

**WEEK THREE EXERCISES**  
**MARCH 30-APRIL 3 (Monday-Friday)**

This week coincides with the Sacred Days of Jewish Passover and Christian Holy Week. In the Ignatian Traditions, these days are a special source of inspiration and guidance regarding how to discern life's biggest challenges. Allow yourself to enter into the grace of these days through ancient stories that offer universal wisdom into every person's journey from **SLAVERY** to **FREEDOM** and from **PASSION** and **DEATH** to **RESURRECTION**.

- 1) Each day revisit your **SACRED QUESTION** no matter what stage it is in. Trust that your soul is always incubating such a question; welcome the contents of your question into your consciousness knowing that its answer is rarely recognized except in the dark night of the soul.
- 2) Revisit the Enneagram Avoidance of your Personality to become aware of where we tend to resist life as it is... the definition of spiritual suffering.
- 3) Consider engaging in reflective **COLLOQUY** with a different proposed **SCRIPTURE** of the day. Each of the stories this week are at the heart of the Judeo-Christian Wisdom about life, death and resurrection. What challenges and/or inspires you from ancient wisdom that may be offering you fresh insight into your life and circumstances?
- 4) 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**.




## COLLOQUY LESSONS FROM SCRIPTURE REGARDING THE MYSTERY OF FREEDOM

Read each passage prayerfully, at least two or three times.  
Engage your imagination in each scene and with different characters.

Consider the questions proposed or ask your own...

Record any lessons that touch your heart.



### 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: Washing the disciples' feet (John 13:1-17)



**What does it mean for you to be a servant-leader?  
How does this scene include rather than exclude everyone?  
Where does this story touch your heart?**

**TUESDAY: Betrayal of Peter (Luke 22:54-62)**



**Why do we betray our deepest values?**

**How do we forgive ourselves for big personal betrayals?**

**How has your personality (EnneaAvoidance) contributed to past regrets?**

**WEDNESDAY/PASSOVER—From Slavery to Freedom (Exodus, chapters 11-13)**



**Where am I most free? Where am I most unfree?**

**What keeps me a slave to my addictions?**

**How can I celebrate a big 'pass-over' in my life?**

**THURSDAY: Confrontation in the Garden (Matthew 26:36-56)**

Let this cup pass from me.  
Matthew 26:39

Then Jesus said to him,  
"Put your sword back  
into its place, for all  
those who take the  
sword will die by the  
sword.

~ Matthew 26:52 WEB

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**When have I begged God to 'let this cup pass'?**  
**What did I encounter on the other side of unasked for tragedy?**  
**How does my desire for vengeance show up?**

**GOOD FRIDAY: Last Words of Jesus (Luke 23:26-47)**



**Which of the 'last words' are especially moving for you right now?**

**Why?**

**How would you imagine your last words?**

