

# Week Three – Ignatian Retreat

## The “Grace I Seek”

- *Lord, my desire is to experience what you went through in your passion. Help me to “see” and “feel.”*
- *Lord, give me a heightened sense of sorrow, regret and confusion (how could this possibly be?) because you are going to your passion (suffering and death) for my sin.*
- *Lord, give me such compassion for you that I also suffer as I meditate through your passion and death.*

## Spiritual Practice: The Examen

The Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of the day. The Examen is simply a set of introspective prompts for you to follow or adapt to your own character or spirit.

Begin with a pause and a slow breath or two and then review your day by asking:

- What am I especially grateful for today?
- Where have I felt true joy today?
- What has troubled me today?
- How have I noticed God’s presence in any of this?

## Suggested Scriptures

Matthew 26:17 – 27:66

Mark 14:10 – 15:47

Luke 22:1 – 23:56

John 18:1 – 19:42

Psalm 22

Galatians 2:19-20