



Who Do You Say That I Am?

TJP 2023 Lenten Retreat

Retreat Week Eight I Am God's Love

An absolute expression of gratitude to God is to give ourselves completely to God; to seek nothing other than God and God's will for our life. This singular act of making God and God's will central to our lives predisposes us to give everything good to those around us in the way God calls us to give. Love given is only possible by love received. Love received enables a deeper and more complete ability to give without reserve.

THE CONTEMPLATION ON GOD'S LOVE

Adapted from My Catholic Life: A Journey of Personal Conversion!

1. First, **see yourself standing before the throne of God with the angels and saints as they pray for you.**
2. Second, **make a petition** such as this: *Loving and Merciful God, give me the single grace to see all the good that I have been given. As I see, help me to understand all that You have bestowed upon me so that I may be filled with the deepest of gratitude, and be so moved by Your love that I desire only to love You in return, to serve Your divine will in all things, and for Your greater glory. Amen.*
3. Using your mind and your heart, **recall all that God has given to you:** your creation, redemption, mercy, relationships, and every skill, talent, and blessing unique to you and your life. Ponder these in gratitude. Ponder, especially, how God wants to give God's very self to you as a gift.
4. Now consider what sort of return you must give to God for all that God bestowed upon you. Consider that you owe God everything, and pray the *Suscipe*. [CLICK HERE FOR THE SUSCIPE PRAYER.](#)

5. Next, **contemplate the truth that God dwells in all things**. Consider how God dwells in the natural world and sustains its plants, animals, insects, weather, and so on. Consider the various and different ways God dwells in each of those creations.
6. **Contemplate now how God especially dwells in you**. God's indwelling gives life, emotions, feelings, intellect, will and all that makes you who you are.
7. Return to the *Suscipe* and consider what sort of a return you are to make to God for all of these gifts. [CLICK HERE FOR THE SUSCIPE PRAYER.](#)
8. This time, **contemplate how God actively works in you and for you**. God is not distant or idle. God is active in you. As you consider the divine actions of God in your life, throughout your life, allow gratitude to grow.
9. Return again to the *Suscipe* and call to mind all that you must return to God as a result of the divine work GOD has done and is doing in your soul. [CLICK HERE FOR THE SUSCIPE PRAYER.](#)
10. Lastly, **consider the divine attributes** such as Goodness, Justice, Mercy, etc. See them as rays shining forth from Heaven. See them shining on you and grow even more deeply in gratitude for these divine attributes in your life.
11. Make a final return to the *Suscipe*. Attempt to pray this prayer in the deepest and most selfless way you have ever prayed it. [CLICK HERE FOR THE SUSCIPE PRAYER.](#)

SCRIPTURE

If you would like to pray with scripture, consider the following:

- [1 John 4:7-21](#)
- [Romans 8:31-39](#)
- [Colossians 3:5-17](#)

LISTEN

- [Take, O Lord, And Receive](#) by Lorraine Hess
- [With Every Act of Love](#) by Jason Gray
- [All My Praise](#) by Ryan Ellis

TJP LENTEN RETREAT 2023 PLAYLIST

- [YouTube Playlist](#)
- [Spotify Playlist](#)

WHO DO YOU SAY I AM?

I am one of God's beautiful and intentional creations, given everything in freedom and in love by God. And though I am a sinner I know I am loved by God. I am invited into God's mercy, compassion, and forgiveness in such a way that I never want to lose sight of God's loving goodness, which causes me to move from my head, to my heart, to my feet – all of me working together – because I know love given is only possible by love received. And, love received enables a deeper and more complete ability to give without reserve.

And I pray [the Suscipe prayer](#) to help me realize my identity more and more each day.

Want to share the graces of the retreat, or maybe your experience of the retreat, or perhaps you have a prayer request, feel free to email Damian at dbotellosj@thejesuitpost.org.