

Week Four

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:

From the Contemplatio: <I will> . . . look how God dwells in creatures, in the elements, giving them being, in the plants vegetating, in the animals feeling in them, in men giving them to understand: and so in me, giving me being, animating me, giving me sensation and making me to understand; likewise making a temple of me, being created to the likeness and image of His Divine Majesty;

Psalm 8

O LORD, our Ruler,

how great is your name over all the earth!

You have set your throne of glory above the heavens.

² Out of the mouths of babes and infants

you have set a stronghold because of your foes,

to silence the foe and the avenger.

³ When I look at your heavens, the work of your fingers,
the moon and the stars that you have made;

⁴ what are human beings that you concern yourself with them,

mere mortals that you care for them?

⁵ Yet you have made them a little lower than the gods, and crowned them with glory and honor.

⁶ You have given them power over the works of your hands;

you have put all things under them,

⁷ all sheep and oxen,

and also the beasts of the field,

⁸ the birds of the air, and the fish of the the sea, whatever passes through the seas.

⁹ O LORD, our Ruler,

how great is your name over all the earth!

From St. Francis of Assisi

Canticle of the Sun

Most High, all powerful, good Lord,

Yours are the praises, the glory, the honor, and all blessing.

To You alone, Most High, do they belong,
and no man is worthy to mention Your name.

Be praised, my Lord, through all your creatures,
especially through my lord Brother Sun,
who brings the day; and you give light through him.
And he is beautiful and radiant in all his splendor!
Of you, Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the
stars,
in heaven you formed them clear and precious and
beautiful.

Praised be You, my Lord, through Brother Wind,
and through the air, cloudy and serene,
and every kind of weather through which
You give sustenance to Your creatures.

Praised be You, my Lord, through Sister Water,
which is very useful and humble and precious and chaste.

Praised be You, my Lord, through Brother Fire,
through whom you light the night and he is beautiful
and playful and robust and strong.

Praised be You, my Lord, through Sister Mother Earth,
who sustains us and governs us and who produces
varied fruits with colored flowers and herbs.

Praised be You, my Lord,
through those who give pardon for Your love,
and bear infirmity and tribulation.

Blessed are those who endure in peace
for by You, Most High, they shall be crowned.

Praised be You, my Lord,
through our Sister Bodily Death,
from whom no living man can escape.

Woe to those who die in mortal sin.
Blessed are those whom death will
find in Your most holy will,
for the second death shall do them no harm.

Praise and bless my Lord,
and give Him thanks
and serve Him with great humility.

Matthew 28:20

²⁰ Jesus said, “. . . and know that I am with you at all times until the end of the age.”