



The Ignatian Way I

Week 2

Go deeper in life – Living in the Presence of God

In preparation for this session, listen to the [Week 2 podcast](#) and read the extract from [James Martin, *The Jesuit Guide to \(Almost\) Everything* \(HarperCollins, 2010\) pp.50-56.](#)

Further material for reflection

1. How do you respond to Ignatius' insight that God speaks to us directly and personally? To what extent has this been part of your experience in life?
2. James Martin gives examples of 'heartfelt moments' on pages 55 & 56, describing them as giving real connection to God. What examples of this emerge as you reflect upon your life?

Suggested exercise

- Sit quietly for 10-15 minutes and think back over the last twenty-four hours.
- For what moment do you feel most grateful?
- For what moment do you feel least grateful?
- In whatever way feels most natural to you (words, a gesture, an artistic expression, a particular action) offer thanksgiving and gratitude to God and to request God's help wherever you need it.

If you'd like to:

Do this exercise for a few days in a row. At the end of these few days, reflect on whether a pattern has emerged for you as to what draws your attention each day.