



A COLLABORATIVE EFFORT BETWEEN OFFICE OF IGNATIAN
SPIRITUALITY AND IGNATIAN SPIRITUALITY PROGRAM IN DENVER.

*Be
Longing*

DIRECTED BY

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**LENTEN
JOURNEY
2023**



*Be
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DATE

Tuesday
March 21 -
Saturday
March 25

TIME

6:30 - 8:00 PM
Mountain Time
US/Canada
[Denver,
Colorado]

**LENTEN
JOURNEY
2023**

Reflection Journal

Name

Country

City

Day 1

Restlessness



Day 1 **OPENING PRAYER**

Patty Let us begin our prayer together

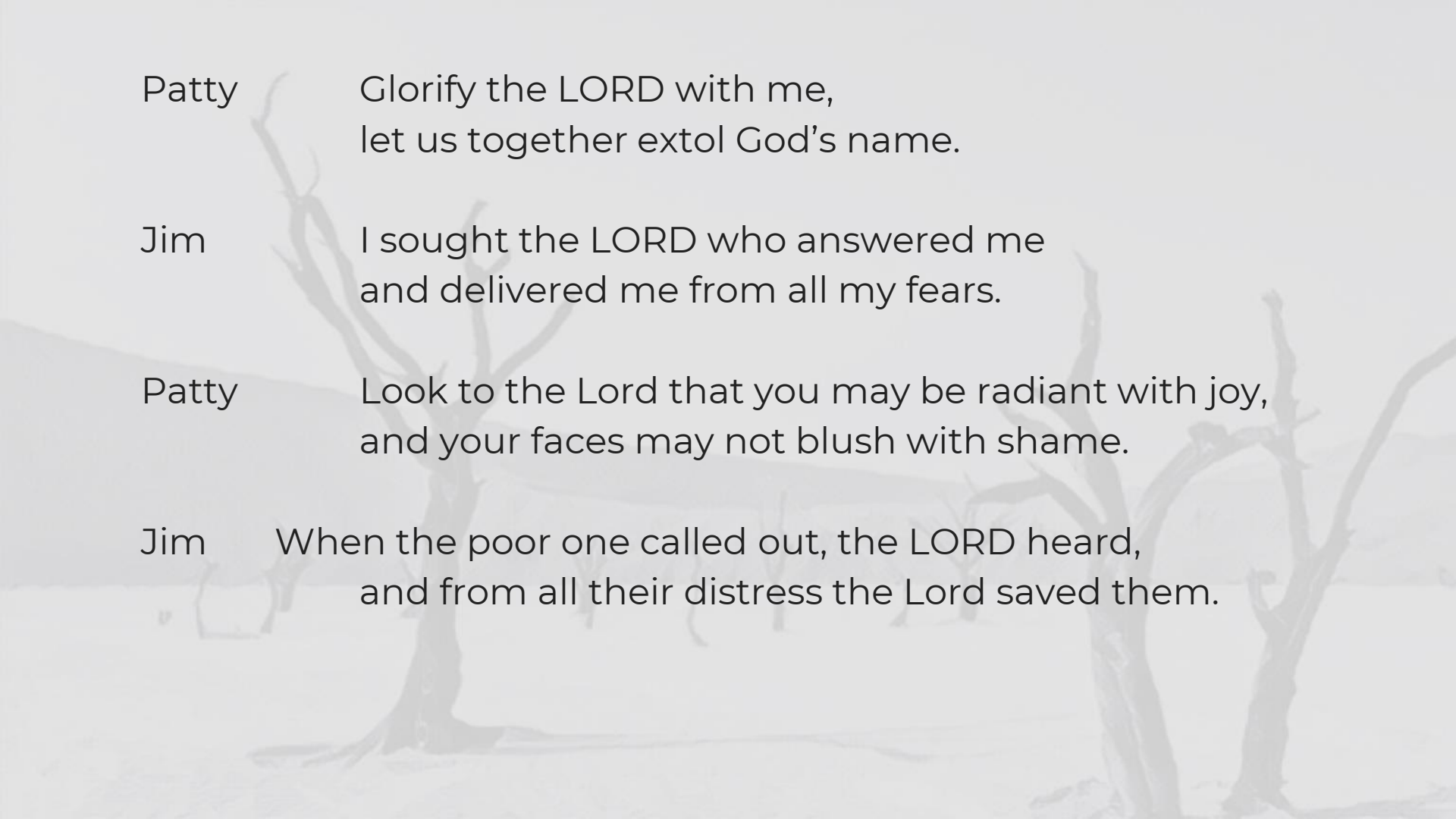
Jim In the name of the Father, and of the Son and of the Holy Spirit.

