

Week Four – Ignatian Retreat

The “Grace I Seek”

- *To experience true human gladness and joy...and to rejoice intensely because of the great glory, the joy and the hope the Resurrected Christ gives me.*
- *To see clearly the changes you yet plan for me in my own life as I venture forward from this time of retreating. Make clear, O Lord, the “picture” of what my life ought to look like going forward: how I might see and take upon myself all of the graces you intend for me.*

Spiritual Practice: Lectio Divina (Divine Reading)

A traditional practice of scriptural reading, meditation, and prayer intended to promote communion with God. It treats scripture more as an opportunity to experience God, than as a text to be studied.

Lectio Divina has four steps:

- A short passage of scripture read slowly.
- The passage is read again noticing any word or thought that may “stand out.”
- Dialogue with God in prayer about the passage. Ask Him to lead you into a deeper understanding.
- Note what God is trying to teach you through the passage and a time of prayer.

Suggested Scriptures

Mark 16: 1-8

John 20: 19-23

Luke 24: 13-35

John 20: 24-29

John 17: 1-17

Acts 2: 1-4