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With All Your Heart: An Ignatian Retreat in Lent

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MARCH 2-29, 2022

WITH ALL YOUR



AN IGNATIAN RETREAT IN LENT



Welcome to *With All Your Heart: An Ignatian Retreat in Lent*. Each year, this season offers us a privileged time to focus on our relationships with God, with our neighbors, and with ourselves. God will not be outdone in generosity, and we begin this time of retreat knowing that God will bless and transform whatever we are able to offer in these weeks.

This year's retreat takes place during the "Ignatian Year." This celebration commemorates the 500th anniversary of the conversion of Saint Ignatius Loyola and the 400th anniversary of his canonization on March 12. It focuses us on the ways that God was active in Ignatius's life – and in our lives as well. Thematically, the retreat takes its inspiration from several of the Universal Apostolic Preferences (UAPs) announced by the Jesuits in 2019.

This booklet is designed as a resource for the next few weeks of prayer. It proposes scriptural suggestions for most days of the week, and includes a weekly review (or Examen) each Saturday. It is also designed to serve as a place where you can note things that emerge in prayer on a particular day, so that you can bring them into your conversation with your retreat guide. As always, these are *suggestions* – not homework. You and your retreat guide will discern together how best to follow God's invitation during this time.

WHAT ARE YOU LOOKING FOR?

In the Gospel of John, the first question Jesus asks his followers is: “what are you looking for?” Often as we begin a retreat, it is helpful to consider what we are seeking – what do I hope for or expect from the retreat?

Some will want, simply and honestly, to renew their relationship with God. Others may be seeking a specific grace or gift from the Lord. Perhaps there is a pressing need, a desire for healing of heart, mind and spirit. One might also be looking for something without being fully aware of it.

Whatever the case, it is helpful at the beginning of a retreat to take stock:

- What do I bring to this retreat physically?
- What do I bring to the retreat psychologically and emotionally?
- What do I bring to the retreat intellectually?
- What do I bring to the retreat spiritually?

God comes to where we really are, not where we might wish to be. The good news is that wherever we are—however we find ourselves as this retreat begins—we are standing on holy ground.

PRACTICAL TIPS

This retreat asks you to dedicate 20–30 minutes per day to personal prayer over the course of 4 weeks, and to meet 3–4 times with your retreat guide. We each have rhythms and practices that help us pray. As the retreat begins, you might consider:

Space: are there places where I feel connected to God that I can access during this retreat? If so, can I make arrangements to visit them for prayer?

Time: what time of day do I find most conducive to praying? Perhaps it is early morning, or noontime, or after dinner. Since this retreat happens in everyday life, it may be necessary to schedule some time for prayer. Give yourself permission to carve out this time for you and God!

Distractions: especially when our retreat is in daily life, distractions are normal. If you find that your mind is wandering during a time of prayer, try to notice it without judgment and come back to the prayer material gently. If you notice a “distraction” coming back repeatedly, it may be helpful to discuss it with your retreat guide.

Review: after a prayer session has concluded, what ways do I use to reflect on what surfaced? Perhaps I am inclined to take just a few notes in this book, or perhaps I feel drawn to longer reflections or journaling. Whatever the case, some record of prayer can help notice the ways God is moving in my life. It can also help remember your experiences for your conversations with your retreat guide.

FORMS OF PRAYER

With the exception of the Examen on Saturdays, the other days of this retreat offer Scriptural passages as material for prayer. In the Ignatian tradition growing out of the *Spiritual Exercises*, there are two primary ways of praying with scripture:

Meditation, in which we use our intellect to ponder the words and images of the Bible. Reading the text slowly and attentively, we notice words, images, and ideas that stand out to us. Without rushing to “finish” a particular text, we consider in our hearts how God may be speaking to us through the passage. The goal is not academic or intellectual insight alone, but rather that we feel how the text moves our heart. This method is particularly useful for psalms and other texts that are not “story-driven.”

