

10.8.2016

## SEEING GOD IN ALL THINGS

### The Underlying Spirit of the Works of Mercy

We continue discussing the Works of Mercy as part of the declared Year of Mercy. This meeting will address the core underlying principle of the entire body of the Spiritual and Corporal Works of Mercy – Seeing God in all things through a meditative process.

We will explore how St. Ignatius has provided a way to have a daily prayer practice that begins with a daily exercise that is called the Daily Examen. It is five steps that lead one closer to Christ and helps us to correct our paths.

While the Examen is considered a formal examination of the soul or conscience, made usually daily by Jesuits and some other Roman Catholics, it is clearly relevant in today's world. More so, living in today's world and participating in modern culture demands a self-accounting if we are to eventually go to Heaven.



Saint Ignatius of Loyola's  
Vision of Christ and God the Father



#### **DAILY EXAMEN** five steps:

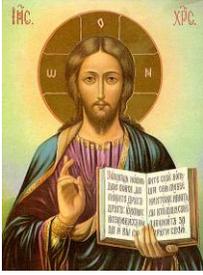
- 1. Become aware of God's presence.**
- 2. Review the day with gratitude.**
- 3. Pay attention to your emotions.**
- 4. Choose one feature of the day and pray from it.**
- 5. Look toward tomorrow.**

The concept of an examination of our lives, our thoughts, our words and what we do; is Core to our Christianity and living a life of excellence. More so, it is central to living a life that is "well lived" and abundant. There is an implied principal that we must give our best to make our world and every life we touch Better Than It Was when we first encountered it.

The goal of today's meeting is to help each man here to build and improve relationships with others in all walks of life and most important of all, with God. You will be given techniques on how to improve and enrich those relationships. You may find the inspired words that will help to fulfill the special Mission Statement that is unique to each man. These strategies will provide useful tools in fulfilling that Mission.

What happens to our lives when we make a shift in our attitude and admit that Jesus is our Savior and invite Him into our heart of hearts? Let us listen attentively to the wisdom found in Holy Scripture, our Catechism and in Modern Comment.

"Holiness does not consist in never having erred or sinned. Holiness increases the capacity for conversion, for repentance, for willingness to start again and, especially, for reconciliation and forgiveness." Pope Benedict XVI



### **Hebrews 4:12-13 – Omnipresent, Omniscient**

Indeed, the word of God is living and effective, sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and thoughts of the heart.

No creature is concealed from him, but everything is naked and exposed to the eyes of him to whom we must render an account.

### **Luke 15:1-7 – God Rejoices**

The tax collectors and sinners were all drawing near to listen to him, but the Pharisees and scribes began to complain, saying, “This man welcomes sinners and eats with them.”

So to them he addressed this parable. “What man among you having a hundred sheep and losing one of them would not leave the ninety-nine in the desert and go after the lost one until he finds it? And when he does find it, he sets it on his shoulders with great joy and, upon his arrival home, he calls together his friends and neighbors and says to them, ‘Rejoice with me because I have found my lost sheep.’

I tell you, in just the same way there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who have no need of repentance.

### **Mark 4:35-41 – Who Calms the Storm**

On that day, as evening drew on, Jesus said to them, “Let us cross to the other side.”

Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him.

A violent squall came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion. They woke him and said to him, “Teacher, do you not care that we are perishing?”

He woke up, rebuked the wind, and said to the sea, “Quiet! Be still!” The wind ceased and there was great calm. Then he asked them, “Why are you terrified? Do you not yet have faith?”

They were filled with great awe and said to one another, “Who then is this whom even wind and sea obey?”

The Gospel of the Lord



### **Catechism**

#### **2447 – Life in Christ**

The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned and burying the dead.



## Modern Comment - SEEING GOD IN ALL THINGS How Can I Pray?

A great way to pray is to look for God's presence in your life. More than 400 years ago St. Ignace Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us. Try this version of St. Ignace's prayer.

1. **Become aware of God's presence.** Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

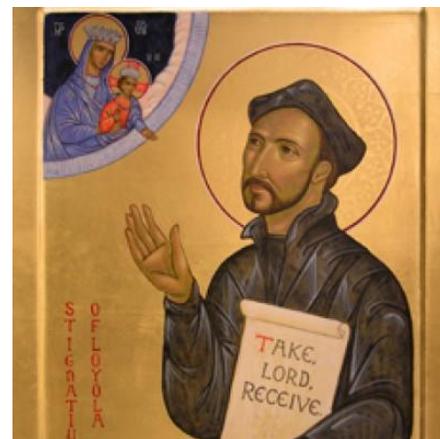
2. **Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

3. **Pay attention to your emotions.** One of St. Ignace's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

4. **Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

5. **Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.





St. Ignatius encouraged people to talk to Jesus like a friend.

End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face.

Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Our Father.

