

## **Part 3: Explore My Vocation**

1/ Quarter Review

2/ My Desires, God's Dream

3/ Explore My Vocation

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5/ Examen 1: Praising God

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9/ Year Review (Affirmation)

## **Part 3: Explore My Vocation**

### **1/ Quarter Review**

- Purpose: to identify God's graces and movements this last quarter
- Exercises: Quarter Awareness Examen
- Action: pray, "What do you hope to get out of CLC this new quarter?"

### **2/ My Desires, God's Dream**

- Purpose: get in touch with our hopes and desires about life
- Exercises: guided meditation, "God's dream for me" (part 1)
- Action: pray, "God's dream for me" (part 2)

### **3/ Explore My Vocation**

- Purpose: explore my vocation
- Exercises: Discovering My Personal Vocation
- Action: watch, "Finding Nemo" and discuss with your prayer partner

### **4/ Encounter God in the Poor**

- Purpose: encounter God in the poor and discover my vocation through service
- Exercises: Guided meditation, "Seeing with Jesus"
- Action: get involved in service

### **5/ Examen 1: Praising God**

- Purpose: to grow in awareness of and gratitude for God's actions in my life.
- Exercises: guided prayer, "Awareness Examen" steps 1-2
- Action: pray with Examen 3-4 times this week; use journal to record 3 things for which you are grateful for.

### **6/ Examen 2: Choosing God**

- Purpose: to notice how our choices help or hinder us grow in our relationship with God.
- Exercises: Peter's walk and fall (Mt 14:24-33)
- Action: pray with Examen (pay attention to steps 3,4)

### **7/ Examen 3: Planning with God**

- Purpose: to collaborate with God more fully in the choices we make.
- Exercises: Ignatian Meditation/ Lectio Divina (Lk 5:5-8)
- Action: pray with Examen (pay attention to step 5)

### **8/ Gratitude**

- Purpose: to see God in the people of our lives and respond in gratitude.
- Exercises: letter writing
- Action: do a small gesture to thank someone.

### **9/ Year Review**

- Purpose: to be more aware of God's presence and action in our lives and our responses in this school year
- Exercises: Year in Review questions
- Action: to choose 1 or 2 habits in living out CLC values

# #1 Quarter Review



## Scripture

Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light. (Mt 11:28-30)

*Mk 6:31* "Come away by yourselves to a deserted place and rest a while."

*Luke 5:1-6* "Put out into deep water and lower your nets for a catch."

*Note: This meeting is meant to be the first meeting after break.*

## Introduction & Welcome (1')

Welcome members back after the break and to the new quarter. Thank them for coming.

## I. Opening Prayer (5')

Grace: To identify God's graces and movements this last quarter

Use the grace or a suggested scriptural passage above to create your own prayer. You may also use the prayer below. After reading the scripture, say....,

*Almighty God, we thank you for gathering us here tonight. Thank you for your invitation to come to you for rest and learn from you for your yoke is easy and your burden light. We pray for the grace of being attentive to how you have loved us over the quarter and the break and helping us to identify those graces and give you glory. Amen.*

Note: ask for a volunteer to lead opening and closing prayers for the next meeting.

## II. Short Check-In (5')

## III. Focus Exercise (40'):

Materials Needed: CLC Journal booklets, instrumental music, CD/Ipod player, candle

✠ **Introduction:** This meeting will center around looking back at the past quarter and the break in order to help the group process all that has happened and changed. It will help deepen the group's practice of finding God in all aspects of our lives and learning to be more attentive to God's movements in our everyday experiences as well as more momentous times, particularly in change.

✠ **Exercise:** invite members to pray with the Quarter Awareness Examen. Allow 10 minutes to pray with the Examen, which can be found in their journal booklets also.

### 3.1 Quarter Awareness Examen *Explore My Faith*

**Presence of God:** I take some time to relax, breathe slowly, and imagine where God is right now....allow God to look at me.

*Grace:* I ask for the gift of gratitude and sensitivity to God's spirit so that I may more deeply understand and appreciate who God is and how God has been working in my life this last quarter and the break.

#### **Review the Quarter**

I read over my journal entries from this last quarter as a way to recall what took place within me. I particularly pay attention to my covenant with God, my hopes and desires from the beginning of the year. I underline key words, phrases, or insights, especially those which reoccur or form a pattern of meaning.

#### **1/ Gratitude:** praising God

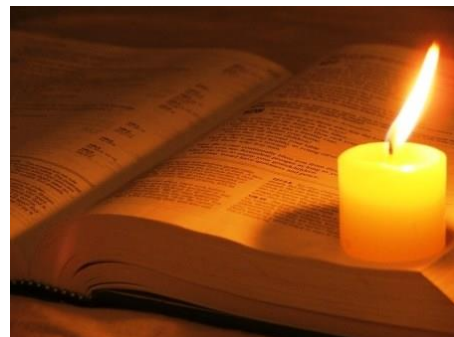
- Looking back at this last quarter, what are you most grateful for?

#### **2/ Review:** choosing God

- Which people or events gave you life and helped you grow closer to God this last quarter? Describe one or two.
- Which people or events drained your energy and pulled you away from God this last quarter?
- How would you describe your relationship with God this last quarter? Is your answer now any different compared to when you began to explore the question at the beginning of the quarter?

#### **3/ Moving forward:** planning with God

- What questions do you still have about God?
- What meeting topics would you like to explore this new quarter?
- What graces would you like to receive this new quarter?



**Closing Prayer:** As with any prayer, I spend time to listen or talk to God about whatever else is in my heart...

✠ **Sharing:** invite members to share their reflections.

✠ **Listening deeper**

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
2. How have you been feeling throughout the meeting? Comforted? Anxious? Curious?
3. Is there anything you would like to share after having heard other people share?

#### IV. Moving Forward (5')

✠ **Wrap-Up:** Thank members for their openness and participation.

1. Meeting topics: explore vocation questions (see table of contents)
2. Commitments: renew 3 CLC commitments (weekly meetings, pray Examen, get involved in community services)
3. Looking ahead to meeting #4, "Encounter God in the Poor." If possible, do a group service project before the meeting.

✠ **Action:**

1. pray with the question, "What do you hope to get out of CLC this quarter? What does God hope for me?"
2. share with your prayer partner

✠ **Announce:** Topic for next meeting and upcoming CLC events

\*Make sure to confirm that the group is still in agreement on the meeting day and time for this quarter.\*



#### V. Closing Prayer (5')

Invite members to pray for one another. One suggestion: to pray for a person on your left. Group leader should begin.....

