

Books and Resources for Further Reflection

SCC Lent 2019

(You can also find this page on the SMSP Website with links)

Reflections on the Sunday Readings:

- Reflections from Saint Louis University (<http://liturgy.slu.edu/>)
- Lenten Reflections from Creighton
(<http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/>)
- Daily readings <http://www.usccb.org/bible/readings>
- Sacred Space (Irish Jesuits) <https://livingspace.sacredspace.ie> or www.sacredspace.ie

Email Programs and Apps:

- *Pray As You Go* (Website or App)
 - www.pray-as-you-go.org
- *My Parish* App
 - App to keep you updated on all of the parish events including Mass times, daily readings, and prayers.

Books

- *The Ignatian Adventure* - Kevin O'Brien, S.J. [The Ignatian Adventure](#) Loyola Press
- *God I Have Issues: 50 Ways to Pray No Matter How You Feel* - Mark E. Thibodeaux, SJ
 - <https://www.amazon.com/God-Have-Issues-Ways-Matter/dp/0867165367>
- *An Ignatian Book of Days* - Jim Manney (daily devotional)
 - <https://www.loyolapress.com/products/special-offers/gift-ideas/an-ignatian-book-of-days>
- *Barking to the Choir* Gregory Boyle, Simon & Schuster
- *Mercy In the City*, Kerry Weber, Loyola Press

Additional Websites to Find Prayers, Books and Other Resources

- Loyola Press: A Jesuit Ministry (<http://www.loyolapress.com/>)
- Ignatian Spirituality (<http://www.ignatianspirituality.com/>)
- More on Ignatian Spirituality (<http://jesuitsmidwest.org/spirituality>)
- Dynamic Catholic (<http://dynamiccatholic.com/free-resources/>)
- Ascension Presents (<http://ascensionpresents.com/>)
- Blessed Is She (<https://blessedishe.net/>)
- Pauline Books and Media (<https://store.pauline.org/>)

Music Playlist: search Spotify for "Lenten SCC 2019" playlist by Theresa Walle

https://open.spotify.com/user/1223986575/playlist/1Up47GXUkwX13FCt6Izxd?si=-5KRSn-xSy6a7y_Tw1URuA

Helpful Prayers

The following prayers are offered for use, but feel free to provide your own. During closing prayer, you may want to ask the group to share any personal intercessions or concerns for which they'd like to pray. Then you can close with a suggested prayer, or with a traditional prayer, such as the *Our Father* or the *Glory Be*.

We encourage your group to open or close some sessions with a guided Examen prayer (see page 6a of this section).

Opening Prayers:

Heavenly Father, we come to you today asking for your guidance, wisdom, and support as we begin our gathering. Help us to engage in meaningful discussion; allow us to grow closer as a group and to nurture the bonds of community. Fill us with your grace, Lord God, and continue to remind us that all that we do here today, all that we accomplish, is for the pursuit of truth for the greater glory of You, and for the service of humanity. We ask these things in your name, *Amen*.

Adapted from a prayer published by Saint Louis University

Come Holy Spirit, fill our minds and hearts as we come together to study your Word, to learn, and grow closer to you. Help us to see you in each other, to listen carefully, and to hear the message you have for each of us today. *Amen*.

God, you have invited us to this time and place. You desire each of us to strengthen and deepen our relationship with you. Thank you for the gift of this group, for the gift of our friends and families. As we share together, help us to quiet ourselves, and quiet our lives, in order that we may hear your call, and see more clearly what you have in mind for us. Give us the courage and conviction to know that you are always there, and always calling us to deeper friendship with you. Fill us with the desire to follow you. Amen.

Asking for the grace:

Note: St. Ignatius often suggested that people ask God for a particular grace that they want to receive during their prayer or meditation time. Consider, "What do you want God to do for you? How do you want God to be present to you?" Some ideas:

"God, I ask for the grace...