**I Forgive  
You.**  
-GOD

**Questions to Focus on:**

1. After being exposed to the Daily Examen, what elements can you apply to your Daily Prayer Life?

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2. What part of the day might work best for you to do an Examen? St. Ignatius created this recipe for both Morning & Evening. Is that possible?

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3. Of the Five Steps of the Examen, pick one that speaks most clearly to you.

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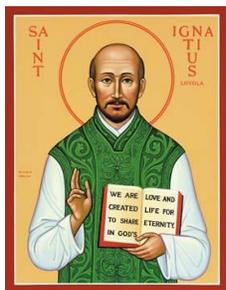
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**Men's Group Calendar**

<b>10/22/2016</b>	Leadership Meeting	8 AM Sacred Heart Library
<b>11/12/2016</b>	<b>Men's Group</b>	<b>7 AM Mass</b>
<b>11/26/2016</b>	Leadership Meeting	8 AM Sacred Heart Library
<b>12/10/2016</b>	<b>Men's Group</b>	<b>7 AM Mass</b>
<b>12/17/2016</b>	Leadership Meeting	8 AM Sacred Heart Library
<b>1/14/2017</b>	<b>Men's Group</b>	<b>7 AM Mass</b>



**A Man who never quits is Never Defeated.**



**Saints** are holy people, just regular human persons who lived extraordinary lives. Saints responded to God's invitation to use their unique gifts. They are teachers and guides for us. God calls each one of us to lead a life of exceptional holiness.

Saint Ignatius converted to Christ in 1521 after living a life that was dedicated to debauchery and selfishness as was normal of a knight in the royal court. His conversion was marked with a desire to repent of his sins with harsh penances and go to Jerusalem to convert Muslims. Later he came to see his mission as helping others meet God and find their place in the divine plan.

However, even after he assembled a small circle of devoted companions in the 1530's, he did not conceive of consolidating them into an Army for Christ. Only in 1539, nearly two decades after his conversion, did the Holy Spirit prompt Ignatius to organize the Society of Jesus.

There were many miracles surrounding St. Ignatius while he was still alive. Even still, he was not canonized until nearly 66 years after his death. His most notable miracles were those that set possessed persons free from demons, raising of the dead and having Flames of Fire hover above his head when he said Mass.

At the time of his death, there were 1,000 Jesuits, a good number of them involved in the 35 schools that had been founded. Twenty-five years later the number of schools rose to 144, and another 35 years after that, it approached 400.

Probably Ignatius most telling legacy is the fundamental philosophy that permeates Civilized Society today: We ought to desire and choose only that which is more conducive to the end for which we are created - to praise, reverence and serve God through serving other human beings.

He prayed:

**Teach us, good Lord, 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 that of knowing that we are doing your will.**

#### **ACTION PLAN**

This week I will do my best to listen to God's will in my life by:

- Creating a daily prayer practice.
- Seeking God in prayer and being quiet in His presence.
- Paying more attention to God's Blessings in my life.
- Asking Jesus for help in becoming a better servant.
- Use Every Moment to see Jesus in all things.

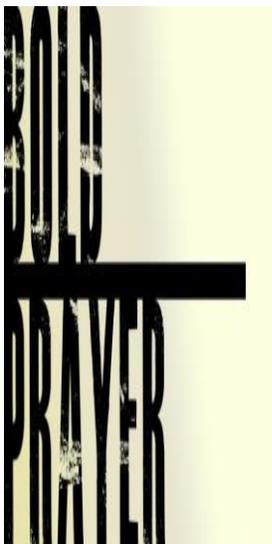
**"The man who sets about making others better is wasting his time, unless he begins with himself"**

St. Ignatius of Loyola – July 31

"Jesus, you are all in all. Open my eyes so that I can see you in all things today."

May God Bless You.

St. Hilary Men's Group



**Lord, God and Savior, by your love you draw me to yourself. Forgive me – the sinner that I am, and fill me with every good thing, not withholding even the gift of your most beloved son. Come dwell in my heart.**

**Send forth your Holy Spirit to guide me in your path. Make me worthy of your love, and teach me how to forgive as you forgave.**

**Thank you for your tender mercies. I ask you to bless my family, friends and those who I meet in my comings and goings. Where there is joy, give them continued joy. Where there is pain or sorrow, give them your peace and mercy. Where there is self-doubt, release in them a renewed confidence. Fill their every need with your Holy Grace.**

**You are indeed my Lord, God and Savior. Amen**

**Omniscience** means God is all-knowing. This means God knows everything, including the past and future. There is nothing God is unaware of.

**Omnipresence** means God is everywhere at the same time. God is distinct from the universe, but inhabits the entirety of it.

### **Examination of Conscience After Communion**

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**Take, O Lord, and receive my entire liberty, my memory, my understanding and my whole will. All that I am and all that I possess, Thou hast given me: I surrender it all to Thee to be disposed of according to Thy will.**

**Give me only Thy love and Thy grace; with these I will be rich enough and will desire nothing more. Amen.**

St. Ignatius

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