

Day of Silence

Reflection I: God's Gift to Me

What I seek

I beg for the gift of an intimate knowledge of all the blessings God has freely given to me. Filled with gratitude, I want to be empowered to respond just as totally in my love for and service of God.

Theme

Love ought to show itself in deeds over and above words. Love consists in a mutual sharing of goods. For example, a lover gives and shares with the beloved something of her personal gifts or some possession which she has or is able to give; so, too, the beloved shares with the lover. In this way, one who has knowledge shares it with someone who does not, and this is true for honor, riches, and so on. In love, one always wants to give to the other.

God creates me out of love, which desires nothing more than a return of love on my part. So much does God love me, that even though I take myself away from God, God continues to be my savior and Redeemer. [Spiritual exercises 230, 234, part I]

Scripture suggestions

- Psalm 104
- Wisdom 11:21-27
- Psalm 139

Closing Prayer

**Dear God,
Teach me true generosity,
 Teach me to serve as you deserve.
To give without the counting cost,
 To fight heedless of the wounds,
To labor without seeking rest,
 To sacrifice myself without thought of reward
Save the knowledge that I have done your will.
 Amen**

Attributed to St. Ignatius Loyola

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Reflection II: Take, Lord, and Receive

What I seek

I ask for an intimate knowledge of the many gifts and talents I have received; that filled with gratitude for all, I may freely give of myself to God and God's people.

Theme

What could I give in return for such a lover? Moved by love, I may want to express my won love-response in the following words

Take, Lord, and receive all my liberty, my memory understanding, and my entire will.

All that I have and call my own.

You have given it all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace. That is enough for me. [Spiritual exercises 234, part ii]

Scripture Suggestions

- Luke 1:26-56
- Philippians 2:1-11
- Matthew 25:31-46

Closing Prayer

Jesus, Join My Life to yours

I want to unite my life to your life,

My thoughts to your thoughts,

My affections to your affections,

My heart to your heart,

My words to your words,

My whole self to your self,

In order to become through this union,

More holy and more pleasing in the sight of God

And in order to make my life

More worthy of your grace

And of the reward of eternity.

Amen.

Jean – Pierre Medaille, SJ

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Reflection III: God Labors for Me

What I seek

I ask for an intimate knowledge of the many experiences of God's Grace working in my life; that filled with gratitude, I may in all things love and labor for God's reign.

Theme

God loves me so much that he enters into the very struggle of life. Like a potter with clay, or like a mother in childbirth, God labors to share his life and his love. His labors take him even to crucifixion in order to bring forth the life of the Resurrection.

[Spiritual exercises 237, part i]

Scripture suggestions

- Luke 15:11-32
- Jeremiah 31
- Isaiah 42:1-7

Closing Prayer

I turn to Jesus, hanging on the cross, and I talk with him.

**I ask how can it be that the Creator
should have some from the infinite reaches of eternity
to this death here on earth, so that he could die to conquer
sin.**

And then I reflect upon myself, and ask:

*What have I done for Christ?
What am I doing for Christ?
What ought I do for Christ?*

...And I talk with Jesus like a friend.

St. Ignatius

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Reflection IV: God as Giver and Gift

What I seek

I ask for this gift: that I may be able to hear Jesus when he calls and that I may be ready and willing to do what he asks. I beg further for the gift of companionship with Jesus such that my awareness of him will become more profound, my experience of his love will become more intense, my union with his saving mission will be daily more intimate.

Theme

The love of God shines down upon me like the light rays from the sun, or his love is poured forth lavishly like a fountain spilling forth in its waters into an unending stream. Just as I see the sun in its rays and the fountain in its waters, so God pours forth himself in all the gifts which he showers upon me. His delight and his joy are to be with men and women, and to be with me, ever calling me to a fuller and better life.

[Spiritual exercises 237, part ii]

Scripture suggestions:

Christ's Call

- Luke 19:1-9
- Romans 8
- Psalm 72

Closing Prayer

More than ever, I now find myself in the hands of God. This is what I have wanted all my life, from my youth. And this is still the one thing I want. But now there is a difference: the initiative is entirely with God. It is indeed a profound spiritual experience to know and feel myself so totally in the hands of God.

From a message from Pedro Arrupe to the Society of Jesus during his illness, September 3, 1983.

**Nothing is more practical than finding God, that is, than falling in love in a quite absolute, final way.
What you are in love with, what seizes your imagination will affect everything.**

It will decide what will get you out of bed in the morning, what you will do with your evenings, how you spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude.

Fall in love, stay in love, and it will decide everything.

Fr. Pedro Arrupe SJ

Superior General of the Society of Jesus 1965-1981