... to trust more completely (or)

... to be able to spend more time in prayer

... to hear your message more clearly

... to feel a deepening closeness to you

... of growing awareness of God at work in my life

... to be able to understand these scripture passages more fully"

This idea of asking for the grace is about naming our deepest desires. These requests will change as you go along, but you'll be surprised how it works. For Ignatius, it's what "ask and you shall receive," is all about.

So your group may want to try this as an opening prayer:

Leader: This week, I will take a minute to think of a particular grace that I would like to ask God to grant me during this gathering time, or perhaps throughout the coming week.

Pause to allow for thought ...

All: Heavenly Father, I ask you for the grace that I hold in my heart. Open my heart and my mind as I share with this group, and help me to see the many ways in which you give us all that we need. *Amen.*

Closing Prayers:

Wondrous God,
you send your Holy Spirit
into the world to renew the face of the earth.
Open our hearts to action in that Spirit,
and open our minds to the truth of that Spirit.
Through Christ our Lord, *Amen.*

From the Living Word, Sunday Gospel Reflections 2017-2018, Liturgy Training Publications

Good and Gracious God, I want to know you better. You already know me inside and out. Help me come to know you more deeply by learning, reflecting, praying, and studying about all your magnificent ways. Help me put on the mind of your son, Jesus Christ, so that I can learn to love as he loved. *Amen.* (Joe Paprocki, Loyola Press)

Lord Jesus, give me a more open heart.
Help me to be more vulnerable and more open in my prayer.

Give me the courage to fight any desire to be proud and think I can fix things myself.
Lord, help me to be accepting of any unanswered prayers,
and trust in your infinite love and mercy for me.
Give me an attitude of gratitude to not only recognize all the answered prayers in my
life, but to have a greater awareness of all the ways you reveal yourself to me.
Lord Jesus, I know you only desire the best for me. Amen.

Joseph Hamaty (posted on Ignatianspirituality.com)

O merciful God, fill our hearts, we pray, with the graces of your Holy Spirit; with love, joy,
peace, patience, gentleness, goodness, faithfulness, humility and self-control. Teach us to love
those who hate us; to pray for those who spitefully use us; that we may be the children of
your love, our Father, who makes the sun to rise of the even and good, sends the rain on the
just and on the unjust. In adversity grant us grace to be patient; in prosperity keep us humble;
may we guard the door of our lips; may we lightly esteem the pleasures of this world and thirst
after heavenly things; through Jesus Christ our Lord.

(St. Anselm)

Holy Spirit Prayer of St. Augustine

Breathe in me, O Holy Spirit,
That my thoughts may all be holy.
Act in me, O Holy Spirit,
That my work, too, may be holy.
Draw my heart, O Holy Spirit,
That I love but what is holy.
Strengthen me, O Holy Spirit,
To defend all that is holy.
Guard me, then, O Holy Spirit,
That I always may be holy.

Father, give to us, and to all your people, in times of anxiety, serenity;
in times of hardship, courage; in times of uncertainty, patience,
and at all times, a quiet trust in your wisdom and love;
through Jesus Christ our Lord.

(New Every Morning)

Through your most holy passion and death, I beg of you, Lord, to grant me a most holy life, and a most complete death to all my vices and passions and self-love, and to grant me sight of your holy faith, hope, and charity. (St. Alphonsus Rodriguez, S.J.)

Jesus, hear my prayer. If this pleases you, if my pain and suffering, my darkness and separation gives you a drop of consolation, my own Jesus do with me as you wish, as long as you wish, without a single glance at my feelings and pain. I am your own. Imprint on my soul and life the sufferings of your heart.

—St. Teresa of Calcutta in a letter to Jesus, from *Mother Teresa: Come Be My Light*

Prayers for your own meditation:

A Hollowed Space to be Filled

A cup must be emptied before it can be filled.

***If it is already full it can't be filled again
except by emptying it out.***

***In order to fill anything there must be
a hollowed-out space.***

Otherwise it can't receive. This is especially true of God's word.

