending wounds did not happen. It is also NOT about forcing reconciliation or arriving at some perfect state of peace.

Rather, forgiveness is allowing a gradual softening of the heart with a willingness to loosen the grip of resentment, regret, shame, or unfinished sorrow.

In the spirit of **THE EXERCISES**, forgiveness invites freedom.  
*Freedom from carrying what no longer needs to define us.*  
*Freedom to meet ourselves and others with greater compassion.*  
*Freedom to live more fully in the present moment.*

As you reflect this week, try to be both honest and gentle with yourself. There is no need to fix or resolve everything. It is about simply noticing what may still need healing and noticing that.

1. Allow some time each day to focus on a different aspect of **FORGIVENESS** within your VIDUI.
2. It can be helpful to begin each day by holding a simple intention in awareness. Then return to it through journaling at the end of the day.
3. Record in your journal the people, experiences, regrets, griefs, or blessings that arise as part of your reflection on forgiveness. At the end of the week, notice what insights, reflections, or words you may want to include in your VIDUI
4. Write with honesty, humility, and self-compassion. Remember this is not about self-condemnation, but about speaking truthfully from the heart.
5. Allow yourself to remain open to the gentle movements of the Spirit — trusting that healing, freedom, and reconciliation unfold quietly and gradually within us.



## **DAY ONE/MAY 18**

### **INTENTION**

Reflect on the question:

**What am I still carrying that life may now be asking me to release?**

### **INVITATION TO JOURNAL**

**Where in my life, do I still hold unresolved hurt, resentment, regret, or sorrow?**

## **DAY TWO/MAY 19**

### **INTENTION**

Today, I bring awareness to **ONE** person or situation where I still carry emotional charge within me.

### **INVITATION TO JOURNAL**

**What feelings arise when I allow myself to honestly acknowledge this wound?**

## **DAY THREE/MAY 20**

### **INTENTION**

Today, I reflect on the places in my life where I still may be carrying self-judgment or regret.

### **INVITATION TO JOURNAL**

**What might it look like to see myself through the eyes of compassion and understanding?**

## **DAY FOUR/MAY 21**

### **INTENTION**

Today I consider the relationship between forgiveness and freedom.

### **INVITATION TO JOURNAL**

**What might become possible in me if I loosened my grip on this pain?**

## **DAY FIVE/MAY 22**

### **INTENTION**

Today, I reflect on those people who have shown me forgiveness, understanding, or grace throughout my life.

## **JOURNAL**

How has being forgiven shaped or softened my own heart?

### **DAY SIX/MAY 23**

#### **INTENTION**

Today, I spend some quiet time reflecting on what forgiveness means for me at this stage of my life.

#### **JOURNAL**

How might I begin to weave forgiveness, compassion or reconciliation into my **SPIRITUAL LIVING WILL?**

