

**Note: Your Director may choose to invite you to perform one or more of the following. Please do not start performing any of these without your Director's approval.**

### **Week 1 Additions [*Spiritual Exercises 73-86*]**

The purpose of the Additions is to help the retreatant better obtain the grace he is seeking.

#### *Prayer Methods*

1. Just before you go to sleep at night, as you lie in bed, consider for 30 seconds what you'll be praying for tomorrow.
2. As soon as you wake up, do not let your thoughts wander about but focus in on what you will be doing today in your prayer. While you shower and dress, keep in mind the grace that you are seeking.
3. As you enter into the room where you will do each day's prayer, pause at the door and for one minute recall that you are in the presence of a loving God and pray: "Lord, I value you and want you above all. Help me to better dedicate my life to you and to the building up of your kingdom" or some prayer like this.
4. From day to day, change the posture in which you pray: sitting, laying prostrate, laying prone, standing, kneeling. Once you find a position that helps you obtain the grace you seek, keep with that position.
5. After you finish your exercise, you having been spending five minutes or so reflecting on the experience, prior to journaling. If during the exercise, you were receiving the grace, give thanks to God; if you were not receiving the grace, try to figure out why & if you have been negligent or lazy, ask God's pardon and resolve to do better next. If doing this expands your reflection time, this is fine, up to 15 minutes maximum.

#### *Conduct When Not Praying*

6. When you are not praying, you are going about your ordinary life. Although this may be difficult, as much as possible try to avoid times or occasions which give you joy or pleasure. For example, avoid tv, avoid chatting pointlessly with friends, avoid listening to ordinary music, avoid reading simply for pleasure. The idea is to substitute activities which are more closely associated with obtaining the grace you are seeking, for example being alone or reading serious material.
7. When you are alone in your room, whether praying or not, keep the room as dark as is possible given whatever you may be doing.
8. Try to avoid laughter and amusement in your interactions with others. There's no need to flee a fun conversation but try to restrain your own participation.

9. Avoid unnecessary conversation with others. When conversation is necessary, keep your words few without, of course, being rude.

*Penance*

10. Exterior penance is a kind of self-denial in order to acknowledge our sinfulness and to help us depend more and more on God and less and less on things of this world.

The first penance is to eat less food. The goal should be that you should feel hungry most of the time but never to the point of headaches or real desperation for food. Do NOT reduce your water intake.

The second penance is to reduce unnecessary sleep. This would NOT be the sleep you get each night. Rather, it would be “sleeping in” or dozing during the day.

The third penance is to avoid what makes you merely comfortable but is not connected with necessity. For example, taking the car instead of walking or busing; slouching in a chair rather than sitting upright; wearing refined or expensive clothing rather than simple clothing.

AMDG