Patty God, come to my assistance.

Jim Lord, make haste to help me.

Patty Glory to the Father, and to the Son, and to the Holy Spirit;

Jim As it was in the beginning, is now, and will be forever.
Amen.

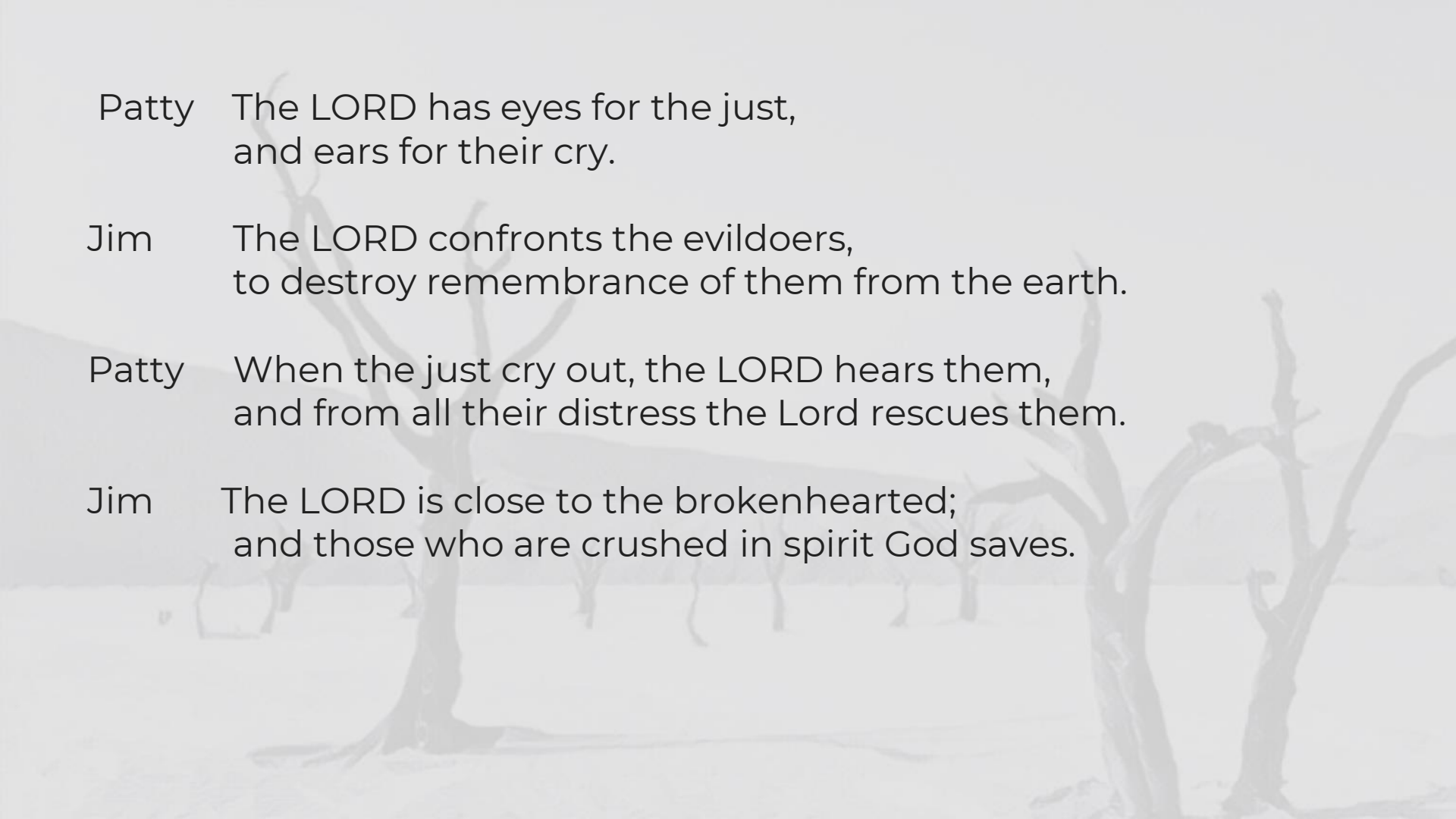


Patty Glorify the LORD with me,
let us together extol God's name.

Jim I sought the LORD who answered me
and delivered me from all my fears.

Patty Look to the Lord that you may be radiant with joy,
and your faces may not blush with shame.

