



Who Do You Say That I Am?

TJP 2023 Lenten Retreat

Retreat Week Four

I Am A Loved Sinner: Part Two – My Own Sins

In this fourth week of our retreat, we delve into personal sins. After placing sin in its proper context in our history and in our world, we can look how sin affects the humanity of our personhood. And, in looking at our sins, we discover that regardless of what we do, God loves us deeply and unflinchingly anyway.

PRAYER OPTION ONE

- **Read:** [1 John 1:5-2:2](#)
- **Instructions:** After you take some time to read the scripture passage, consider your past sins. Ignatius suggests calling to mind places you have lived, people you have known, and particular occupations in order to facilitate the reflection. The goal here is not to be laden with guilt, but to own the truth that each of us has and does participate in sin. Transformation begins with honesty. And transformation is possible because God readily forgives and desires to help us love better.
- **Conclusion:** Close your prayer time with [Psalm 130](#).

PRAYER OPTION TWO

- **Read:** [Matthew 5:21-24](#)
- **Instructions:** After you've had a chance to read and soak in the words of God, ask God to bring to mind a specific person or people with whom you need to make amends or reconcile. Write a letter. Make a phone call. Meet them in person. Ask God to give you courage, wisdom, and humility to reach out. This might be challenging, and yet, coming to know our shadow selves means we might have to do some repairing of relationships along the way. But do whatever is most comfortable for you. Remember, any and all prayer begins just by showing up. God will do the rest.

PRAYER OPTION THREE

- **Pray:** Take a moment to listen to one (or more) of these songs. Consider what the lyrics are saying. Consider how the music is making you feel, and talk to God about these things.
- **Listen:**
 - [If You Can Hear Me](#) by Ben Rector
 - [Reclaim Your Sheep](#) by Liturgical Folk
 - [Come Ye Sinners](#) by Ordinary Time

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.

