

TRUE NORTH

Anchored in God

Module 2, Video 4



North Star Quote:

“We are always falling in love or quarreling, looking for jobs or fearing to lose them, getting ill and recovering, following public affairs. If we let ourselves, we shall always be waiting for some distraction or other to end before we can really get down to our work. The only people who achieve much are those who want knowledge so badly that they seek it while the conditions are still unfavorable. Favorable conditions never come.” -C.S. Lewis, *The Weight of Glory*

Choose a new way to pray today from the list below. If you can make it to an Adoration chapel and pray with the Lord, bonus!

Ignatian Meditation Adapted by Stacey Sumereau, drawn from the Spiritual Exercises (Please note: Although this meditation has been extracted and shortened from the full 30-day retreat intended by St. Ignatius, it is the intent and will of the adaptor only to make the meditation accessible and provide spiritual benefit for those who are new to the Exercises.)

- ***Preparatory Prayer:*** Take, Lord, and receive all my liberty, my memory, my intellect, and all my will -- all that I have and possess. Thou gavest it to me: to Thee, Lord, I return it! All is Thine, dispose of it according to all Thy will. Give me Thy love and grace, for this is enough for me.
- ***Meditations on The Trinity’s Endeavor to Save the World and the Annunciation***
 1. Spend a few minutes imagining the Trinity viewing creation and the hopelessness of humanity’s state. Imagine, “how the Three Divine Persons looked at all the plain or circuit of all the world, full of men, and how, seeing that all were going down to Hell, it is determined in their Eternity, that the Second Person shall become man to save the human race, and so, the fullness of times being come, they sent the Angel St. Gabriel to Our Lady.” They determined to give of themselves in order to save us.
 2. Read Luke 1:26-38 then imagine seeing the place: “here it will be to see the great capacity and circuit of the world, in which are so many and such different people: then likewise, in particular, the house and rooms of Our Lady in the city of Nazareth, in the Province of Galilee.”
 3. As you pray through both steps, experience them with all senses: “See the persons with the sight of the imagination, meditating and contemplating in particular the details about them and drawing some profit from the sight. Hear with the hearing what they are, or might be, talking about. Smell and taste the infinite fragrance and sweetness of the Divinity, of the soul, and of its virtues, and of all, according to the person who is being contemplated; reflecting on oneself and drawing profit from it. Touch with the touch, as for instance, to embrace and kiss the places where such persons put their feet and sit.”
- ***Colloquy (Conversation with God)*** In your own words, “ask for what I want: it will be to ask for interior knowledge of the Lord, who for me has become man, that I may more love and follow Him.” After fully contemplating the goodness of God, speak to him from the honesty of your heart’s response.
- ***Finish with an Our Father***

Inviting Jesus into Your Day

Invite Jesus into whatever activity you plan to do today. Talk to him and listen for him. If you can, do something special that you enjoy and invite him along: a walk, your favorite dinner, a movie, or journaling. He has surprises in store for those who look out for his presence.

Conversation starter: One of my favorite questions to ask Jesus about anything, “what do you think?” Sometimes the answer will surprise you!