Jim When the poor one called out, the LORD heard,
and from all their distress the Lord saved them.



Patty The LORD has eyes for the just,
and ears for their cry.

Jim The LORD confronts the evildoers,
to destroy remembrance of them from the earth.

Patty When the just cry out, the LORD hears them,
and from all their distress the Lord rescues them.

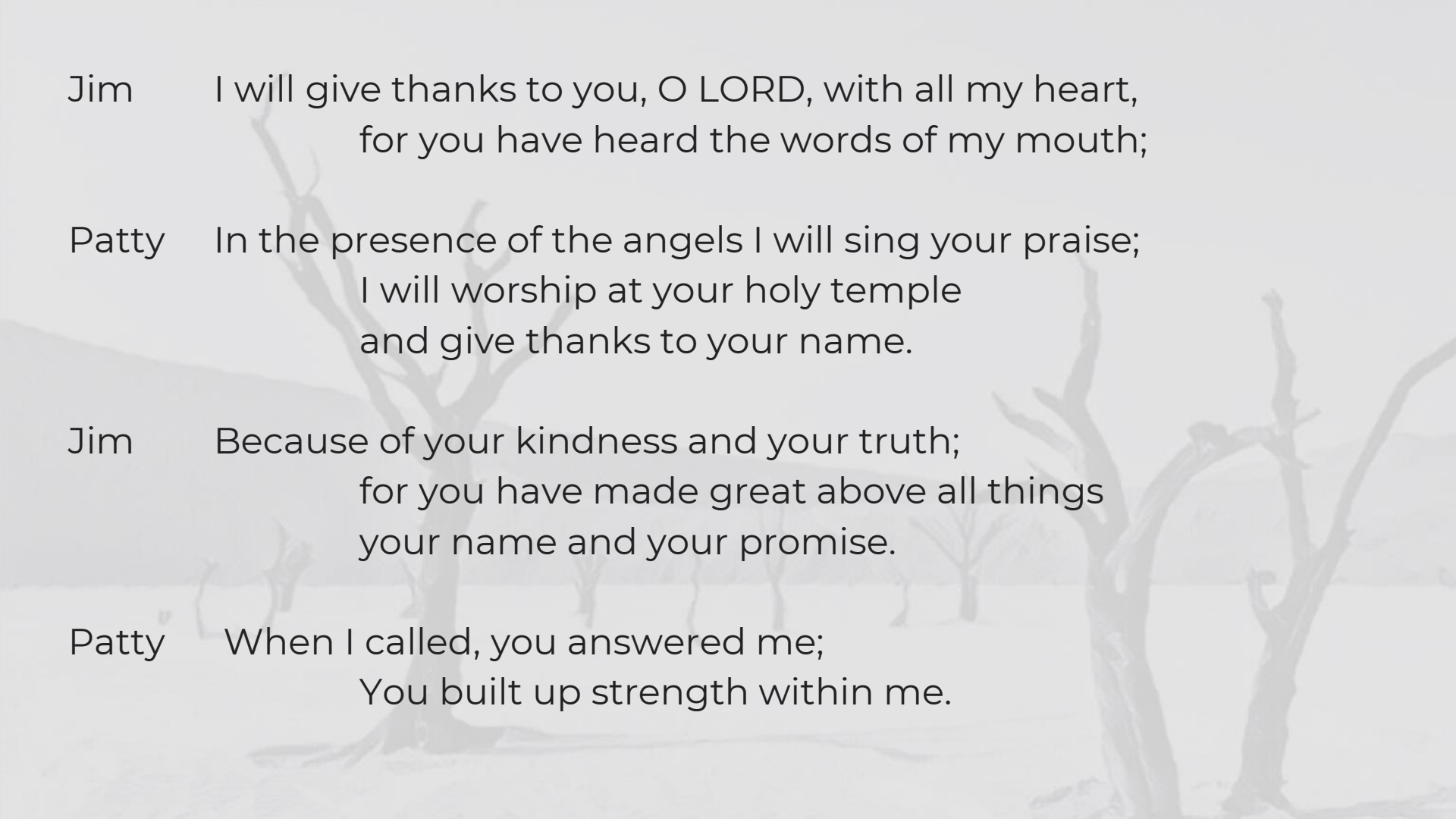
Jim The LORD is close to the brokenhearted;
and those who are crushed in spirit God saves.



