



# Who Do You Say That I Am?

## TJP 2023 Lenten Retreat

### Retreat Week Two God Has Given Gifts!

Damian sets up the retreat by letting us know the focus of these 40-days of Lent will be on the First Week of the *Spiritual Exercises*. And as we begin, we discover that our entire life is a gift in which we have one goal. St. Ignatius posits this goal is also our identity. To help us understand our goal and our identity, Ignatius offers us the Principle and Foundation, which is the mission of our lives. Damian breaks open this Principle and Foundation and offers a suggestion on how we can better identify ourselves with God.

#### Questions for Reflection:

- Who in my life has helped me on my faith journey? Write these names down, slowly and intentionally, see their face in your imagination, recall memories, and give thanks for their presence in your life.
- Who can I invite to join me on my faith journey? Remember, the Principle and Foundation is not about God and me, but rather about God, me, and all of creation. Who, if anyone, would you like to share the road of faith with? And then, maybe, reach out to them.
- Who have you excluded in your life, or, who could you love better in your life? Again, as my theatre professor said, if you want to know who you are, look at the people around you, and also, I would add, look at who isn't around you. Why? Does this say anything about who you are?

### Ignatian Highlights:

- [Principle and Foundation](#)
- [The Examen](#)

### Suggested Scripture:

- [Ephesians 1:3-11](#)
- [Romans 8:35-39](#)
- [Isaiah 49:8-16](#)

### Songs for Reflection:

- [Deliverance](#) by Strahan
- [Your Ways](#) by Salt of the Sound

### Retreat Tips:

- If you desire more information about praying with scripture, read this guide titled, "[Praying with the Scriptures.](#)"
- If you would like a method on how to pray with scripture, take a look at "[Read, Think, Pray, Act: 'Lectio Divina' in Four Easy Steps](#)" by James Martin, S.J.
- Perhaps you would like to try imaginative prayer in the Ignatian tradition, Creighton University Online Ministries offers this how-to, "[Praying with our Imaginations.](#)"
- Maybe you would like to keep a prayer journal and would like some guidance. [Take a look at these brief articles](#) to aid in your journaling journey during this retreat.

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).