Contemplation, in which we use our imagination to let a story come alive for us, trusting that the Holy Spirit is guiding our minds. We first read the passage carefully and slowly, pausing to let the scene soak into our imagination. In a second reading, we notice any details we may have overlooked the first time. Setting aside the text, we then engage our imagination, trying to visualize what we just read. What do I see? What do I hear? What do I smell? I try to place myself somewhere in the story, wherever I feel drawn. Perhaps I am a bystander when Jesus works a miraculous cure, perhaps I am at the center of the action. Maybe I engage in a conversation with one of the characters, or perhaps I silently behold a scene of great beauty or love. Whatever surfaces for me, I give it my prayerful and loving attention.

INTRODUCTORY DAYS



ENCOUNTERING GOD IN MY EXPERIENCE

At the age of 26, Ignatius Loyola was seriously wounded while fighting in the Battle of Pamplona. As life-altering as his wounds were, it was his recovery that would truly change the course of his life. During his convalescence, he came to a profound realization that God was close to him and was actively at work in his experience.

God stirred in his mind and his heart. God stirred in his past and his present. God stirred in the world about him, as though crying out to be noticed. Most importantly, Ignatius came to know God's love in a personal and intimate way. It was a love that had willed him into being, that had accompanied him all along his journey – and that called forth its own loving response.

As we begin this retreat, we ask to be open to and sensitive to the ways that God is laboring in our own lives – calling out to encounter us where we are right now.

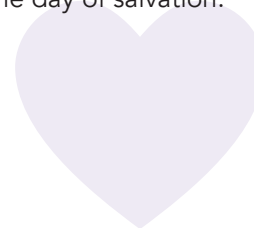
2 Corinthians 5:20–6:2

Brothers and sisters:
We are ambassadors for Christ,
as if God were appealing through us.
We implore you on behalf of Christ,
be reconciled to God.
For our sake he made him to be sin who did not know sin,
so that we might become the righteousness of God in him.

Working together, then,
we appeal to you not to receive the grace of God in vain.
For he says:

In an acceptable time I heard you,
and on the day of salvation I helped you.

Behold, now is a very acceptable time;
behold, now is the day of salvation.



What word, image, or feeling surfaced in my prayer today?

Psalm 131

LORD, my heart is not proud;
nor are my eyes haughty.
I do not busy myself with great matters,
with things too sublime for me.

Rather, I have stilled my soul,
Like a weaned child to its mother,
weaned is my soul.

Israel, hope in the LORD, now and forever.



What word, image, or feeling surfaced in my prayer today?

Isaiah 43: 1-7

But now, thus says the LORD,
who created you, Jacob, and formed you, Israel:
Do not fear, for I have redeemed you;
I have called you by name: you are mine.

When you pass through waters, I will be with you;
through rivers, you shall not be swept away.
When you walk through fire, you shall not be burned,
nor will flames consume you.

For I, the LORD, am your God,
the Holy One of Israel, your savior.
I give Egypt as ransom for you,
Ethiopia and Seba in exchange for you.

Because you are precious in my eyes
and honored, and I love you,
I give people in return for you
and nations in exchange for your life.

Fear not, for I am with you;
from the east I will bring back your offspring,
from the west I will gather you.

I will say to the north: Give them up!
and to the south: Do not hold them!
Bring back my sons from afar,
and my daughters from the ends of the earth:

All who are called by my name
I created for my glory;
I formed them, made them.

What word, image, or feeling surfaced in my prayer today?

SATURDAY AFTER ASH WEDNESDAY | MARCH 5

Examen

Pray for God's Help

Take a few moments to become aware of God's presence. As you settle into this time of prayer, begin by asking for God's assistance: that I might see my prayer this week with new eyes, and to discern God's movement more clearly.

Give Thanks for the Gifts of This Week

I always begin with a few moments dedicated to gratitude, giving thanks for the gifts of this week. As I consider the week as a whole, for what or for whom am I most grateful?

Reviewing My Prayer for This Week, What Stands Out?

As I look back over my prayer this week, what stands out? Were there passages that particularly called out to me? What emotional responses did they invite from me? When was I loving, joyful, peaceful? Where was I sad, angry, or bored?