### Spiritual Exercises / General Principles & Norms

*The way of life of Christian Life Community commits its members, with the help of the community, to strive for continuing personal and social growth which is spiritual, human, and apostolic. In practice, this involves... discernment by means of daily review of one's life...(GP #12).*

*Truly it is a retreat in every day life (SpEx 19)*

## #2 My Desires, God's Dream



### Scripture

For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the LORD... (Jer. 29:11-13)

A rich young man asked Jesus, 'Good Teacher, what must I do to inherit eternal life?' (Mk 10:17-31) Jesus said, "You shall love the Lord your God.... and your neighbor as yourself." (Lk 10:25-28)

### Introduction & Welcome (1 min.)

Introduce the topic

### I. Opening Prayer (5')

Grace: to be open to God's spirit in helping us discover and live out our personal vocations.

Use the grace or the suggested scripture above to create your own prayer, or use the one below:

*Loving God, tonight we are going to explore the vocation questions. Help us to discover your plan for each one of us. As you have said, "For surely I know the plans I have for you....plans for your welfare and not for harm, to give you a future with hope." Help us to be open to your spirit in guiding our conversation tonight. Amen.*

### II. Short Check-In (5')

### III. Focus Exercise (40'): God's dream for me (part 1)

Materials Needed: CLC journal booklet, instrumental music, CD/Ipod player, candle

✝ **Introduction:** The heart of our CLC is to help one another discover and live out our personal vocations. Tonight let's explore and discuss these questions. Explain to members what you are about to do: a short guided meditation.

✠ **Exercise: Guided Meditation, “God’s Dream for Me” (30’)**

(note: read slowly and prayerfully)

Sit in an upright position and close your eyes; relax but stay focused; do not fall asleep. Take a deep breath and relax.....Breathe deeply in...and breathe out. Relax. Again, Breathe in slowly...and breath out. Be aware of your breathing... With each breath, slowly fill your lungs completely and then slowly exhale. Notice your breathing becoming slower, more gentle...feel any part of your body that is tense...Relax ...Let go of all that tension...(pause for 10 seconds)

Now I invite you to take a journey with me.....Don’t pay attention to the details or debate about the facts.....Just relax and let your imagination and God’s spirit guide you.....Imagine you go back to the time 9 months and 10 days before you were born..... You are in the heart and mind of God. And God wants to create you.....(pause)

God breaths into you and you are conceived by your parents....God feels so excited to create you as your parents were excited to be pregnant. God wonders what you will become as your parents wonder.....God has hopes and dreams for you as your parents do ....God nourishes and cares for you in your mom’s womb....And the final day arrives .....after 9 months and 10 days, you are born.....God is so thrilled. God shares in your parents’ joy. (pause)

God continues to care for and nourish you ....entrusting you with gifts and talents....providing you with resources and opportunities to grow and become a person God dreams you to be.....And God watches you grow. (pause)

God wonders what kind of person you are becoming.....what you are going to do with your life....with your gifts and talents.....God wonders about your hopes and dreams.....your desires and passions..... what you are in love with....what seizes your imagination....what gets you out of bed in the morning.....what breaks your heart....what amazes you with joy and gratitude. (pause)

And the person you are now....stay with your thoughts and feelings. Talk with God about your thoughts and feelings for a few minutes.....(pause for 2 minutes)....

Whenever you’re ready you can open your eyes.



After guided meditation, invite members (leaders as well) to pray with the suggested questions below. Give them 5-7 minutes to do so. Then, invite them to share and discuss.

*Suggested questions to pray and share*

1. What were some of your thoughts and feelings which occurred during the meditation?
2. Are there any questions that come to your mind right now?
3. Have you ever wondered why God created you? for what purpose?

✝ **Listening deeper**

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
2. How have you been feeling throughout the meeting? Comforted? Anxious? Curious?
3. Is there anything you would like to share after having heard other people person share?

**IV. Moving Forward (5')**

- ✝ **Wrap-Up:** Thank members for their openness and participation.
- ✝ **Action:** invite members to pray with the Ignatian Meditation, “God’s dream for me” (part 2) during the week. The meditation can be found in their CLC journal booklets on page....And share with your prayer partner about it.
- ✝ **Announcement:** Topic for next meeting and upcoming CLC events

**V. Closing Prayer (5')**

*Invite members to pray for one another... One suggestion: to pray for the person on his/her left. You (coordinator) may begin to set the tone.*

**Spiritual Exercises / General Principles & Norms**

*God calls each of us to a personal vocation, which reveals itself in our deepest inclinations and our most authentic desires. (CLC Charism I)*

*The goal of our life is to live with God forever. God who loves us, gave us life. Our own response of love allows God's life to flow into us. (Ignatius' first principle and foundation)*



## Ignatian Meditation – God’s Dream for Me *Lectio Divina*

### 1. PRESENCE OF GOD

- **Place yourself in God’s presence:** Sit in a comfortable position. Breathe in & out fully and imagine God in front of you, all around you, within you like the air that fills you.
- **Centering/Quieting:** try your best to be quiet and focus your mind
- **Ask for the Grace desired:** peace, the gift of prayer, deep listening, letting go, surrender, faith ...

### 2. MEDITATION

- **Read the passage** below several times. Note any words, images or concepts that strike or challenge you? Stay with the thoughts and ruminate on them; let God’s Spirit guide your thinking, imagining, remembering, etc.
- **Notice what feelings** emerge within you as you meditate on the passage. Do the feelings lead you to a deeper experience of God/grace? Savor that experience and listen to what God might reveal to you.
- How have you experienced this **radical love** in the personal relationships and events of your life? Allow them to gently surface in your memory/imagination in the Lord’s presence. What do you see or notice?
- Are there any **deeper stirrings** within your heart or any meaningful interior movements that you can recognize?

### 3. COLLOQUY/CONVERSATION

- Enter into an intimate conversation with the Lord.
- End the prayer period with an *Our Father, Glory Be*, or an expression of gratitude, etc.

*“Surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future filled with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart.” Jer 29:11-13*

- What happens within myself when I imagine God’s personal dream for my life?
- What happens inside me when I consider this: “God loves into me unique gifts and special talents and trusts me with God’s dream for my life”?
- What consistently gets me “out of bed in the morning ... breaks my heart or ... amazes me with joy and gratitude” as Fr Arrupe writes (see p. 3)?

