

- Which passages of scripture most helped me to see something of the traces of the passion in my experience?
- How did they affect me?
- How did they speak to me of the selfless, compassionate loving of Christ?
- How did I cope with confusion, non-feeling and heaviness?
- Which passages of scripture in my experience most helped me to see something of the traces of the passion leading into glory?
- How did they affect me?
- How did they speak to me of the healing, consoling loving of Christ always with me?
- Which insights moved me most deeply and evoked a loving, transforming response in me?
- How did I relate to the Contemplatio?
- How do I feel motivated to continue to deepen my experience of these thirty days for further growth?
- How do I feel motivated to bring the fruits of my experience to others?

It is suggested that you might like to finish your reflective prayer period with the Triple Colloquy.



REFLECTION ON THE EXPERIENCE OF THE SPIRITUAL EXERCISES

First Principle and First Week

CONTINUALLY I RECEIVE MYSELF FROM YOUR HAND.
THAT IS MY TRUTH AND MY JOY.
(Romano Guardini)

- Which passages of scripture most helped me to see something of the creating, loving and sustaining presence of God in my experience?
- How did they affect me?
- How did they influence a renewed relationship with my God and even a new love for myself?
- How did I experience bringing my feelings to God in prayer – my joy, my sorrow, my anger?

- Which images (inner or outer), symbols, music, or dreams did I befriend and how did they affect me?
- How did they help me towards a deeper understanding of my experience?
- How did I come to some deeper understanding of the compassionate and forgiving presence of my God?
- How did such understanding affect me?
- Which insights moved me most deeply and evoked change within me?
- How did I find the commitment to prayer and the movement of it?

Second Week and the Key Exercises of the Second Week

WHAT KEEPS US FROM PROJECTING
HIS BIRTH INTO TIMES
THAT ARE IN THE PROCESS OF BECOMING?
AND THINK THAT THE LEAST
WE CAN DO IS TO MAKE
HIS BECOMING
NOT MORE DIFFICULT FOR HIM
THAN THE EARTH MAKES IT FOR THE SPRING,
WHEN IT WANTS TO COME.

(Rainer Maria Rilke)

- Which passages of scripture most helped me to see something of the mystery of the Incarnation in my experience?

- How did they affect me?
- In my contemplation in Bethlehem, in Galilee and Judea, how did Jesus reveal himself to me?
- What did I learn of Christ's ways?
- What attraction or resistance to Christ's way did I discover within myself?
- How did I experience a new call to follow Christ??
- How was I moved to respond to Christ's call?
- How was I moved to re-affirm a commitment to follow Christ more closely, coming from my prayer and reflections?
- Which images (inner or outer) symbols, music or dreams were messengers to me about what was going on inside me?
- Which insights moved me most deeply and asked for expression in my continued service?

Third Week, Fourth Week, Contemplation to attain the
Love of God

I AM TROUBLED NOW.
YET WHAT SHOULD I SAY?
'FATHER SAVE ME FROM THIS HOUR?'
BUT IT WAS FOR THIS PURPOSE THAT I CAME TO THIS HOUR.
(John 12:20-33)

- Which passages of scripture most helped me to see something of the traces of the passion in my experience?
- How did they affect me?