

Week Two

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:

Try to keep your soul always in peace and quiet, always ready for whatever Our Lord may wish to work in you. It is certainly a higher virtue of the soul, and a greater grace, to be able to enjoy the Lord in different times and different places than in only one.

Romans 8

<sup>31</sup> What, then, shall we say in answer to these things? If God is on our side, who can be against us? <sup>32</sup> God who did not spare his own Son, but rather gave him up for us all—how will He not also, along with His Son, graciously give us all things? <sup>33</sup> Who will level any charge against the ones whom God has chosen? God is the One who justifies. <sup>34</sup> Who will condemn? No one. Christ Jesus who died—even greater than that, who was raised to life—is at the right hand of God and is also pleading for us. <sup>35</sup> Who shall separate us from the love of Christ? Shall difficulties or problems or persecution or famine or nakedness or peril or sword? <sup>36</sup> As it is written:

“For you, we face death all day long;  
we are held to be as sheep for slaughtering.”

<sup>37</sup> No, in all of this, we are more than victors through Him who loved us. <sup>38</sup> For I am certain that neither death nor life, neither angels nor evil spirits, neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

From Brother Lawrence

“He does not ask much of us, merely a thought of Him from time to time, a little act of adoration, sometimes to ask for His grace, sometimes to offer Him your sufferings, at other times to thank Him for the graces, past and present, He has bestowed on you, in the midst of your troubles to take solace in Him as often as you can. Lift up your heart to Him during your meals and in company; the least little remembrance will always be the most pleasing to Him. One need not cry out very loudly; He is nearer to us than we think.”

**Matthew 6**

<sup>25</sup> “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life<sup>[e]</sup>?

<sup>28</sup> “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.