Rejoice in God's Gifts

I rejoice and thank God for those moments when I felt my faith, hope, and love deepen. If anything surfaced for which I want to ask forgiveness, or for God's strength or help, I take time to do so now.

Look Forward in Hope

Looking ahead to the week ahead, in what ways am I aware of needing God's help? As I consider what I know awaits me, what grace do I need from God? What grace might I need to remain open to finding God in people and situations that may surprise me?

Conclusion

When I feel ready, I close with a prayer of my choosing.

What word, image, or feeling surfaced in my prayer today?



WEEK ONE

GOD'S LOVE IN CREATION CARE FOR OUR COMMON HOME

Ignatius's injury and conversion stirred in him a deep desire to connect with God in prayer. He found this connection was aided by contemplating the world that God had created and had found "very good."

Meditating upon creation elicited in Ignatius a profound commitment a profound commitment to serve God and others. In a famous passage from Ignatius's 'Autobiography,' he writes: "The greatest consolation he used to receive was to look at the sky and the stars, which he did often and for a long time, because with this he used to feel in himself a great impetus towards serving Our Lord."

In this week of prayer, we also consider how God labors for us in the created order. We consider our responsibilities to care for the Earth, our common home and sign of God's great love for us. How might my life and my decisions show deeper reverence and commitment to stewardship of this divine gift?

MONDAY OF THE FIRST WEEK OF LENT | MARCH 7

Genesis 1: 26–2: 3

Then God said: Let us make human beings in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, the tame animals, all the wild animals, and all the creatures that crawl on the earth.

God created mankind in his image; in the image of God he created them; male and female he created them. God blessed them and God said to them: Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that crawl on the earth.

God also said: See, I give you every seed-bearing plant on all the earth and every tree that has seed-bearing fruit on it to be your food; and to all the wild animals, all the birds of the air, and all the living creatures that crawl on the earth, I give all the green plants for food. And so it happened. God looked at everything he had made, and found it very good. Evening came, and morning followed—the sixth day.

Thus the heavens and the earth and all their array were completed. On the seventh day God completed the work he had been doing; he rested on the seventh day from all the work he had undertaken. God blessed the seventh day and made it holy, because on it he rested from all the work he had done in creation.

What stirred in my mind and heart during today's prayer?

TUESDAY OF THE FIRST WEEK OF LENT | MARCH 8

Psalms 104: 1, 5, 10–15

Bless the LORD, my soul!
LORD, my God, you are great indeed!
You fixed the earth on its foundation,
so it can never be shaken.

You made springs flow in wadies
that wind among the mountains.
They give drink to every beast of the field;
here wild asses quench their thirst.

Beside them the birds of heaven nest;
among the branches they sing.
You water the mountains from your chambers;
from the fruit of your labor the earth abounds.

You make the grass grow for the cattle
and plants for people's work
to bring forth food from the earth,

wine to gladden their hearts,
oil to make their faces shine,
and bread to sustain the human heart.

What stirred in my mind and heart during today's prayer?

WEDNESDAY OF THE FIRST WEEK OF LENT | MARCH 9

Psalm 8: 2–10

O LORD, our Lord,
how awesome is your name through all the earth!
I will sing of your majesty above the heavens...

When I see your heavens, the work of your fingers,
the moon and stars that you set in place—
What are human beings that you are mindful of them,
mortals that you care for them?

Yet you have made them little less than gods,
crowned them with glory and honor.
You have given them rule over the works of your hands,
put all things at their feet:

All sheep and oxen,
even the beasts of the field,
The birds of the air, the fish of the sea,
and whatever swims the paths of the seas.

O LORD, our Lord,
how awesome is your name through all the earth!

What stirred in my mind and heart during today's prayer?

THURSDAY OF THE FIRST WEEK OF LENT | MARCH 10

Daniel 3:57–88

Bless the Lord, all you works
of the Lord,
praise and exalt him above all
forever.

Angels of the Lord, bless the
Lord,
praise and exalt him above all
forever.

You heavens, bless the Lord,
praise and exalt him above all
forever.

All you waters above the
heavens, bless the Lord,
praise and exalt him above
all forever.

