



# Who Do You Say That I Am?

## TJP 2023 Lenten Retreat

### Retreat Week Five My Identity as a Child of God

Looking at our sins can be challenging. When we approach God with our sins, sometimes it can be consoling to bring along our Mother, the Blessed Virgin Mary, and her Son, Jesus. This week's retreat talk breaks open Ignatius's prayer method called the Triple Colloquy, or Conversation, with Mary, Jesus, and God. It is a prayer method that helps us remember we are never alone!

#### **THE TRIPLE COLLOQUY**

Taken and/or adapted from Karen Keen, *The Redwood Center For Spiritual Care and Education* <https://www.ignatianspiritualexercises.com/take-the-retreat/>

#### **The First Colloquy: MARY, OUR MOTHER**

Oh, Blessed Mary, please open my eyes so I can recognize sin clearly. Give me the ability to see and feel the harm caused by it. Fill me with a willingness to change anything that needs to change. Increase my discernment so that I experience a deeper and deeper understanding of my sin and sinfulness.

#### **The Second Colloquy: JESUS**

Jesus, I come to you with Mary, our Mother, by my side, please open my eyes so I can recognize sin clearly. Give me the ability to see and feel the harm caused by it. Fill me with a willingness to change anything that needs to change. Increase my discernment so that I experience a deeper and deeper understanding of my sin and sinfulness.

#### **Pray the Anima Christi ([CLICK HERE FOR THE ANIMA CHRISTI](#))**

The *Anima Christi* is a beautiful prayer to help us give thanks to Christ for His Passion, Death, and Resurrection. This prayer also asks Jesus for the grace to stay close to Him and for His protection against all evil. We also ask Jesus in this prayer to call us to be with Him for all eternity. And as we prepare our colloquy to go to God, this prayer gives us strength and hope, and reminds us of God's Faith and Love in us, and us in God.

### **The Third Colloquy: GOD**

Oh my God, I come to you with Mary, our Mother at one side and Christ Jesus on the other, please open my eyes so I can recognize sin clearly. Give me the ability to see and feel the harm caused by it. Fill me with a willingness to change anything that needs to change. Increase my discernment so that I experience a deeper and deeper understanding of my sin and sinfulness.

At the conclusion of this prayer, take a moment to tune into your heart, to check-in with your interior, to see if God has impressed anything upon you.

Then end this prayer with an *Our Father*.

### **LISTEN**

- [Sabat Mater](#) by Benedictines of Mary, Queen of Apostles
- [Kyrie Elesion](#) by Monks of the Abbey of Notre Dame

**There are no scripture passages suggested this week, but if you would like to reflect on scripture, consider the following:**

- [Judges 6](#)
- [Luke 18:9-14](#)
- [Luke 15](#)

**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).**