

Religion 41G Called to Love, Called to Serve: The Spiritual Exercises in Daily Life

Exercises Week 1

Oct. 28.....

In making the Exercises, I should normally spend one full hour [or however long my director tells me] for each formal prayer period....When I am tempted to cut short [the time], I should recognize the temptation for what it is—the first steps of taking back from God my total gift—and extend the time of prayer for a few minutes beyond the set time. (*Spiritual Exercises* [12])

Please use the same directions as given for the previous cycle.

Please remember that the essence of Repetition is that you re-pray those moments *when you earlier best received the grace* you are seeking.

Day 1 Exercise 1

Day 2 Exercise 2

Day 3 Repetition of Days 1 and 2

Day 4 Exercise 3

Day 5 Exercise 4

Day 6 Repetition of Days 3 and 4

Day 7 Go to the link about James Bolgger in our course section under Week 1; read it. Then, do Exercise 5

Note: On Sunday(s) please do not pray Week 1; rather, attend your church to celebrate Christ's resurrection in your church community.