All you powers, bless the Lord;
Sun and moon, bless the Lord;
Stars of heaven, bless the Lord;
Every shower and dew, bless
the Lord;

All you winds, bless the Lord;
Fire and heat, bless the Lord;
Cold and chill, bless the Lord;
Dew and rain, bless the Lord;
Frost and chill, bless the Lord;

Hoarfrost and snow, bless the Lord;
Nights and days, bless the Lord;
Light and darkness, bless the Lord;
Lightnings and clouds, bless the Lord;
Let the earth bless the Lord,
Mountains and hills, bless the Lord;
Everything growing on earth, bless the
Lord;
You springs, bless the Lord;
Seas and rivers, bless the Lord;
You sea monsters and all water creatures,
bless the Lord;
All you birds of the air, bless the Lord;
All you beasts, wild and tame, bless the
Lord;
All you mortals, bless the Lord;
Praise and exalt him above all forever.

For he has delivered us from Sheol,
and saved us from the power of death;
He has freed us from the raging flame
and delivered us from the fire.

What stirred in my mind and heart during today's prayer?

FRIDAY OF THE FIRST WEEK OF LENT | MARCH 11

Romans 8: 18-25

I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us. For creation awaits with eager expectation the revelation of the children of God; for creation was made subject to futility, not of its own accord but because of the one who subjected it, in hope that creation itself would be set free from slavery to corruption and share in the glorious freedom of the children of God.

We know that all creation is groaning in labor pains even until now; and not only that, but we ourselves, who have the firstfruits of the Spirit, we also groan within ourselves as we wait for adoption, the redemption of our bodies.

For in hope we were saved. Now hope that sees for itself is not hope. For who hopes for what one sees? But if we hope for what we do not see, we wait with endurance.



What stirred in my mind and heart during today's prayer?

SATURDAY OF THE FIRST WEEK OF LENT | MARCH 12

Examen

Pray for God's Help

Take a few moments to become aware of God's presence. As you settle into this time of prayer, begin by asking for God's assistance: that I might see my prayer this week with new eyes, and to discern God's movement more clearly.

Give Thanks for the Gifts of This Week

I always begin with a few moments dedicated to gratitude, giving thanks for the gifts of this week. As I consider the week as a whole, for what or for whom am I most grateful?

Reviewing My Prayer for This Week, What Stands Out?

As I look back over my prayer this week, what stands out? Were there passages that particularly called out to me? What emotional responses did they invite from me? When was I loving, joyful, peaceful? Where was I sad, angry, or bored?

Rejoice in God's Gifts

I rejoice and thank God for those moments when I felt my faith, hope, and love deepen. If anything surfaced for which I want to ask forgiveness, or for God's strength or help, I take time to do so now.

Look Forward in Hope

Looking ahead to the week ahead, in what ways am I aware of needing God's help? As I consider what I know awaits me, what grace do I need from God? What grace might I need to remain open to finding God in people and situations that may surprise me?

Conclusion

When I feel ready, I close with a prayer of my choosing.

What do I most wish to retain from this week of prayer?

John 1: 35–39, 43–51

The next day John was there again with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." The two disciples heard what he said and followed Jesus.

Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day. It was about four in the afternoon.

The next day he decided to go to Galilee, and he found Philip. And Jesus said to him, "Follow me." Now Philip was from Bethsaida, the town of Andrew and Peter. Philip found Nathanael and told him, "We have found the one about whom Moses wrote in the law, and also the prophets, Jesus, son of Joseph, from Nazareth."

But Nathanael said to him, "Can anything good come from Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming toward him and said of him, "Here is a true Israelite. There is no duplicity in him."

Nathanael said to him, "How do you know me?" Jesus answered and said to him, "Before Philip called you, I saw you under the fig tree." Nathanael answered him, "Rabbi, you are the Son of God; you are the King of Israel." Jesus answered and said to him, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than this."

And he said to him, "Amen, amen, I say to you, you will see the sky opened and the angels of God ascending and descending on the Son of Man."

What surfaced in today's prayer – images, desires, resolutions, etc.



