

Week Ten

After the Exercises

Love of the Holy Trinity

How to use this booklet:

These passages have been chosen to underscore a theme that is very important in Ignatian Spirituality and in our walk with Jesus. The general direction of prayer that is envisioned by this booklet is one of Lectio Divina. In this method, the passage one reads is meant to help one to reflect, then to move into prayer with God and then to move into a silent and deep communion with God. This trajectory has been described as a ladder: reading—thinking—praying—contemplating. As one finds oneself distracted at any time in the prayer, one simply goes back to reading the passage, letting the words open us to thinking and praying and contemplating. One might end up reading the passage many times or one might not be able to get through the passage because one stops to think, pray and/contemplate so frequently.

You might want to use one passage all week long, rotate through them or repeat one or another of them. There should be enough material to help someone pray for one week.

You probably want to give yourself at least 30 minutes for this.

Preparatory Prayer:

Ask the Lord to help you to find Him more fully in all the aspects of your life.

Lectio Divina:

Read the passage that you choose, stopping as soon as you feel drawn to reflect on the passage or you feel moved to pray. Let go of your sense of wanting to learn or to finish the passage, but instead desire to be open to God and, if you feel a call to just sit quietly in the presence of God, indulge in that. As you get distracted, return gently to the passage and read some more or read parts of it again. Distractions are natural.

Conclusion:

Thank God for your time and be specific about a time or two that you felt the grace of God or felt touched by God's wisdom.

From St. Ignatius' *Spiritual Diary*:

February 21, 1544

In this Mass, I recognized, felt, or saw the Lord knows, that in speaking to the Father, in seeing that He was a Person of the Most Holy Trinity, I was moved to love the Trinity all the more that the other Persons were present in it essentially. I felt the same in prayer to the Son, and the same in the prayer to the Holy Spirit, rejoicing in any One of Them and feeling consolations, attributing it to and rejoicing in belonging to all Three.

Acts 2: 1-4; 22-24

When the day of Pentecost had come, they were all together in one place. ² And suddenly a sound came from heaven like the rush of a mighty wind and it filled the whole house where they were sitting. ³ They saw what seemed to be tongues of fire that separated and came to rest on each of them. ⁴ All of them were filled with the Holy Spirit and began to speak in other tongues^[a] as the Spirit gave them utterance.

²² “Men of Israel, hear these words: Jesus of Nazareth was a man accredited by God to you by miracles, wonders and signs, which God did through him in your midst, as you yourselves know. ²³ This man was handed over to you by God’s deliberate plan and foreknowledge; and you, with the help of wicked men, put him to death by nailing him to the cross. ²⁴ But God raised him from the dead, freeing him from the agony of death, because it was impossible for death to keep its hold on him.

From Pope Francis, *Laudato Si'*

238. The Father is the ultimate source of everything, the loving and self-communicating foundation of all that exists. The Son, his reflection, through whom all things were created, united himself to this earth when he was formed in the womb of Mary. The Spirit, infinite bond of love, is intimately present at the very heart of the universe, inspiring and bringing new pathways. The world was created by the three Persons acting as a single divine principle, but each one of them performed this common

work in accordance with his own personal property. Consequently, “when we contemplate with wonder the universe in all its grandeur and beauty, we must praise the whole Trinity”

Matthew 28:16-20

¹⁶ Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷ When they saw him, they worshiped him; but some doubted. ¹⁸ Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”