



# Who Do You Say That I Am?

## TJP 2023 Lenten Retreat

### Retreat Week One God Sees Potential in Everything

For the first week of this Lenten retreat, Damian introduces the theme of the retreat, *Who Do You Say That I Am?* He breaks open St. Ignatius's strategy of the *Spiritual Exercises* and what was hoped for by someone taking on these *Exercises*. The foundation of the entire retreat is getting to see a little more clearly who God is and who we are in God's eyes. Damian reflects on how God created us in God's image and so knows us immediately before even forming us.

#### Questions for Reflection:

- Right now, today, in this moment, at the start of the retreat, who do I say that I am?
- Our faith life is not lived or experienced in a bubble, who are the people in my life who brought me to where I am today?
- Looking at all of creation, who does God say we are?

#### Suggested Scripture:

- [Ephesians 2:1-10](#)
- [Isaiah 6:1-13](#)
- [Psalm 139](#)

#### Song for Reflection:

- [Who Am I?](#) By NEEDTOBREATHE

Want to share your prayer, your experience of the retreat, or maybe you have a prayer request, feel free to email Damian at [dbotellosj@thejesuitpost.org](mailto:dbotellosj@thejesuitpost.org).