

Soul Project: Waking Up to God's Presence With You at All Times Spiritual Formation, Mr. Farrelly

Name: _____

Intro

As we've been learning more about and entering into the Incarnational/Sacramental Tradition, we have been learning that this perspective argues that there ought *not* be any dichotomy between what is spiritual and what is physical. The physical is to be the means of communion with God. We are to live in a world that is transparent, or "hyperlinked" to Him. In the words of Wendell Berry in "How to Be A Poet", "there are no un-sacred places; only sacred and desecrated places." What would it be like to "wake up" to the sacredness of all of life? Of every moment?

Perhaps we think of Jacob's exclamation, "Surely God is in this place and *I did not know it!*" (Gen.28). Do we "know" where we are, what we are doing, and why we are doing it? Are we able to be truly present to life, inhabit each moment of each day more?

If the Apostle Paul invites us to "pray without ceasing" (1 Thess. 5:17), and all places and moments are potential places to meet God ("Behold, now is the time, today is the day of salvation!" - 2 Cor. 6:2), could there be moments that we have just "walked by" and not caught a glimpse of *God with us*?

This Soul Project is one in which we are going to attempt to make a concerted effort to grow more self-aware of the moments that we inhabit in our days. Are we "going through the motions" and *mindlessly* going along, or can we *slow down* and grow more and more *aware* that God is with us. Can we *remember God with us in greater measure*? If we do, then perhaps we can draw even a little closer to what it is LIKE to "pray without ceasing."

What to Expect

We will be doing something of what those in the Ignatian Spiritual Tradition call the **Examen**. The Ignatian tradition is named after Ignatius of Loyola [1491-1556], a Spanish knight who converts, becomes a priest, and starts the Ignatian Order, also known as the Jesuits. The examen is an "examination" of one's conscience over the course of that day, looking back over what one has done well (for example, we didn't speak that word of insult when someone bumped into us), or when one has not done well (maybe we *did* speak that unkind word). But more than this, it is also a time **to consider where God was present in our lives - where we felt closest to Him. And it is about getting in touch with those moments so that we can be more alert or aware of God's presence with us in the future moments of our days.**

To do this, Ignatius helps us by giving us the language of "consolation" and "desolation." He has recognized these as states in the soul or heart in which we have peace and rest in God (consolation), and then there are times when we have inner agitation, unrest, perplexity (desolation). Consolation comes from the Holy Spirit (also called the "comforter", and remember that Jesus said, "My *peace* I give you, my peace I leave with you, be not afraid."). While we want to strive to rest in God and experience his consolation, sometimes we do experience desolation of soul, which can be from the enemy, but sometimes, if we are walking in sin, can be from God. God always wants to bring us, ultimately, to consolation: to where we know what it is like to be "hidden with Christ in God." Nothing can take away our peace when we are *with God*.

<https://soundcloud.com/pray-as-you-go/sets/examens>



Daily Examen

-God, I believe that at this quiet moment I am in Your presence and You are now loving me. Come Holy Spirit.

-God, I acknowledge Your love for me in the various gifts for which I am very grateful. Thanks be to God.

-God, help me now to review the events of this day in order to recognize you in all parts of my life. Lord, I want to see.

-God, please forgive the times I have fallen short, and strengthen my attempts to follow You. Lord, have mercy.

-God, enlighten me so that my future choices praise, reverence, and serve You above all else. Show me your way.

-Conclude with the Lord's Prayer