WEEK TWO

COMPANIONS OF JESUS WALKING WITH THE MARGINALIZED

Ignatian spirituality focuses us on Jesus as one who invites us to join him "on the way," to share our lives out of love. In this week, we seek first and foremost to hear again the loving call to follow in freedom.

The days of this week also invite us to ponder how Jesus shows special compassion for, and closeness to, the poor of this world. The way shows us, therefore, asks us to discern who in our midst are most vulnerable and excluded, and to actively seek ways to walk beside them.

TUESDAY OF THE SECOND WEEK OF LENT | MARCH 15

Luke 4: 16–30

Jesus came to Nazareth, where he had grown up, and went according to his custom into the synagogue on the sabbath day. He stood up to read and was handed a scroll of the prophet Isaiah. He unrolled the scroll and found the passage where it was written: “The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.” Rolling up the scroll, he handed it back to the attendant and sat down, and the eyes of all in the synagogue looked intently at him. He said to them, “Today this scripture passage is fulfilled in your hearing.”



What surfaced in today's prayer – images, desires, resolutions, etc.

WEDNESDAY OF THE SECOND WEEK OF LENT | MARCH 16

Mark 12: 41–44

Jesus sat down opposite the treasury and observed how the crowd put money into the treasury. Many rich people put in large sums. A poor widow also came and put in two small coins worth a few cents. Calling his disciples to himself, he said to them, “Amen, I say to you, this poor widow put in more than all the other contributors to the treasury. For they have all contributed from their surplus wealth, but she, from her poverty, has contributed all she had, her whole livelihood.”



What surfaced in today's prayer – images, desires, resolutions, etc.

THURSDAY OF THE SECOND WEEK OF LENT | MARCH 17

Matthew 8: 1-4

When Jesus came down from the mountain, great crowds followed him. And then a leper approached, did him homage, and said, "Lord, if you wish, you can make me clean." He stretched out his hand, touched him, and said, "I will do it. Be made clean." His leprosy was cleansed immediately. Then Jesus said to him, "See that you tell no one, but go show yourself to the priest, and offer the gift that Moses prescribed; that will be proof for them."



What surfaced in today's prayer – images, desires, resolutions, etc.

FRIDAY OF THE SECOND WEEK OF LENT | MARCH 18

Luke 14:12-14

Jesus said: "When you are invited by someone to a wedding banquet, do not recline at table in the place of honor. A more distinguished guest than you may have been invited by him, and the host who invited both of you may approach you and say, 'Give your place to this man,' and then you would proceed with embarrassment to take the lowest place. Rather, when you are invited, go and take the lowest place so that when the host comes to you he may say, 'My friend, move up to a higher position.' Then you will enjoy the esteem of your companions at the table. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."

Then he said to the host who invited him, "When you hold a lunch or a dinner, do not invite your friends or your brothers or your relatives or your wealthy neighbors, in case they may invite you back and you have repayment. Rather, when you hold a banquet, invite the poor, the crippled, the lame, the blind; blessed indeed will you be because of their inability to repay you. For you will be repaid at the resurrection of the righteous."



What surfaced in today's prayer – images, desires, resolutions, etc.

SATURDAY OF THE SECOND WEEK OF LENT | MARCH 19

Pray for God's Help

Take a few moments to become aware of God's presence. As you settle into this time of prayer, begin by asking for God's assistance: that I might see my prayer this week with new eyes, and to discern God's movement more clearly.

Give Thanks for the Gifts of This Week

I always begin with a few moments dedicated to gratitude, giving thanks for the gifts of this week. As I consider the week as a whole, for what or for whom am I most grateful?

Reviewing My Prayer for This Week, What Stands Out?

As I look back over my prayer this week, what stands out? Were there passages that particularly called out to me? What emotional responses did they invite from me? When was I loving, joyful, peaceful? Where was I sad, angry, or bored?

Rejoice in God's Gifts

I rejoice and thank God for those moments when I felt my faith, hope, and love deepen. If anything surfaced for which I want to ask forgiveness, or for God's strength or help, I take time to do so now.