## #3 Explore My Vocation



### Scripture

Just then a lawyer stood up to test Jesus. ‘Teacher,’ he said, ‘what must I do to inherit eternal life?’ He said to him, ‘What is written in the law? What do you read there?’ He answered, ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.’ And he said to him, ‘You have given the right answer; do this, and you will live.’ (Lk 10:25-28)

*Mk 10:17-31*      “Good Teacher, what must I do to inherit eternal life?”  
*Micah 6:8*        “...To act justly, love tenderly, walk humbly with God...”

### Introduction & Welcome (1”)

#### I. Opening Prayer (5”)

*Grace:* for openness in exploring my personal vocation.

Use the grace or the suggested scriptural passage above to create your own prayer or use the one below:

*Loving God, tonight we are going to continue exploring the question of vocation. Help us to get in touch with our deepest desires and dare to ask you as the lawyer did, “Good teacher, what is my personal vocation in life?” Help us to be attentive to you and one another. Be here with us and guide our conversation. Amen.*

#### II. Check-In (5”)

- The high and low points of your week

#### III. Focus Exercise (40”)

Materials Needed: **laptop**, CLC supply box (CLC journal booklets, papers, pens, etc.).

✚ **Introduction:** Connect with last week’s meeting.

✚ **Exercise 1: What is Vocation?**

*Explain to members what you are about to do.....* When I say the word, write down what first comes to your mind in your journal booklet. It could be a thought, a feeling, an image, or a question. Are you ready?.....**Vocation** (give members about 3 minutes)

*Discuss:* what they put down.

## Exercise 2: My Personal Vocation

Invite members to take turns reading the article, “My Personal Vocation” below out loud or have a slideshow presentation of the article. (Note: The slideshow presentation can be found on the CLC website under Leadership Resources). We recommend that you discuss the article a paragraph at a time.

### **My Personal Vocation: *Called to Serve***

When we hear the word “vocation,” most of us think of career and some think of priesthood or religious life. We often ask ourselves or are being asked by others, “What is your major?” “What is your career path?” Decisions, decisions, decisions!!! This word often brings a lot of stress and anxieties because we have so many choices. We often do not know what we want or we are afraid to make the wrong choices. As people of faith, we sometimes turn to God and want to know God’s will. We often feel stuck because we either do not want to know God’s will or do not know what God’s will is for us. This article attempts to wrestle with these vocation questions using the richness found in our Christian faith tradition.

***Discuss:*** *What speaks to you about this above paragraph? How do you feel when you are faced with choices, like careers or majors? Stressed? Excited? Fearful of marking the wrong choices?*

### **What is vocation?**

The word “vocation” comes from the Latin *vocare*, to call. Vocation is a calling or invitation from God **to share life and work with God**. This is God’s will/dream/plan. This is our purpose in life. There are other expressions that try to articulate God’s will/dream/plan:

- To be union with God: live with God, live fully (Jn 10:10)
- To be Jesus’ disciples: share life and mission with Jesus (Mt, Mk, Lk)
- To love God, neighbor, and yourself (Lk 10:25-28)
- To know, love, and serve the Lord and one another (Catholic Catechism)
- To praise, reverence, and serve the Lord our God (St. Ignatius)
- To be a person with and for others (Jesuits)
- To discover and live out God’s dream for me personally (CLC)

***Discuss:*** *Which one speaks to you the most? Why? If none, how would you articulate God’s will or Your purpose in life?*

“Vocation is found where our deep gladness  
and the world’s deep hunger meet.”  
(Frederick Buechner)

### Three Senses of Vocation

It is helpful to think of three aspects or senses of vocation: identity, lifestyle, and mission.

The first is the **common** Christian vocation, in which all members of the Church share by reason of their Baptism and Confirmation. It is the vocation to love and serve the Lord and proclaim His good news to others.

The second level of vocation is a **state of life**, whether single, married, the priesthood, or to be a religious in the world. Each of these involves important, distinct specifications of the common vocation.

The third level of vocation is a **unique personal** call from God to share love and serve the Lord and one another according to our state of life (single or married) and our unique gifts and passions. Yes, God calls each of us by name personally. And only you or me can fulfill that calling in this entire universe. Without you or me responding to or participating in God's invitation, God's dream can't be fulfilled.

(adapted from Cardinal Joseph Bernadin, Chicago Catholic, Jan 7, 1983)

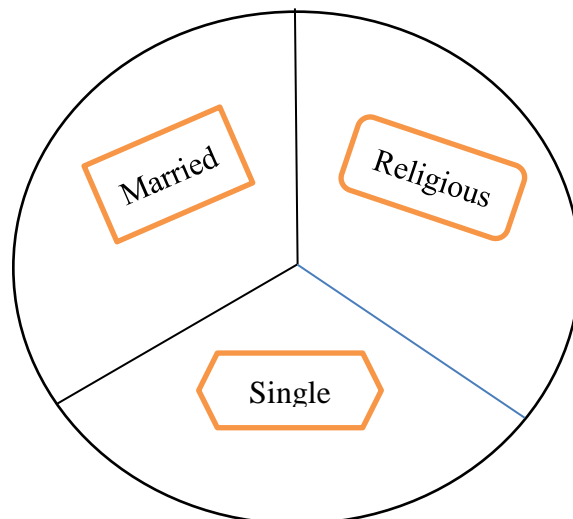
***Discuss:*** *the three senses of vocation. Helpful? Agree? Any thoughts or feelings?*

### The Three Questions

1. What am I passionate about?
2. What am I good at?
3. What does the world need from me?

### Listening Deeper

- Do you believe you have a vocation? If so, how would you describe your vocation at this time in your life?
- Is it helpful for you to think of your life in terms of vocation? If yes, in what ways?
- Which state of life are you being called to? Are you open to other state of life?



