

Week One – Ignatian Retreat

The “Grace I Seek”

- To have it made clear to me my sinfulness...I want to see it all.
- To see whatever it is that still holds me back from becoming all that you desire me to be.
- To see, in all honesty, where I really stand with you today, Lord...help me not to lie to myself...I desperately need to come clean as to all manner of selfishness and sin in my life, the worldly attachments I yet cling to, and the lies and addictions that keep me from you.

Spiritual Practice: Imaginative Prayer

The practice of “entering into” a Biblical text by use of our God-given imagination. Choose a narrative (story) text and allow yourself to be one of the characters. Imagine what else you hear and see and smell as you go through the text. Invite the Holy Spirit to reveal things about yourself as you notice how the characters from the text act and react. Journal your discoveries.

Suggested Scriptures

2 Samuel 12: 1-9

Psalm 51

Mark 10: 46-52

John 5:1-9

Luke 7:36-50