

# Books and Resources for Further Reflection

## SCC Fall 2018

(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/>)
- Reflections from Creighton  
(<http://onlineministries.creighton.edu/CollaborativeMinistry/daily.html>)
- Daily readings <http://www.usccb.org/bible/readings>
- Sacred Space (Irish Jesuits) <https://livingspace.sacredspace.ie> or [www.sacredspace.ie](http://www.sacredspace.ie)

### Email Programs and Apps:

- *Pray As You Go* (Website or App)
  - [www.pray-as-you-go.org](http://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.  
[https://www.loyolapress.com/products/books/ignatian-spirituality/the-ignatian-adventure?utm\\_source=IgnSp&utm\\_medium=blog&utm\\_campaign=bklst](https://www.loyolapress.com/products/books/ignatian-spirituality/the-ignatian-adventure?utm_source=IgnSp&utm_medium=blog&utm_campaign=bklst)
- *Rediscover Jesus* - Matthew Kelly
  - <https://cart.dynamiccatholic.com/Free-Rediscover-Jesus-by-Matthew-Kelly-p/1rj-sc.htm>
- *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>
- *Jesus Calling - Enjoying Peace in His Presence* (daily devotional)
  - <https://www.amazon.com/Jesus-Calling-Enjoying-Peace-Presence/dp/1591451884>

### Additional Websites to Find Prayers, Books and Other Resources

- United States Conference of Catholic Bishops ([www.usccb.org](http://www.usccb.org))
- Loyola Press: A Jesuit Ministry (<http://www.loyolapress.com/>)
- Ignatian Spirituality (<http://www.ignatianspirituality.com/>)
- 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 “Fall SCC 2018” playlist by Theresa Walle

<https://open.spotify.com/user/1223986575/playlist/2R2c54uSOr0LpwEUQZAbVz?si=WtAoSO59QzegNI0b1shfow>

## Helpful Prayers

The following prayers are offered for use. Please feel free to provide your own, if you'd like. 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*.

Hopefully your group will also choose to open or close at least a couple of sessions with a guided Examen prayer (see page 4 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)

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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*.

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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.*

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### **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.)

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)*

### **A Prayer for Humility**

Oh Father, give us the humility which  
Realizes its ignorance,  
Admits its mistakes,  
Recognizes its need,  
Welcomes advice,  
Accepts rebuke.  
Help us always to praise rather than criticize,  
To sympathize rather than to condemn.  
To encourage rather than to discourage,  
To build rather than to destroy,  
And to think of people at their best rather than at their worst.  
This we ask for your name's sake.        Amen.  
(William Barclay)

### **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.

### **Litany of Trust**

From the belief that

I have to earn Your love

Deliver me, Jesus.  
From the fear that I am unlovable  
Deliver me, Jesus.  
From the false security  
that I have what it takes  
Deliver me, Jesus.  
From the fear that trusting You  
will leave me more destitute  
Deliver me, Jesus.  
From all suspicion of  
Your words and promises  
Deliver me, Jesus.  
From the rebellion against  
childlike dependency on You  
Deliver me, Jesus.  
From refusals and reluctances  
in accepting Your will  
Deliver me, Jesus.  
From anxiety about the future  
Deliver me, Jesus.  
From resentment or excessive  
preoccupation with the past  
Deliver me, Jesus.  
From restless self-seeking  
in the present moment  
Deliver me, Jesus.  
From disbelief in Your love  
and presence  
Deliver me, Jesus.  
From the fear of being asked  
to give more than I have  
Deliver me, Jesus.  
From the belief that my life  
has no meaning or worth  
Deliver me, Jesus.  
From the fear of what love demands  
Deliver me, Jesus.  
From discouragement

Deliver me, Jesus.  
That You are continually holding me  
sustaining me, loving me  
Jesus, I trust in you.  
That Your love goes deeper than my  
sins and failings, and transforms me  
Jesus, I trust in you.  
That not knowing what tomorrow  
brings is an invitation to lean on You  
Jesus, I trust in you.  
That you are with me in my suffering  
Jesus, I trust in you.  
That my suffering, united to Your own,  
will bear fruit in this life and the next  
Jesus, I trust in you.  
That You will not leave me orphan,  
that You are present in Your Church  
Jesus, I trust in you.  
That Your plan is better  
than anything else  
Jesus, I trust in you.  
That You always hear me and in  
Your goodness always respond to me  
Jesus, I trust in you.  
That You give me the grace to accept  
forgiveness and to forgive others  
Jesus, I trust in you.  
That You give me all the strength  
I need for what is asked  
Jesus, I trust in you.  
That my life is a gift  
Jesus, I trust in you.  
That You will teach me to trust You  
Jesus, I trust in you.  
That You are my Lord and my God  
Jesus, I trust in you.  
That I am Your beloved one  
Jesus, I trust in you

## More About Prayer

Sometimes (during prayer) it can seem that nothing is happening, but deep down, God might be stirring up something—we just haven't realized it yet. As you grow in the habit of prayer, avoid

the temptation to judge or rate your prayer: “Today was good prayer; yesterday was just OK.” □ (Imagine rating each time you spent with a friend or loved one!) God can put anything to good use, even distractions and preoccupations.

In the end, heed the encouragement of St. Francis de Sales and others after him: If all you do is return to God’s presence after distraction, then this is very good prayer. Your persistence shows how much you want to be with God.

Excerpt from *The Ignatian Adventure* by Kevin O’Brien, SJ., Loyola Press

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>

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## 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 be 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.*