#### IV. Moving Forward (5”)

- ✚ **Wrap Up:** thank members for their openness and participation.
- ✚ **Action:** Watch a video clip, “Finding Nemo” on our CLC website and discuss it with your prayer partner.
- ✚ **Announcement:** Topic for next meeting and upcoming CLC events



#### V. Closing Prayer (5’)

Pray for each other. End with the prayer below from Challenge (Mark Link)

*Father, you created me  
And put me on earth for a purpose.  
Jesus, you died for me  
And called me to complete your work.  
Holy Spirit, you help me to carry out the work  
For which I was created and called.  
In your presence and name—  
Father, Son, and Holy Spirit—  
we end this meeting.*

*May all our thoughts and inspirations  
have their origin in you  
and be directed to your glory.  
Amen.*

### **Spiritual Exercises / General Principles & Norms**

*God calls each of us to a personal vocation, which reveals itself in our deepest inclinations and our most authentic desires. (CLC Charism I)*

*The goal of our life is to live with God forever. God who loves us, gave us life. Our own response of love allows God's life to flow into us. (Ignatius' first principle and foundation)*

## #4 Encountering God in the Poor



### Scripture

Jesus looked closely at the man. He loved him and said, "There's one thing you still need to do. Go sell everything you own. Give the money to the poor, and you will have riches in heaven. Then come with Me." When the man heard Jesus say this, he went away gloomy and sad because he was very rich. Jesus looked around and said to his disciples, "It's hard for rich people to get into God's kingdom!" The disciples were shocked to hear this. So Jesus told them again, "It's terribly hard to get into God's kingdom! In fact, it's easier for a camel to go through the eye of a needle than for a rich person to get into God's kingdom." Jesus' disciples were even more amazed. They asked each other, "How can anyone ever be saved?" Jesus looked at them and said, "There are some things that people cannot do, but God can do anything." (Mark 10:17-27)

*Leviticus 25:35-38*

"Don't take advantage of them... honor Me by letting them stay where they live."

*Luke 21:2-4*

"She is very poor and gave everything she had."

**NOTE:** This meeting is used after the community service and can be adapted and repeated as necessary whenever the group engages in service together. This meeting could also be done in a large-group setting. If the group has not done service together, you still use this meeting to help members reflect upon their past experiences of service.

### Introduction & Welcome (1')

#### I. Opening Prayer (5')

Grace: to unburden myself of my worldly attachments and to encounter the poor with Jesus.

*God of compassion, let us contemplate tonight those people who have led lives of service, who have set examples of love for us and for others, those people who have called us to love others. We thank You God for the gift of Your world and Your creation, and we thank You especially for the gift of Your people. Thank You for each unique, sacred person whom You love. Help us to love others as freely and deeply as You love each one of us.*

#### II. Short Check-In (5')

### III. Focus Exercise (40’): “Seeing with Jesus” Meditation

✠ **Exercise:** “Seeing with Jesus” Meditation  
(script: to be read slowly and prayerfully)

- *Presence of God:* close your eyes and take a deep breath. Again, breath in slowly and breath out. ....Take a few moments to enter into the presence of God. Continue to ask for the grace to unburden yourself of your worldly attachments and to encounter the poor with Jesus.
- *Picture the people* who will be affected or have been affected by your service. Picture this person or these people engaging in the typical activity that they normally do. Imagine Jesus being present to the person, perhaps next to him or her or them. Pick one person now, and ask Jesus to be with you as you enter into this one person’s experience of pains and joys.
- *Notice how Jesus looks at the person...* notice how Jesus sees the person’s unique needs and current struggles. See how Jesus treats the person. Notice how Jesus cares for the person in his or her present needs. Notice how He loves the person deeply and freely. Take 5 minutes to just observe Jesus looking at the person and relating to him or her.
- *Ask Jesus* if He wants you to help in directly caring for and loving the person. Don’t answer for Him, but allow Him to respond. Do not project your own wants and desires. Ask Jesus how He would want you to cooperate in uniquely caring for and loving this person. At times He may ask you to indirectly love the person from a distance.
- *Spend time just being with Jesus,* resting in Him. Thank Him for the time of learning to see, care, and love the person as He sees and cares. Whenever you’re ready, come back to this room and open your eyes.

#### • *Suggested questions to pray and share:*



1. What does reflecting on this action reveal to you about the way God loves others? About the way God loves you uniquely and personally?
2. How might have reflecting on this act have helped you to better understand how God invites you to love and care for the people you serve?
3. Is there anything about this service that really challenges you?
4. What do you think you gain from these acts of service? A sense of peace or joy?

#### ✠ **Deep Listening**

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
2. How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
3. Is there anything you would like to share after listening to another person share?

#### IV. Moving Forward (5')

- ✠ **Wrap-Up:** thank members especially for being open to the time they spent in service and note that the group can hopefully continue in communal service throughout the year.
- ✠ **Action:** how can I concretely be praying and taking action on behalf of those individuals whom my small action has already helped in some way? What can I continue to listen to from my prayer period?

As you continue to engage in service, consider using the following three questions as a means of reflecting on your experiences:

1. What does this action reveal to me about **those I am serving**?
2. What does this action reveal to me about **God**?
3. What does this action reveal to me about **myself**?

- ✠ **Announce:** topic for next meeting and upcoming CLC events  
Bring your journal or papers to make a spiritual journal for next week's meeting.

#### V. Closing Prayer (5')

In the words of St. Ignatius of Loyola, we pray:



*Lord, teach me to be generous.  
Teach me to serve You as You deserve;  
To give and not to count the cost;  
To fight and not to heed the wounds;  
To toil and not to seek for rest;  
To labor and not to ask for reward,  
Except to know that I am doing your will.*

### Spiritual Exercises / General Principles & Norms

*We are to become identified with [Christ's] mission of bringing the good news to the poor, proclaiming liberty to captives... (GP #8). Each of us receives from God a call to make Christ and his saving action present to our surroundings... (GP #8A).*

*The more I grow in gratitude of God's plentiful love for me and all of creation, the more will I respond fully and generously in service or and with others. Gratitude fuels my striving to love as I have been loved (CLC spirituality).*



# #5 The Examen 1: Praising God



## Scripture

Then the Lord said, "go outside and stand on the mountain before the Lord; the Lord will be passing by." A strong and heavy wind was rending the mountains and crushing rocks before the Lord--but the Lord was not in the wind. After the wind there was an earthquake--but the Lord was not in the earthquake. After the earthquake there was fire--but the Lord was not in the fire. After the fire there was a tiny whispering sound. When he heard this, Elijah hid his face in his cloak and went and stood at the entrance of the cave. (1 Kings 19:11-13)

*Luke 17:11-19* "And one of them, realizing he had been healed, returned, glorifying God..."

*Eph. 3:14-21* "...comprehend with all the holy ones what is the breadth and length and height and depth..."

