

MOVEMENTS 3: ALL IS GIFT

Petitionary Prayer: *I pray for the following graces: to be more aware of how God loves and has loved me; how He is and was near, to trust in God's personal care for me now and always.*

Prayer 1. Read Psalm 139.

For the leader. A psalm of David. I LORD, you have probed me, you know me:
you know when I sit and stand; you understand my thoughts from afar.
My travels and my rest you mark; with all my ways you are familiar.
Even before a word is on my tongue, LORD, you know it all.
Behind and before you encircle me and rest your hand upon me.
Such knowledge is beyond me, far too lofty for me to reach.
Where can I hide from your spirit? From your presence, where can I flee?
If I ascend to the heavens, you are there; if I lie down in Sheol, you are there too.
If I fly with the wings of dawn and alight beyond the sea,
Even there your hand will guide me, your right hand hold me fast.
If I say, "Surely darkness shall hide me, and night shall be my light" -
Darkness is not dark for you, and night shines as the day. Darkness and light are but one.
You formed my inmost being; you knit me in my mother's womb.
I praise you, so wonderfully you made me; wonderful are your works! My very self you knew;
my bones were not hidden from you, When I was being made in secret, fashioned as in the
depths of the earth.
Your eyes foresaw my actions; in your book all are written down; my days were shaped,
before one came to be.
How precious to me are your designs, O God; how vast the sum of them!
Were I to count, they would outnumber the sands; to finish, I would need eternity.
If only you would destroy the wicked, O God, and the bloodthirsty would depart from me!
Deceitfully they invoke your name; your foes swear faithless oaths.
Do I not hate, LORD, those who hate you? Those who rise against you, do I not loathe?
With fierce hatred I hate them, enemies I count as my own.
Probe me, God, know my heart; try me, know my concerns.
See if my way is crooked, then lead me in the ancient paths.

Review Praying with my Blessed History

<https://www.ignatianretreats.org/post/praying-with-our-blessed-history>

For Reflection: Make a list of 10-12 formative experiences in your life (either positive and/or negative). Bring one experience to prayer. What experience am I drawn to pray with first? How do I notice God's activity and guiding hand in this experience? What did I want from God during this event in my life?

Prayer 2. Repetition: Read Psalm 139. Select another experience and bring it to prayer.

For Reflection: Ask God to reveal to you His presence during this time in your life. How did I experience God's presence then? What do I notice about God's care for me? What do I want to say to God?

Prayer 3. Repetition: Read Psalm 139. Select another experience and bring it to prayer.

For Reflection: How has my image of God changed as I prayed with my blessed history? How has God affirmed His love and care for me through this experience?

Prayer 4. Repetition: Read Psalm 139. Select another experience and bring it to prayer.

For Reflection: *All is a gift.* We are a gift from God, created with a beautiful soul/body with talents, aptitudes, and limitations, born at a certain time in history, given to our parents. What perceptions did I have about God that have changed? What beliefs did I have about myself that changed now?

Prayer 5. 1 Jn 4:7-19 (We love because He loved us first)

Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love. In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him. In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins. Beloved, if God so loved us, we also must love one another. No one has ever seen God. Yet, if we love one another, God remains in us, and his love is brought to perfection in us. This is how we know that we remain in him and he in us, that he has given us of his Spirit. Moreover, we have seen and testify that the Father sent his Son as savior of the world. Whoever acknowledges that Jesus is the Son of God, God remains in him and he in God. We have come to know and to believe in the love God has for us. God is love, and whoever remains in love remains in God and God in him. In this is love brought to perfection among us, that we have confidence on the day of judgment because as he is, so are we in this world. There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love. We love because he first loved us.

For Reflection: What words of John speak to my heart? How might God be inviting me to greater love for Him and for others as His beloved?

Prayer 6. Repetition: Select from the previous scriptures to pray with again. Choose from those that brought movements in prayer. Consolations: being lifted up, felt presence of God. Desolations: struggle, dryness, uncomfortable, a felt sense of a distance from God.

For Reflection: What thoughts, images, memories, or emotions spring forth from within me? Where have I seen God's continuing creativity within my life?

Prayer Period Gathering the Graces: Review and savor God's gifts to you. Make notes for sharing with your spiritual director or your faith-sharing group.

Additional Scripture:

Ps 103: 1-8 (God fills your days with good things)

James 1:1-25 (Consider it all joy)

Psalm 77: 12-16a (I remember Your deeds)