

St. Ignatius Days of Preparation and Discernment

*We ask for the grace to discern how God
is calling us and whether we are called
to enter into this spiritual journey at this time.*



Suggested Prayer Readings/Activities: September 17 through October 15

1. Beginning Prayer:

Daily Reflection Prayer
inside Link's front cover

2. Challenge: (Link: pp. 17-37)

Note that the specific grace to ask for each week, the suggested daily scriptures, and weekly instructions are listed at the beginning of each week. You can find the suggested scripture readings on p. 29, p. 39

Link 1: Who is St. Ignatius?

Link 2: Who am I?

3. Examen of Consciousness: 2 versions

4. Meditations: Within the next month, try to do each of the meditations at least once

- *The Principle and Foundation*
- *Finding God in All Things*
- *The Life of St. Ignatius of Loyola*

5. Jesuit Prayers for Preparation Days:

Pray when the Spirit leads you.

- *Prayer for Beginning of a Retreat*
- *Anima Christi*
- *Prayer for Generosity*
- *Take and Receive (Suscipe)*
- *Prayer for What I Want*
- *Prayer to Know God's Will*
- *Call to Prayer (Link book)*
- *Call of Mission (Link book)*

6. Suggested Scriptural Passages:

Read what you can but try to do the boxed readings.

John 4:1-14: Whoever comes to Jesus Christ never thirsts.

John 10: 1-21: Jesus is the Good Shepherd; He knows my name.

Luke 5:27-32: Jesus comes to people like me.

Mark 12: 1-12: Christ comes to my life world; do I receive Him?

Mark 9: 14-29: I have faith; help my little faith.

Matthew 14: 13-21: Jesus heals and feeds all the hungry people.

Luke 15: 1-32: Three parables about God's merciful love.

Luke 11:1-13: Lord, teach us to pray.

Psalms 139: God, you made me in my mother's womb and create my inmost self

Matt. 6: 25-34: Consider the lilies of the field.

Isaiah 43: 1-7: You are precious in my eyes and I love you.

Luke 4: 16-30: Jesus' Spirit raises great desires in Him to reconcile everyone to God

Hosea 11: 1-4: God carried me through infancy.

Psalms 105: God pours out kindness and tenderly sustains me.

Isaiah 45: 7-13: God creates me more surely than a potter creates a pot.

Ephesians 1: 3-14: God chose that I should believe and trust and love Him.

Romans 8:14-17; 26-27: The Spirit seized me and taught me to know God.

2 Corinthians 5: 14-18: Humanity now shares Jesus' risen life.

Luke 13: 10-17: Jesus wants to heal anyone who suffers.

Ephesians 2: 1-10: My whole life and self are God's work of art.

7. Background Information on St. Ignatius and the 19th Annotation Retreat

Read when you can get to it

- *Who Can Benefit from the Examen and the Spiritual Exercises of St. Ignatius?*
- *Spiritual Exercises of St. Ignatius Endorsed by Pope Benedict XVI*

8. Educational/Prayer Aids/Guidelines:

Read when the Spirit moves you.

- *Praying with Scripture*

9. Our Catholic Church – Devotions, Traditions and Seasonal:

- *The Angelus*

10. Jesuit of the Month:

- *St. Robert Bellarmine, SJ*

11. Parent/Teacher/Staff Prayers/Activities:

- *Monthly Intentions*
- *Papal Intentions*
- *Birthdays*

12. Administrative Handouts:

- *Missions,*
- *Goals,*
- *Facilitator Contact Information*

IMPORTANT:

These handouts are intended to enrich your experience, not overwhelm you.

This is NOT homework!!!

It is a variety of materials that represent different means for communicating and drawing closer to Our Lord.

We provide a variety of materials as everyone has different spiritual tastes and needs.

Choose where the Holy Spirit leads YOU in your life today.

Do as much or as little as you can in your busy schedules,

And know that God cannot be outdone in love and generosity.

He will give back so much more for every moment we spend with Him!