## Introduction & Welcome (1')

### I. Opening Prayer (5')

Grace: to grow in awareness of and gratitude for God's action in my daily life

Use the grace or a suggested scripture above to create your own prayer.

### II. Short Check-In (5')

### III. Focus Exercise (40'): The Awareness Examen (steps 1-2)

Materials Needed: spiritual journals, "Awareness Examen Steps 1-2, Free Writing"

✠ **Introduction:** (paraphrase in your own words) As mentioned earlier, one hallmark of our CLC spirituality is to find God in all things and to discover our calling in life. It's crucial for us to take time to reflect upon our life experiences and to record them in journals because God speaks to us through our life experiences. Keeping a spiritual journal will deepen our awareness and help us to track God moving within us. Ignatius gives us a tool to do this in the Awareness Examen. We experienced a sort of the Examen with the Mountain Motif exercise earlier. Tonight we are going to learn and experience the first two steps of Ignatius' five-step examen.

(Play instrumental music in the background). Allow each member about 5 minutes to decorate their spiritual journals. Make sure they put their names on it. If some forget to bring one, they can use paper to make one.

Other option: use their CLC journal booklets as their spiritual journals.

✝ **Exercise:** The Awareness Examen, Steps 1-2

***Step 1: Pray for light***

Place yourself in a comfortable position. Do not be so comfortable that you will be tempted to fall asleep. Sit up straight in a steady posture so that the oxygen flows through your body freely. I invite you to close your eyes...Slowly breathe in and out, filling your lungs with the fresh air that gives us life and wellness. As you exhale, think about releasing all the negative feelings and thoughts you have carried with you on this day. As you inhale, ask for the light of the Holy Spirit to see yourself, others, and the whole world through God's eyes and feel with God's heart. Exhale judgments and burdens.

***Step 2: Review your day in thanksgiving***

Now begin to ask yourself what gifts you have received today that you are thankful for. What are you grateful for in your day? (pause for 60 seconds). Now open your eyes. Please write down the question in your spiritual journal (repeat the question, "What are you grateful for in your day?") and try to recall 3 gifts or graces you have received today that you are grateful for...(Allow about 5 minutes to write in their spiritual journals in silence).

✝ **Sharing:**

*Suggested questions to generate more conversation*

1. Were you able to feel God's presence in the first step as you asked for light? What was this experience like?
2. Did you feel yourself being inspired, being guided by God's presence, as you were journaling? How so?
3. What did you see were the gifts or graces of your day that you can be grateful for?

✝ **Deep Listening**

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
2. How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
3. Is there anything you would like to share after listening to another person share?

**IV. Moving Forward (5')**

**Wrap-Up:** Thank members for their openness and participation, particularly if this was a new way of praying for them. Emphasize that the Examen is a central part of Ignatian spirituality, which grounds the spirituality and life of CLC.



✠ **Action:** 5 minutes a day with God

Pray, “Awareness Examen Steps 1-2 Free Writing,” in their journal booklets (see below). Encourage everyone to practice this prayer 3-4 times a week in the next two weeks. Invite them to record three things for which they are grateful each day in their spiritual journals. Ask the group to try to notice how their prayer experience deepens as they pay greater attention to the many blessings God has placed in their life.

### **Awareness Examen Steps 1-2 Free Writing**

*“You sanctify whatever you are grateful for.”* Anthony de Mello, S.J.

- A. Using stream of consciousness writing, I let my pen and spirit guide me without worrying about forming complete thoughts or sentences. Today, I feel alive/peace/energized/hopeful/grateful when...
- B. I thank God for all the above because these are the concrete ways God is loving/gifting me today in the unique and personal way that I am...

✠ **Announce:** topic for next meeting and upcoming CLC events.

\*Encourage members to bring their spiritual journals for the next two meetings.\*

## **V. Closing Prayer (5’)**

- Center each member prayerfully in a few minutes of silence. Ask that each person voice aloud a word or phrase that captures their experience of the meeting or how they are feeling as they prepare to leave the meeting.
- End with a song, “Awesome God” or similar song.



## **Spiritual Exercises / General Principles & Norms**

*The way of life of Christian Life Community commits its members, with the help of the community, to strive for continuing personal and social growth which is spiritual, human and apostolic. In practice, this involves...discernment by means of daily review of one's life...(GP #12).*

*Our vocation calls us to live this spiritually, which opens and disposes us to whatever God wishes in each concrete situation of our daily life (GP #5).*

## #6 The Examen 2: Choosing God



### Scripture

Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, He came toward them, walking on the sea. When the disciples saw Him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once (Jesus) spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is You, command me to come to You on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how (strong) the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught him, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did Him homage, saying, "Truly, you are the Son of God." (Mt. 14:24-33)

*Duet. 30:19*      "...Choose life, then, that you and your descendants may live..."

*Phil. 3:7-15*    "...straining forward to what lies ahead, I continue...God's upward calling, in Christ Jesus"

### Introduction & Welcome (1')

#### I. Opening Prayer (5')

Grace: to open our ears and hearts to hear God communicating to us through the choices that we make.

Use Matthew 14:24-33 (or another appropriate passage) to begin the prayer. Ask each member to be particularly attentive to what they notice about the reading, what strikes them or what they feel can relate to. Emphasize the reading will help move the group into tonight's focus exercise. Read the passage slowly and prayerfully, possibly with instrumental music in the background.

#### II. Short Check-In (5')

#### III. Focus Exercise (40'): The Awareness Examen (steps 3-4)

Materials Needed: CLC journal booklets

- ✠ **Introduction:** in this meeting, we will continue learning the 5-step Awareness Examen by experiencing steps 3 and 4. We'll use tonight's Scripture passage to help us understand the steps and discuss our own experiences of them.

✠ **Exercise:** the Awareness Examen (steps 3-4)

Ask every member to recall the scriptural passage (Mt 14:24-33) that we just read. Invite members to pray with the passage and suggested questions below, which can be found in their journal booklets on page.... Allow 10 minutes to pray in silent with some instrumental music in background. If helpful, you may read the passage and questions out loud before their personal prayer period.

*Suggested questions to pray and share:*

1. What has helped me walk towards Jesus, as Peter did on the water? Which events and people have helped me and given me life today?
2. What has made me sink into the water away from Jesus? What has drained me of my energy today?
3. Which of my choices today were inadequate responses to God's love? Is there anything I might need God's healing or forgiveness for today?

