

Looking Back on the Journey

Do you ever spend time with an old, favorite memory? Maybe something from your childhood, a particularly fun night with friends, or something around the holidays that is a custom in your family? When you spend time reflecting on that memory, you can sometimes almost feel the way you felt then, or notice things that you didn't see before. In reflecting on the memory, the memory can take on a new meaning, offer us wisdom about our current life, or become more and more a touchstone, solidified in our thoughts for years to come.

St. Ignatius frequently invites people praying the *Spiritual Exercises* to make a "repetition." Repetitions mean repeating a particular prayer, contemplation, or meditation even after you have already done it. At first it may seem tedious to repeat something that has already taken place, but in practice, it can often be a special time to explore the fruits of a previous prayer experience and deepen in understanding for the way that God is working. "Repetition" means more than repeating; it also means "re-petition," to petition God anew.

Exploring these graces again and sharing them with others can help them take deeper root in our hearts. We may also choose to give one another permission to affirm or clarify what is shared as a means of listening more deeply, both individually and communally.

Jesus explicitly gave instructions to reenact what he did at the last supper in *remembrance* of him. We use the same formula – take, bless, break, and share – here, to reflect on the last period of time we have spent together as a community.

Begin this exercise by reading aloud the Scripture below and then slowly moving through the reflective exercise.

"For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way also the cup, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in

remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes." *1 Corinthians 11:23-26*

Take...

Be quiet and still. Ask the Spirit to guide our memories and draw our attention to the ways that God has graced our time together. Be open to where your gaze leads. As you think back over our time together as a group, recall any significant movements, moments, or shared experiences.

Bless...

Offer these memories to God. Notice which memories, feelings, or images surface strongly as you remember these meetings. What might God be saying in that memory? How was God at work in that moment for me? How is God present to me now in this memory? Listen for God to nudge.

Break...

If a particular moment or experience seems to remain, visualize yourself offering it up to God. Invite God to use it as a means to communicate a moment or pattern of grace to you. If no particular moment or past meeting emerges, simply ask God to

Share...

Come together for the "Listening" and "Listening Deeper" questions below to share this experience with one another.

This meeting adapted from [Looking Back on the Camino](#). Feel free to use the meeting from the Caminos Unit as an additional resource to reflect back on where the group has been together.