



Who Do You Say That I Am?

TJP 2023 Lenten Retreat

Retreat Week Six The Identity Of My Love

In our on-going desire to seek God in all things, the further we can get from discovering the effects of our sinfulness. A pinnacle of the First Week of the Spiritual Exercises, we look deeply into our sins to see God's profound love for us.

THE MEDITATION ON HELL

Ask for the Grace

First, we ask for a grace, this is to help ground us, so that we go with courage knowing this meditation has a purpose, and we ask God to be with us.

The grace we ask for, as David Flemming, SJ, articulates for us:

“I beg for a deep sense of the pain of loss which envelops the damned, so that if I were ever to lose sight of the loving goodness of God, at least [minimally] the fear of such condemnation will keep me from falling into sin.”

Movement One – Read Luke 16:19-31

[Click here to read Luke 16:19-31](#)

After you have said this grace outloud to God, open scripture and read Luke 16:19-31. This parable tells of the relationship, in life and in death, between an unnamed rich man and a poor beggar named Lazarus. Read it slowly and intentionally. **What do you think of this parable?**

Movement Two – Read Luke 16:19-31

[Click here to read Luke 16:19-31](#)

After you have read this parable once through, ask for the grace and read the parable again. This time visualize yourself in the Gospel story. Don't seek intellectual insights — stay with the imagery. Use your senses to see, touch, feel, and hear. **What part of the parable are you drawn to? Which character do you identify with? Or are you a bystander?**

Movement Three – Read Luke 16:19-31

[Click here to read Luke 16:19-31](#)

Once more, after having prayed through the parable, pray with it again. Ask for the grace and then read Luke 16:19-31 one more time. During this read, experience the parable in the role of the character God led you to. **How did you experience this parable when you imagined yourself as a particular character in the story? What did you experience?**

Movement Four – Talk with God

At this point, once you have asked for the grace again, speak with God. Sit, go for a walk, paint or draw, journal, listen to music – whatever activates your heart and your mind – and ask yourself, knowing God is listening and eager to hear you: **What do you feel? How does this parable and your experience of it relate to something in your life today? Take a moment to hear/feel God respond to you. What is God saying to you?**

If you are having a hard time discerning what God's response to you, consider these questions:

- What are you feeling right now?
- What emotions are stirring up within you?
- How does your body feel? Are you relaxed? Edgy? Uncomfortable? Unsettled?
- What thoughts are surfacing for you in your mind and in your heart?
- What could these feelings, emotions, your body, mind and heart, be pointing to in light of this meditation?

Sit with all of these questions for a moment and consider what you're experiencing is God communicating with you.

LISTEN

- [Be Still](#) by The Fray
- [I Need You to Survive](#) by Hezekiah Walker and theLove Fellowship Choir

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.