Note: the group has just experienced steps 3 and 4 of the Examen and briefly explain the main points of these steps

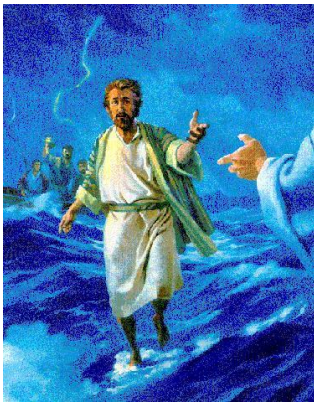
- Step 3: look at what has given me energy and has helped me "walk on water" towards Jesus throughout the day; what has drained my energy and has made me "sink into the water" away from Jesus?
- Step 4: look at my responses to God and possibly ask for forgiveness.

Ask if they have any questions (about any of the steps thus far or about the Examen in general).

✠ **Deep Listening**

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
2. How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
3. Is there anything you would like to share after listening to another person share?

**IV. Moving Forward (5')**



✠ **Wrap-Up:** thank members for their openness to continue learning the steps of the Examen. Note that next week will be the final meeting directly incorporating the Examen as they learn the final step.

✠ **Action:** continue to pray the Examen, using steps 1-4 and paying particular attention to our choices. Possibly reflect on the following question: how can my daily routine incorporate an appreciation for the way God has presented Himself to me personally and communally?

✠ **Announce:** topic for next meeting and upcoming CLC events.

## V. Closing Prayer (5')

Create your own closing prayer or have a member bring one in to share. End with your favorite song.



### **Spiritual Exercises / General Principles & Norms**

*Spiritual Consolation may be defined as moments when we find ourselves so on fire with the love of God that we can freely give ourselves to God .....when the soul sheds tears ....when we increase in our life of faith, hope, and love (SpEx #316).*

*Spiritual Desolation is the opposite. It may be defined as moments when we move toward low and earthly things....when we move toward lack of faith and leave ourselves without hope and without love (SpEx #317).*

## #7 The Examen 3: Planning with God



### Scripture

Simon said in reply, “Master, we have worked hard all night and have caught nothing, but at Your command I will lower the nets.” When they had done this, they caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking. When Simon Peter saw this, he fell at the knees of Jesus and said, “Depart from me, Lord, for I am a sinful man.” (Luke 5:5-8)

*Phil. 2:1-13*

“Have among yourselves the same attitude that is also yours in Christ Jesus”

*Col. 1:9-12*

“We do not cease praying...asking that you may be filled with the knowledge of His will”

### Introduction & Welcome (1’)

#### I. Opening Prayer (5’)

Grace: to collaborate with God more fully in the choices I make.

Use the grace or a suggested scripture above to create your own prayer, or use the one below:  
*Lord, thank You for the gift of this group and all that we have experienced together. We thank you also for Your friend Ignatius and the gift of his ways of praying. We ask particularly for the grace to collaborate with You more fully in the choices that we’ll make in the future, as we learn to plan with You through the last step of the Examen. Please continue to enfold us in Your love as we deepen our prayer lives, bringing us closer to You, each other, and our truest selves. Amen.*

#### II. Short Check-In (5’)

#### III. Focus Exercise (40’): Ignatian Meditation, The Awareness Examen (step 5)

Materials Needed: CLC Journal booklets, focus on “Grateful for God’s Presence and Action”

- ✠ **Introduction:** tonight, we will be introduced to two things: (1) a means of prayer known as Ignatian Meditation (very close to and sometimes known as *Lectio Divina*) and (2) the final step of the Awareness Examen. Ignatian Meditation is a prayerful way of reading Scripture, paying attention to how God might be speaking to you through what moves you in a given passage. We will first try this form of prayer and then move on to the last step of the Examen.

✠ **Exercise #1:** Ignatian Meditation (15')

Use the “Ignatian Meditation” (in the next page) to guide the group through this form of prayer, using Luke 5:5-8, or another suggested passage.

✠ **Sharing #1:**

Note there will be a deeper opportunity for members to share what is in their hearts in the next exercise. Focus on how they found the style of Ignatian Meditation to work.

1. What was your overall experience with this form of prayer?
2. Were you able to notice what parts resonated with or challenged you?
3. Were you able to be attentive to what feelings were emerging in you or any deeper stirrings?
4. How did you find the colloquy or conversation at the end of the prayer?

✠ **Exercise #2:** The Awareness Examen (steps 1-4 and Ignatian Mediation, step 5) (20')

Invite members to pray, “Grateful for God’s Presence and Action,” which can be found in their journal booklets on page....Play some instrumental music as every member prayerfully completes steps 1-4 of the Examen by filling in #1-4. Instruct them not to move on to step 5 yet. Wait till everyone is done.

Next, have them use the tools of Ignatian Meditation that they just learned to look back over what they have written in #1-4. Instruct them to...

1. **Read their Examen** several times and **pick 3 points** (words, phrases, images, thoughts, ideas) to ponder and reflect on. Notice what parts *resonate* with them. Note any words, images or concepts that strike or *challenge* them. Stay there and ruminate on them; let God’s Spirit guide their thinking, imagining, remembering, etc.

2. **Notice what feelings** emerge within them as they meditate on what they wrote. Do the feelings lead them to a deeper experience of God/grace? Savor that experience and listen to what God might reveal to them.

3. Notice if there are **any deeper stirrings** within their hearts or any meaningful interior movements that they can recognize.



✠ **Sharing #2:**

1. Is there anything from the Examen you would like to share (what was in your heart or what did you experience)?
2. Have you ever felt that you could allow God to enter into your planning? What was this like? Did it change your plans? Can you relate to Peter and his experience of having to recast his nets, as Jesus asked him to do?



## Ignatian Meditation (a.k.a. *Lectio Divina*)

### 1. PRESENCE OF GOD

- **Place yourself in God’s presence:**  
Sit in a comfortable position. Breathe in and out fully and imagine God before, around, and within you like the air that fills you.
- **Centering/Quieting:**  
Try your best to quiet and focus your mind. Use candles or instrumental music if helpful.
- **Ask for the grace desired:**  
Peace, the gift of prayer, deep listening, letting go, surrender, faith...