Look Forward in Hope

Looking ahead to the week ahead, in what ways am I aware of needing God's help? As I consider what I know awaits me, what grace do I need from God? What grace might I need to remain open to finding God in people and situations that may surprise me?

Conclusion

When I feel ready, I close with a prayer of my choosing.

What do I most wish to retain from this week of prayer?



WEEK THREE

ACCOMPANYING THE YOUNG IN THE CREATION OF A HOPE-FILLED FUTURE

God is always beckoning us toward a future full of hope, and inviting us to collaborate in its construction. While this is true for all of us, it is especially true for the young who today are confronted with challenges that can seem insurmountable.

As individuals engaged in the work of Jesuit education, we are asked to walk with future leaders as they seek to build a hope-filled future for themselves and for our world.

This week's prayer invites us to reflect on God's promise and to ponder prayerfully how we might accompany the young as they labor with God for a brighter tomorrow.

MONDAY OF THE THIRD WEEK OF LENT | MARCH 21

Jeremiah 29: 11–14

For I know well the plans I have in mind for you—oracle of the LORD—plans for your welfare and not for woe, so as to give you a future of hope. When you call me, and come and pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, I will let you find me—oracle of the LORD—and I will change your lot; I will gather you together from all the nations and all the places to which I have banished you—oracle of the LORD—and bring you back to the place from which I have exiled you.

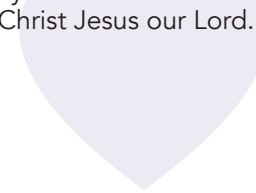


Were there any glimpses of hope that surfaced in today's prayer?

TUESDAY OF THE THIRD WEEK OF LENT | MARCH 22

Romans 8: 30-39

We know that all things work for good for those who love God, who are called according to his purpose. For those he foreknew he also predestined to be conformed to the image of his Son, so that he might be the firstborn among many brothers. And those he predestined he also called; and those he called he also justified; and those he justified he also glorified. What then shall we say to this? If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? Who will bring a charge against God's chosen ones? It is God who acquits us. Who will condemn? It is Christ [Jesus] who died, rather, was raised, who also is at the right hand of God, who indeed intercedes for us. What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? [...] No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.



Were there any glimpses of hope that surfaced in today's prayer?

WEDNESDAY OF THE THIRD WEEK OF LENT | MARCH 23

1 Peter 3: 13-18

Now who is going to harm you if you are enthusiastic for what is good? But even if you should suffer because of righteousness, blessed are you. Do not be afraid or terrified with fear of them, but sanctify Christ as Lord in your hearts. Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness and reverence, keeping your conscience clear, so that, when you are maligned, those who defame your good conduct in Christ may themselves be put to shame. For it is better to suffer for doing good, if that be the will of God, than for doing evil. For Christ also suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the spirit.

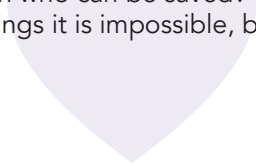


Were there any glimpses of hope that surfaced in today's prayer?

THURSDAY OF THE THIRD WEEK OF LENT | MARCH 24

Mark 10: 17-31

As he was setting out on a journey, a man ran up, knelt down before him, and asked him, "Good teacher, what must I do to inherit eternal life?" Jesus answered him, "Why do you call me good? No one is good but God alone. You know the commandments: 'You shall not kill; you shall not commit adultery; you shall not steal; you shall not bear false witness; you shall not defraud; honor your father and your mother.'" He replied and said to him, "Teacher, all of these I have observed from my youth." Jesus, looking at him, loved him and said to him, "You are lacking in one thing. Go, sell what you have, and give to the poor and you will have treasure in heaven; then come, follow me." At that statement his face fell, and he went away sad, for he had many possessions. Jesus looked around and said to his disciples, "How hard it is for those who have wealth to enter the kingdom of God!" The disciples were amazed at his words. So Jesus again said to them in reply, "Children, how hard it is to enter the kingdom of God! It is easier for a camel to pass through the eye of a needle than for one who is rich to enter the kingdom of God." They were exceedingly astonished and said among themselves, "Then who can be saved?" Jesus looked at them and said, "For human beings it is impossible, but not for God. All things are possible for God."