Patty Glory be to the Father, and to the Son, and to the Holy Spirit

Jim As it was in the beginning, is now, and will be forever. Amen.

Pause

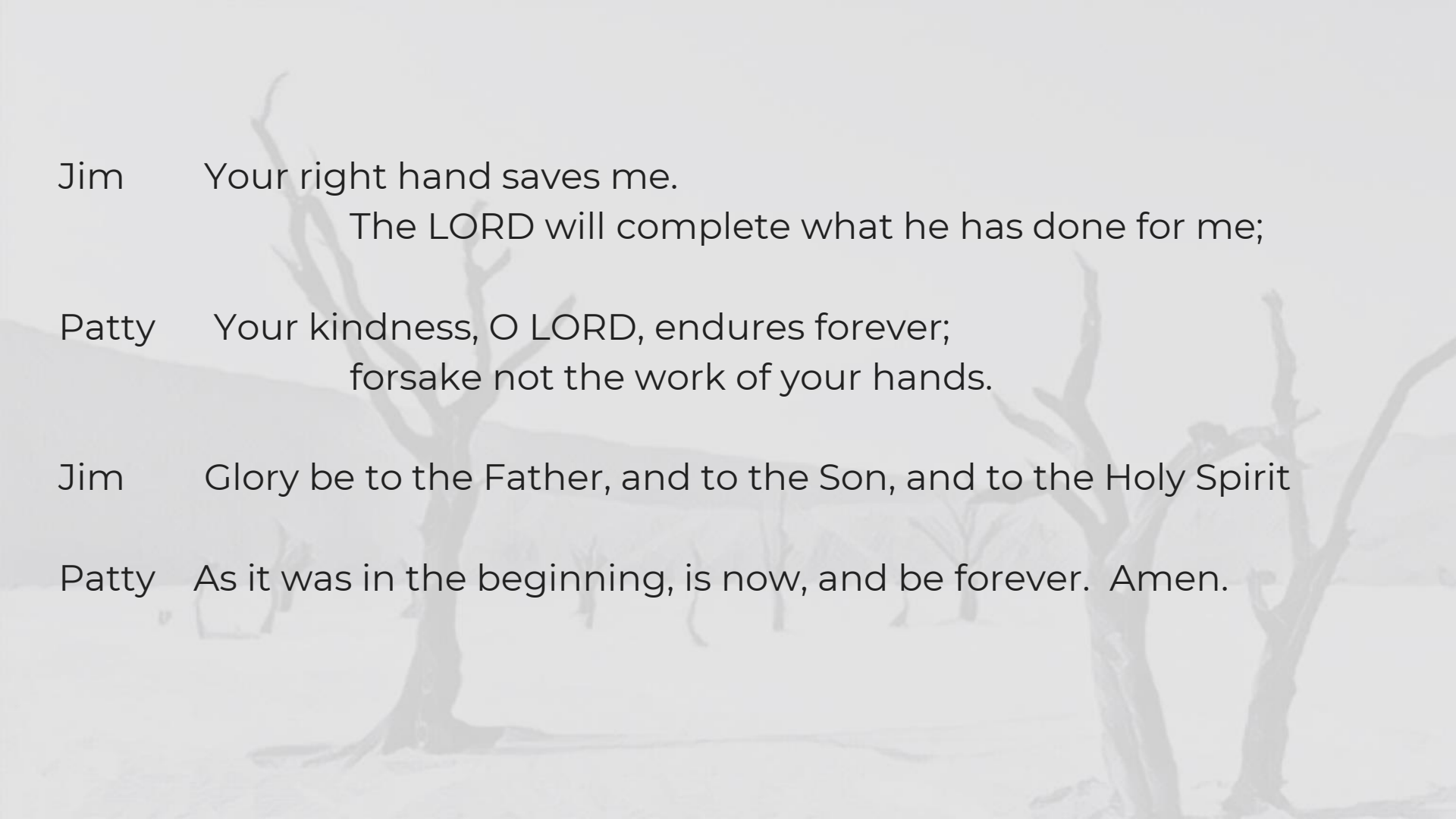


Jim I will give thanks to you, O LORD, with all my heart,
for you have heard the words of my mouth;

Patty In the presence of the angels I will sing your praise;
I will worship at your holy temple
and give thanks to your name.

Jim Because of your kindness and your truth;
for you have made great above all things
your name and your promise.

Patty When I called, you answered me;
You built up strength within me.



Jim Your right hand saves me.
The LORD will complete what he has done for me;

Patty Your kindness, O LORD, endures forever;
forsake not the work of your hands.

Jim Glory be to the Father, and to the Son, and to the Holy Spirit

Patty As it was in the beginning, is now, and be forever. Amen.


Patty Let's listen to the Words of God

Jim Brothers and sisters:

We are ambassadors for Christ, as if God were appealing through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him.

Patty Working together, then, we appeal to you not to receive the grace of God in vain. For the Lord says:

*In an acceptable time I heard you,
and on the day of salvation I helped you.*



Jim Behold, **NOW** is a very acceptable time;
Behold, **NOW** is the day of salvation.

Silence for personal reflection

CONCLUDING PRAYER

Patty Dear Jesus,