### 2. MEDITATION

- **Read the passage below** two or three times. Notice any words, phrases, or images that strike or *challenge* you. Stay there and ruminate on them; let God’s Spirit guide your thinking, imagining, remembering, etc.
- **Notice what feelings** emerge within you as you meditate on the passage. Do the feelings lead you to a deeper experience of God/grace? Savor that experience and listen to what God might reveal to you.
- **Pray with the question**, “What is God saying to me personally through this passage today and how does it relate to my life situations?”

### 3. COLLOQUY/CONVERSATION

- Enter into an **intimate conversation** with the Lord.
- End the prayer period with an *Our Father*, *Glory Be*, or an expression of gratitude, etc.

Simon said in reply, “Master, we have worked hard all night and have caught nothing, but at Your command I will lower the nets.” When they had done this, they caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking. When Simon Peter saw this, he fell at the knees of Jesus and said, “Depart from me, Lord, for I am a sinful man.” (Luke 5:5-8)

## Grateful For God's Presence and Action (The 5 Steps of the Awareness Examen)

Using stream of consciousness writing, I let my pen and spirit guide me without worrying about forming complete thoughts or sentences.

1. Before starting, I ask God for the light of the Holy Spirit to see through God's eyes and feel with God's heart.
2. Jesus, thank You for loving me through these gifts of today...
3. Jesus, these people/events/experiences have affected me in a real significant way today....

This is how I have been present/attentive to You...

4. Jesus, I'm sorry for the following ways that I have not been responsive to You...



5. Jesus, this is how You'd like me to be attentive to/work with You in the coming day...

## ✝ Deep Listening

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
2. How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
3. Is there anything you would like to share after listening to another person share?

## IV. Moving Forward (5')

- ✝ **Wrap-Up:** thank members for their openness and participation.
- ✝ **Action:** continue to pray the Examen, using all 5 steps, paying particular attention to step 5. Ask yourself: Am I planning with God or leaving God out of my daily plans?
- ✝ **Announce:** topic for next meeting and upcoming CLC events

## V. Closing Prayer (5')

Create your own closing prayer or have a member bring one in to share.



## Spiritual Exercises / General Principles & Norms

*Out of love, the Word was incarnated and born (GP#1).*

*This law, which the Spirit inscribes in our hearts, expresses itself anew in each situation of daily life (GP#2).*

*We show reverence for all the gifts of creation (SpEx #23).*

# #8 Gratitude



## Scripture

Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus. (Thess. 5:16-18)

*Romans 7:25* “Thanks be to God.”

*Psalms 100* “Give thanks to God, bless his name; good indeed is the Lord.”

## Introduction & Welcome (1’)

### I. Opening Prayer (5’)

Grace: to see God in the people in our lives and to respond in gratitude in concrete ways.

Use the grace or a suggested scripture above to create your own prayer, or use the one below:

*Dear Lord, we thank You for the gift of this day, with everything it has brought and will continue to bring. We ask tonight especially for the grace to see You in the people in our lives and to respond in gratitude in concrete ways. As we begin this meeting, please help us listen to what relationships You might be calling us to spend time reflecting on for our time together.*

*Please help us call to mind two people in our lives—someone we are grateful for but might not have shown appreciation for and someone we might have a difficult relationship with and want to move forward with. Let us recall these two people now (pause for a minute).*

*As we think of these two people, help us to be aware of what feelings and thoughts come to mind. Let us continue to be attentive to these stirrings within us as we move into our exercise tonight, continuing to spend time in prayer with You about these people in our lives.*

### II. Short Check-In (5’)

### III. Focus Exercise (40’): Letter Writing

Materials Needed: paper and pens/pencils, hard surfaces to write on (if desired)

✠ **Introduction:** tonight, we are going to focus on the two people in our lives that we called to mind in our opening prayer. We are going to write a letter to each of them, prayerfully talking to them and allowing God to speak to us through our words. We will try to continue to notice what might be arising within us as we write, any specific feelings or thoughts that God might be inviting us to pay attention to. Please spend however much time you want on each letter, letting your words flow freely. Don’t worry about what to say since you don’t need to give the letters to them. Also maybe try to imagine what God might be thinking and feeling about these people.

✠ **Exercise:** Letter Writing

Invite each member to take paper as they begin writing their letters. Emphasize that this is a prayerful activity, in which we are inviting God to be present in and move through us to help us be attentive.

Letter #1: a person to whom you are grateful but have not had much opportunity to show your appreciation

Letter #2: someone with whom you have a strained or difficult relationship, someone with whom you want to move forward in relationship with

✠ **Sharing:**

1. Are there any feelings and thoughts that you noticed while you were writing either letter?
2. Did you sense any insights or invitations from God about these people or yourself while writing?
3. Do you want to share anything specific that you wrote?

✠ **Deep Listening**

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
2. How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
3. Is there anything you would like to share after listening to another person share?

#### IV. Moving Forward (5')

✠ **Wrap-Up:** thank members for their openness and participation.

✠ **Action:** invite members to pick one of the following:

1. Offer the letter to the person you wrote it to. If you do not feel comfortable doing so, take the letter and destroy it, saying a prayer offering its intentions to the person to whom it is written.
2. Do a small gesture to thank someone who has had a positive influence on your life.
3. Do a gesture to thank a person who has had a challenging effect on your life. Offer a prayer of gratitude for the ways in which you have grown from that experience.

✠ **Announce:** Topic for next meeting and upcoming CLC events.

\*Ask members to bring their agendas/appointment calendars for next week's meeting.\*



## V. Closing Prayer (5')

Create your own closing prayer or have a member bring one in to share. Encourage each member to voice any petitions they might have.

### Help Me Thanksgiving Day Prayer

O God, when I have food,  
help me to remember the hungry;  
When I have work,  
help me to remember the jobless;  
When I have a home,  
help me to remember those who have no home at all;  
When I am without pain,  
help me to remember those who suffer,  
And remembering,  
help me to destroy my complacency;  
bestir my compassion,  
and be concerned enough to help;  
By word and deed,  
those who cry out for what we take for granted.  
Amen.