***In order to receive it we must be hollowed out. We must be capable of receiving it,
emptied of the false self and its endless demands.***

When Christ came, there was no room in the inn.

It was full. The inn is a symbol of the heart.

God's word, Christ, can take root only in a hollow.

(William Breault, S.J. - from Hearts of Fire, Praying with Jesuits)

A Prayer for Easter:

***Lord Jesus, risen from the dead and alive for evermore: stand in our midst tonight
as in the upper room; show us your hands and your side;***

speak your peace to our hearts and minds;

and send us forth into the world as your witnesses; for the glory of your name.

(John R.W. Stott)

More About Prayer

For more on Ignatian Prayer, see “A Short Course on Prayer” (on the Ignatian Spirituality.com website)

<https://www.ignatianspirituality.com/ignatian-prayer/the-what-how-why-of-prayer/a-short-course-on-prayer>

The Daily Examen

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God’s presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God’s hand at work in our whole experience.

The method presented here is adapted from a technique described by Ignatius Loyola in his *Spiritual Exercises*. St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible.

This is a version of the five-step Daily Examen that St. Ignatius practiced:

1. **Become aware of God’s presence.**
2. **Review the day with gratitude.**
3. **Pay attention to your emotions.**
4. **Choose one feature of the day and pray from it.**
5. **Look toward tomorrow.**

For more information on these steps, and the importance of this type of prayer, see <https://www.ignatianspirituality.com/ignatian-prayer/the-examen>

Another Option for a Guided Examen

Leaders should feel free to adapt this outline to what is most helpful.

Leader: *As we settle into this place of prayer, I invite you to find a comfortable, peaceful posture and position. Choose a place where you can find God’s peace and quiet. For many of you, it may be helpful to close your eyes and concentrate on your breathing.*

(2 minutes) *Find a place of peace and quiet. You may be carrying a lot with you into this prayer. The events of your day, anxieties about tomorrow, or tasks you must complete in the week ahead.*

As you enter into this peaceful place, imagine all the cares and concerns from your life washing away. As you do this ask God to reveal Himself to you. Take as much time as you need to begin to find this peaceful place. (Silence)

(2 minutes) For those who are ready move along to step 2. Thank God for all the blessings in your life. Whether or not you feel grateful at this moment, remember that God has given you so much. Perhaps something from your day or someone in your life immediately comes to mind as a blessing. Thank God for that.

If nothing specific comes to mind, thank God for something more general, like your family or your health. Either way, enter into this Examen with a sense of gratitude. **(Silence)**

(4 minutes) If you're ready, begin to review the last 24 hours. Or if it's easier for you, you may also choose to review the week(s) since we've last met. Whatever period of time you choose, let it play out as if it were a movie. Remember, your responsibility is to simply watch this movie, not to be a judge of the events that unfold.

Notice where you were, who you were with, even what you were wearing. As you roll the tape, be on the lookout for any blessings and challenges that struck you during this time. Take note of the ones where you felt the most grateful or the most challenged.

Choose one of the blessings. Take yourself back to that situation, or to the time with that person. Ask God why this was such a blessing for you? Maybe others would have found this event to be ordinary. Ask God to help you to see why this was such a meaningful event for you. And ask God how He is trying to speak to you through this blessing. **(Silence)**

Choose one of the challenges. As you return to that particular moment, tell God how you felt. Were you frustrated, overwhelmed, or just confused?

Ask God what he might be attempting to show you about yourself and about your relationships with others. Ask God for the grace to able to see and understand what he is trying to show you. **(Silence)**

(2 minutes) Ask God for healing. Invite God into your life and touching those areas where you need God most.

Ask God to help you see the parts of your life where you need his healing most, so that you may be strengthened by His love.

As you look to tomorrow, imagine yourself living in God's presence. Say to God, "No matter what tomorrow brings, I know you will be present in my day." And ask God to help you be aware and conscious of His presence.

As you feel moved, you may gently end your prayer and open your eyes when you're ready.