Jim From the beginning of time

Patty You have known us

Jim You have known us in the depths of our dreams

Patty And in the darkness of our shame,

Jim You know us as your beloved.

CONCLUDING PRAYER

Patty In this season of repentance and mercy

Jim Help us to own that core identity more and more

Patty Give us the rock-solid assurance of your unwavering faith in us

Jim As we seek the same in you.

Patty Amen.

CONCLUDING PRAYER

Patty In this season of repentance and mercy

Jim Help us to own that core identity more and more

Patty Give us the rock-solid assurance of your unwavering faith in us

Jim As we seek the same in you.

Patty Amen.

A grayscale illustration of a desolate landscape. In the foreground, two large, gnarled, leafless trees stand prominently. The ground is a flat, light-colored expanse. In the background, a range of low, rolling mountains or hills stretches across the horizon under a pale, overcast sky. The overall mood is one of emptiness and decay.

BENEDICTION

GRACE TO ASK FOR

Courage to enter into silence, solitude
with Jesus

Awareness of my distractions and
wounds

Open and honest before God with Jesus

SCRIPTURES

Matthew 4: 1 - 11

Romans 8: 28 - 37

Psalm 86

QUESTIONS FOR INDIVIDUAL EXERCISES

1. What are the sources of some of my restlessness?
1. What has been the experience of my desert in this Lenten thus far?
1. As I've prayed with Jesus in the desert, how does God seem to respond?

