

**WEEK 1**

Cycle 10

Nov. 16.....

**The colloquy is made, properly speaking, as one friend speaks to another, or as a servant to his master: now asking for some grace, now blaming oneself for some misdeed, now communicating one's affairs, and asking some advice.**

*Spiritual Exercises* [54]

The method and materials are the same as for the previous two cycles..

Day 1            Exercise 1

**Grace: I seek the gift of feeling *ashamed and confused* as I consider the effects of sin which so offend my all-loving God, especially as I consider the effects of even *one* serious sin compared to all the sins I have committed.**

Day 2            Exercise 2

**Grace: I ask for deep and intense sorrow for all my sins, even to the point of crying.**

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Day 3            Repetition of Days 1 and 2

**Grace: I ask for deep and intense sorrow for all my sins, even to the point of crying.**

Day 4            Exercise 3

**I ask for deep and intense sorrow for all my sins, even to the point of crying my eyes out.**

Day 5            Exercise 4

**Grace: I ask for deep and intense sorrow for all my sins, even to the point of crying my eyes out.**

Day 6            Repetition of Days 3 and 4

**Grace: I ask for deep and intense sorrow for all my sins, even to the point of crying my eyes out.**

Day 7            Exercise 5

**Grace: I ask to experience in my imagination the anguish, isolation, hopelessness and remorse which is felt in Hell, so that even if for a moment I forget God's love for me, at least the fear of this fate would keep me from sin.**

Sunday is a day for community worship.