

Week Three

After the Exercises

*Finding God in All Things*

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. It is “Finding God in All Things.” 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.

Quotation of St. Ignatius:

“ . . . <the Jesuit students or Scholastics> should practice the seeking of God's presence in all things, in their conversations, their walks, in all that they see, taste, hear, understand, and in all their actions, since His Divine Majesty is truly in all things by His presence, power, and essence. This kind of meditation, which finds God our Lord in all things, is easier than raising oneself to the consideration of divine truths, which are more abstract and which demand something of an effort, if we are to keep our attention on them. But this method is an excellent exercise to prepare us for great visitations of our Lord, even in prayers that are rather short.”

Philippians 4

<sup>4</sup> Rejoice in the Lord always. I will proclaim it again: Rejoice! <sup>5</sup> Let your gentleness be manifest to all. The Lord is near. <sup>6</sup> Do not be preoccupied about things, but in every circumstance, by prayer and intercession, with thanksgiving, present your petitions to God. <sup>7</sup> And the peace of God, which passes all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers and sisters, all that is true, whatever is noble, all that is right, whatever is pure, all that is lovely, whatever is admirable—if anything is excellent or praiseworthy—ponder such things. <sup>9</sup> Whatever you have learned or accepted or heard from me, or even seen in me—practice. And the God of peace will be with you.

From Brother Lawrence

“This made me resolve to give the all for the All: so after having given myself wholly to GOD, to make all the satisfaction I could for my sins, I renounced, for the love of Him, everything that was not He; and I began to live as if there was none but He and I in the world. Sometimes I considered myself before Him as a poor criminal at the feet of his judge; at other times I beheld Him in my heart as my FATHER, as my GOD: I worshipped Him the oftenest that I could, keeping my mind in His holy Presence, and recalling it as often as I found it wandered from Him. I found no small pain in this exercise, and yet I continued it, notwithstanding all the difficulties that occurred, without troubling or disquieting myself when my mind had wandered involuntarily. I made this my business, as much all the day long as at the appointed times of prayer; for at all times, every hour, every

minute, even in the height of my business, I drove away from my mind everything that was capable of interrupting my thought of GOD.

## Matthew 13

<sup>44</sup> “The kingdom of heaven is like a treasure hidden in a field. When a man found it, he buried it again, and then in his joy went and sold everything he had and bought that field.

<sup>45</sup> “Again, the kingdom of heaven is like a dealer looking for fine pearls. <sup>46</sup> When he found one of great value, he went away and sold all he had to buy it.