



# The Ignatian Way I

## Week 4

### Stay in life – Contemplation in Action

In preparation for this session, listen to the [Week 4 podcast](#) and read [Philip McParland, A Contemplative Path for All](#), in *The Way* 56/2.

#### Further material for reflection

1. What is your response to the idea that the reflective/contemplative life is ‘not all passivity. It involves action – practical action’?
2. Where in other people, or in your own experience, have you seen prayer and reflection leading to practical action?

#### Suggested exercise - Who is my neighbour?

- Spend some time reflecting on the people you have encountered over the last week, and ask yourself: where have I caught a glimpse of God in another human face? In the eyes of a friend, a family member, work colleague or stranger? A baby or toddler viewing the world with freshness and wonder, a homeless person with eyes of sadness or hope, a teenager full of eagerness for justice or life, an elderly person longing for connection? Allow the faces to come to you, and notice what ideas and feelings emerge – as you acknowledge this reflection of God in the people you have seen.
- Ask God to show you God’s perspective on you and the people you have encountered.
- Bring the exercise to a close by responding in whatever way feels appropriate - perhaps with thanks, praise, requests, or entrusting people to God’s loving care.