

**MOVEMENT THREE: WEEK THREE**  
**DAILY EXERCISES**  
**PROMISE: “YOUR LIFE IS NOT ABOUT YOU”**

This week we continue to reflect on the themes of **Movement Three of The Exercises** (*Discernment, Suffering, and the Cost of Loving*) through the lens of the **FIVE PROMISES OF INITIATION** from Richard Rohr’s *Adam’s Return*.

The **Third Promise**: *Your life is not about you*

This moves us beyond the necessary work of self-awareness and interior freedom into the deeper terrain of **self-transcending love**.

Ignatius was deeply realistic about love: real love costs something. It asks us to surrender our need to be right, to be affirmed, to be comfortable, or to protect our ego.

So, to say that *my life is not about me* does not deny my worth or my desires; rather, it places them within a larger story — one shaped by relationship, responsibility, and the call to love faithfully even when it is inconvenient, unreciprocated, or misunderstood.

Much of our suffering does not arise from dramatic crises, but from the daily challenge of loving real people: family members, partners, friends, colleagues — all imperfect, all carrying their own wounds. This week invites us to notice how love asks us to stretch beyond self-reference and into mature, conscious presence.

This promise, inevitably brings us into contact with *suffering* — our own and that of others. As Rohr reminds us, initiation always includes a letting go of the illusion that life exists to serve our comfort, security, or self-importance.

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**DAY ONE (SUNDAY)**  
**EXERCISE: FOCUS ON INTENTION**

*Love shows itself more in deeds than in words.* — Ignatius

Begin your day by re-reading the **Third Promise** slowly:  
**Your life is not about you.**

Hold this not as a judgment, but as an invitation.

**Intention for the day:**

**May I notice where love asks me to place relationship before my own comfort, pride, or preference.**

Throughout the day, simply *notice*:

- Moments of irritation or resistance
- The urge to withdraw, correct, defend, or disengage
- Where you feel invited to soften or stay present

No fixing — just awareness.

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## **DAY TWO (MONDAY)** **EXERCISE: LOVING WITHOUT CONTROL**

### ***EXERCISE: LOVING WITHOUT CONTROL***

*The cost of loving often appears as the loss of control.*

*Choose **one relationship** that carries emotional charge: someone you love, struggle with, or feel responsible for.*

*Today, practise **non-interference** in this relationship:*

- *Resist the urge to advise, correct, fix, or manage*
- *Notice how difficult it can be to allow the other to be who they are*
- *Pay attention to what arises in you when you do less, not more*

*Evening reflection:*

- *What did it cost me to step back?*
  - *What fear or desire was underneath my impulse to control?*
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## **DAY THREE (TUESDAY)** **EXERCISE: THE COST OF LISTENING**

### ***EXERCISE: THE COST OF LISTENING***

*To listen deeply is to risk being changed.*

*Today, practise **intentional listening** with one person:*

- *Listen without interrupting*
- *Do not prepare your response*
- *Let silence do some of the work*

***Notice & Journal:***

- *How quickly you want to tell your story*
- *Where impatience or judgment appears*
- *Where compassion quietly grows*
- *End-of-day reflection:*
- *What did listening cost me?*
- *What did it reveal about my usual way of being in relationship?*
- *Withdraw to avoid vulnerability*
- *Or seek meaning through usefulness or control*

**Reflect prayerfully on this paradox:**

*The very place where you are wounded may also be the place from which love flows outward — not for your sake alone, but for the life of the world.*

**DAY FOUR (WEDNESDAY)**  
**EXERCISE: CHOOSING PRESENCE OVER WITHDRAWAL**

*Desolation often tempts us to pull away rather than stay.*

*Notice today when you feel the urge to:*

- *Withdraw emotionally*
- *Go quiet rather than speak honestly*
- *Distract yourself rather than stay present*

*Choose **one moment** to stay:*

- *Stay in the conversation*
- *Stay emotionally available*
- *Stay open rather than defensive*

*Midday or evening reflection:*

- *What made staying difficult?*
- *What did I learn about myself in that moment?*

**DAY FIVE (THURSDAY)**  
**EXERCISE: FORGIVING THE SMALL THINGS**

*Much of love's cost lies in letting go of small resentments.*

*Today, notice the minor grievances:*

- *Unacknowledged effort*
- *Thoughtless words*
- *Feeling unseen or taken for granted*

*Choose one:*

- *Release the need to be validated*
- *Let go without confrontation*
- *Or speak gently, without blame*

*End-of-day Examen:*

- *Where did I choose love over righteousness?*
- *What freedom did that bring — or not bring — yet?*

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**DAY SIX (FRIDAY)**  
**EXERCISE: WHEN LOVE IS NOT RETURNED**

*To love without guarantee is a deep initiation.*

Reflect today on a place where:

- Love feels uneven
- Care is not reciprocated
- Gratitude is absent

Practice:

- Offering kindness without expectation
- Doing the loving thing quietly
- Not keeping score

Evening reflection:

- What does loving without return stir in me?
- Where do I feel grief, anger, or tenderness?

Bring this honestly into prayer.

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**DAY SEVEN (SATURDAY)**  
**EXERCISE: HARVESTING THE WEEK**

*We grow not by avoiding the cost of love, but by consenting to it.*

Review your journal and the week as a whole.

Reflect on:

- Where love asked something real of me
- Where I resisted — and where I consented
- How my understanding of suffering has shifted

Record a final reflection:

**How is God inviting me to love more freely — without making life revolve around me?**

The places where love has cost us something this week — patience, pride, certainty, comfort — are not failures. They are thresholds. They reveal the places where life is asking us to grow in compassion, humility, and freedom. As we step forward, may we hold these moments with kindness, trusting that love always knows more than the ego does.