Were there any glimpses of hope that surfaced in today's prayer?

FRIDAY OF THE THIRD WEEK OF LENT | MARCH 25

1 Timothy 4:12–16

Let no one have contempt for your youth, but set an example for those who believe, in speech, conduct, love, faith, and purity. Until I arrive, attend to the reading, exhortation, and teaching. Do not neglect the gift you have, which was conferred on you through the prophetic word with the imposition of hands of the presbyterate. Be diligent in these matters, be absorbed in them, so that your progress may be evident to everyone. Attend to yourself and to your teaching; persevere in both tasks, for by doing so you will save both yourself and those who listen to you.



Were there any glimpses of hope that surfaced in today's prayer?

SATURDAY OF THE THIRD WEEK OF LENT | MARCH 26

Pray for God's Help

Take a few moments to become aware of God's presence. As you settle into this time of prayer, begin by asking for God's assistance: that I might see my prayer this week with new eyes, and to discern God's movement more clearly.

Give Thanks for the Gifts of This Week

I always begin with a few moments dedicated to gratitude, giving thanks for the gifts of this week. As I consider the week as a whole, for what or for whom am I most grateful?

Reviewing My Prayer for This Week, What Stands Out?

As I look back over my prayer this week, what stands out? Were there passages that particularly called out to me? What emotional responses did they invite from me? When was I loving, joyful, peaceful? Where was I sad, angry, or bored?

Rejoice in God's Gifts

I rejoice and thank God for those moments when I felt my faith, hope, and love deepen. If anything surfaced for which I want to ask forgiveness, or for God's strength or help, I take time to do so now.

Look Forward in Hope

Looking ahead to the week ahead, in what ways am I aware of needing God's help? As I consider what I know awaits me, what grace do I need from God? What grace might I need to remain open to finding God in people and situations that may surprise me?

Conclusion

When I feel ready, I close with a prayer of my choosing.

What do I most wish to retain from this week of prayer?

CONCLUDING DAYS



THE JOURNEY TO COME

As this time of retreat draws toward its conclusion, it is a natural time to take stock of the journey you have made during these weeks – and look ahead to the road that opens out before you. These days are designed to invite that next step of prayerful reflection.

Looking back over these weeks of prayer, how have you been aware of God's abiding invitation to you? What insights have you had? What desires have stirred in your heart? We take time to review in gratitude the gifts that have been given in this time.

We also look forward in joy and confidence, knowing that as God has been faithful to us in this time of prayer – so God will continue to walk with us into the future. What graces do I need to bring the fruit of this retreat more fully into my relationships (with God, others, and self) and into my work? What is the next step in my spiritual journey – this Lent, and beyond?

Psalm 63: 1–8

O God, you are my God— it is you I seek! For you my body yearns; for you my soul thirsts, In a land parched, lifeless, and without water. I look to you in the sanctuary to see your power and glory. For your love is better than life; my lips shall ever praise you! I will bless you as long as I live; I will lift up my hands, calling on your name. My soul shall be sated as with choice food, with joyous lips my mouth shall praise you! I think of you upon my bed, I remember you through the watches of the night You indeed are my savior, and in the shadow of your wings I shout for joy. My soul clings fast to you; your right hand upholds me.



What do I wish to savor from today's period of prayer?

TUESDAY OF THE FOURTH WEEK OF LENT | MARCH 29

Luke 1: 46-55

And Mary said: "My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed. The Mighty One has done great things for me, and holy is his name. His mercy is from age to age to those who fear him. He has shown might with his arm, dispersed the arrogant of mind and heart. He has thrown down the rulers from their thrones but lifted up the lowly. The hungry he has filled with good things; the rich he has sent away empty. He has helped Israel his servant, remembering his mercy, according to his promise to our fathers, to Abraham and to his descendants forever." Mary remained with her about three months and then returned to her home.



What do I wish to savor from today's period of prayer?





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