-Samuel F. Pugh



Praise the Lord

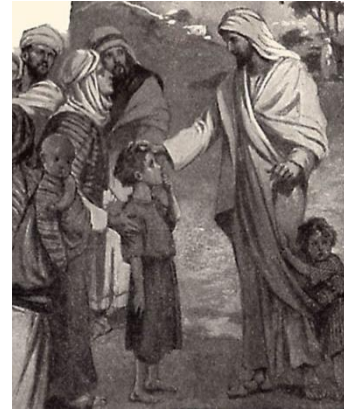
## Spiritual Exercises / General Principles & Norms

*I beg for the gift of an intimate knowledge of all the goods which God lovingly shares with me. Filled with gratitude, I want to be empowered to respond just as totally in my love and service (SpEx 233).*

*The peace and joy which He wants to share with me can only be a gift of God (SpEx 224).*

*I beg for the grace of being able to enter into the joy and consolation of Jesus as he savors the victory of his risen life (SpEx 221).*

## #9 Year in Review



### Scripture

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus Himself drew near and walked with them, but their eyes were prevented from recognizing Him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to Him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And He replied to them, "What sort of things?" They said to Him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed Him over to a sentence of death and crucified Him. But we were hoping that He would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find His body; they came back and reported that they had indeed seen a vision of angels who announced that He was alive. Then some of those with us went to the tomb and found things just as the women had described, but Him they did not see."

And He said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into His glory?" Then beginning with Moses and all the prophets, He interpreted to them what referred to Him in all the scriptures. As they approached the village to which they were going, He gave the impression that He was going on farther. But they urged Him, "Stay with us, for it is nearly evening and the day is almost over." So He went in to stay with them. And it happened that, while He was with them at table, He took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized Him, but He vanished from their sight. Then they said to each other, "Were not our hearts burning (within us) while He spoke to us on the way and opened the scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how He was made known to them in the breaking of the bread. (Lk 24:13-35)

### Introduction & Welcome (1')

#### I. Opening Prayer (5')

Grace: to be more aware of God's presence and action in my life and my response in the past year

Use the grace or a suggested scripture above to create your own prayer.

#### II. Short Check-In (5')

### III. Focus Exercise (40'): The Year in Review

Materials Needed: appointment calendars/agendas/planners, Year-End Evaluation handouts

‡ **Introduction:** tonight we are going to reflect upon our year and to give each other honest feedback. We have learned the skill of the Awareness Examen and will now see how we can apply this to longer periods of time, to see where God has been most present to us, what has given and drained us of energy, and where we are being invited to be more responsive to God's love. To do this, we are going to use our appointment calendars/schedules/planners/agendas to recall what we have experienced this year.

‡ **Exercise:** The Year in Review

Invite members to pick out 2 or 3 significant events or experiences they have encountered and to consider how these experiences have impacted them in this school year. Emphasize that this is a prayerful time, as we invite God into this process of reflection (just as in the Examen). Allow 10 minutes to pray.

*Suggested questions to pray and share*

(Note: these questions are in their journal booklets)

1. Looking back on the year, what are you most grateful for?
2. Name 2 or 3 specific experiences that gave you life and helped you to grow closer to God. Describe.
3. Name 2 or 3 experiences that drained you of energy and pulled you away from God. Describe.
4. Name 1 or 2 areas that God is inviting you to work on over the summer and for next year. Describe.

‡ **Sharing:**

After all members have shared the above questions, invite them to give honest feedback to each other (both affirmations and challenges). If desired, be creative in developing a unique way for your group to do this (an activity, etc.).

‡ **Deep Listening**

1. What has struck you as you have been listening to others share? Do you notice any patterns or commonalities?
2. How have you been feeling throughout the meeting? Comfortable? Anxious? Curious?
3. Is there anything you would like to share after listening to another person share?

### IV. Moving Forward (5')

‡ **Wrap-Up:** thank members for their openness and participation.

‡ **Evaluation:** Year-End Evaluation

As a way of helping us to assess how our group is doing and to make sure it's meeting your needs and expectations, we are going to complete a brief evaluation of our year in CLC. Please be as honest and open as you can. The evaluation can be found in the following page and also in their journal booklets.



✝ **Action:** ask and discuss the following during the meeting

1. How am I personally being invited to grow this summer? Are there any habits or attitudes I can adopt to better respond to God? (see CLC habits in the following page for suggestions)
2. Is there any unfinished business (such as apologies, peacemaking, thank-you's...) of the past year I need to address?
3. How can we as a group grow and support each other over the summer?

✝ **Announce:** Upcoming CLC events

\*Try to set a meeting day and time for next year.\*

## V. Closing Prayer (5')

Encourage everyone to pray in thanksgiving for each other. *One suggestion: pray for the person on your left. (Coordinator should begin first...)*



## Spiritual Exercises / General Principles & Norms

*Love is shown more in deeds than in words (SpEx #230).*

*I beg for the gift of an intimate knowledge of all the goods which God shares with me. Filled with gratitude. I want to be empowered to respond just as totally in my love and service (SpEx #233).*

*Our vocation calls us to live this spirituality, which opens and disposes us to whatever God wishes in each concrete situation of our daily life (GP #5).*



## **CLC Habits: living out the CLC way of life**

Choices → Actions → Habits → Character → Vocation → Mission →  
Communion with God

*How might God invite me to adopt & cultivate 1 or 2 suggested habits below?*

### **1/ Build stronger community:**

- attend all of my CLC group meetings
- be more vulnerable, honest, and real
- care and support one another with a love that
  - \*empowers – helps one another discover and develop our unique gifts
  - \*transforms – helps one another change positively
- participate in campus-wide CLC events at least once a month (BBQ, Bowling, Bonfire, etc.)
- ask someone to serve as your accountability partner to be
  - \*faithful with a habit you're working on
  - \*attentive and disciplined in an area of struggle or of growth

### **2/ Grow in my journey of faith:**

- pray regularly: daily Awareness Examen, quiet reflection, journaling, pray with the graces and prayer materials from CLC meetings, and other ways of praying such as Taize, eXaLT, etc.
- read the Bible or spiritual readings (10'' everyday)
- participate in Sunday Worship or Mass every Sunday
- go to Confessions during Advent and Lent
- attend a spiritual retreat as a retreatant once a year
- see a spiritual director or advisor
- get enough sleep and exercise regularly

### **3/ Become a person with and for others**

- serve the poor and marginalized regularly
- reach out to the lonely and forgotten in CLC and beyond
- raise greater awareness of justice issues locally, nationally, and globally
- keep up with my studies as a way to develop my gifts for furthering God's kingdom of peace and justice
- live simply so others simply live

Daily habit: Actualize our greatest yet unused power--be the difference that makes the difference in a person's life/day!!!

*What kind of person do I want to become?*

*Who I am is God's gift to me*

*Who I become is my gift to God*