

Ignatian Meditation

1. PREPARATION (5')

- I take a relaxed position with a straight back.
- I take 5-7 deep breaths, inhaling and exhaling fully.
- I make a gesture of reverence & humility to become aware of God who is already "here".
- I recall the last time I experienced God, peace, love...

2. PETITION FOR GRACE (1')

- I ask for the grace to direct my whole self toward God.

3. DESIRE (1')

- I desire to listen, let go, trust, experience love, etc...

4. PRAYER (15-25') (PONDER SCRIPTURE PASSAGE)

- I read the passage SLOWLY out loud or silently and pause to underline any 1-3 words or phrases that strike, resonate with, or challenge me.
- I re-read the passage again in silence, choosing a word or phrase that struck me.
- I repeat the word or phrase quietly to myself, paying attention to what may be stirred within me in terms of images, feelings, or memories.
- I listen to what God may be revealing or communicating to me. I let God's spirit guide my thinking, imagining, remembering, etc.
- Whatever is awakened within me, I invite God to be present with me and I with God.
- I rest in God and let God rest in me, like two good friends enjoying the sunset or each other's company.

3. COLLOQUY/CONVERSATION

- I end my prayer with a short, heartfelt conversation with God or Jesus, talking as to a friend, about what I just experienced.

The First Principle and Foundation - St. Ignatius

The goal of our life is to live with God forever. God, who loves us, gave us life. Our own response of love allows God's life to flow into us without limit.

All the things in this world are gifts of God, presented to us so that we can know God more easily and make a return of love more readily. As a result, we appreciate and use all of these gifts of God insofar as they help us develop as loving persons. But if any of these gifts become the center of our lives, they displace God and so hinder our growth toward our goal.

In everyday life, then, we must hold ourselves in balance before all of these created gifts insofar as we have a choice and are not bound by some obligation. We should not fix our desires on health or sickness, wealth or poverty, success or failure, a long life or short one. For everything has the potential of calling forth in us a deeper response to our life in God.

Our only desire and our one choice should be this: I want and I choose what better leads to the deepening of God's life in me.