GRACE BUILDS UPON GRACE

	DISPOSITION DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
ESSENCE	ATTRACTION TO GOD Foundational experience of Love Introduction to Ignatian prayer Getting exercise fit Awakening desire Creating space, forming prayer habits	AWARENESS: Desire to be truthful/naked Loved Sinner / Sinner loved by God God's mercy - human sinfulness God's love is activve in and for me I've fallen short: Confession, Fasting Gratitude, Wonder: God still loves even… Purgutory - Purple/Dark Colours	DOING TOGETHER: Generative friendship Getting to know Jesus' mission Know and serve Jesus: Human incarnation Deeper freedom of inordinate attachm Sense of call (response) Desire to be part - how do I fit? Illumination - Green	REMAIN TOGETHER THROUGH PAIN Present to the Passion Cost of Discipleship Mutuality - sharing of pain Testing choices' A friend to JC in suffering and death Union - Red	MY BELOVED LIVES ON - JOYFUL LIFE Joy of Christ Christ the Consoler Gratitude Desire to serve Response Holy Spirit Union - White/Gold	Way of Life Being sent Friendship God active in all things
GRACES	Disposition Days: To recall and re-experince, or to experience for the first time, a foundational experience of God's unconditional love for me Principal+Foundation: To seek God, to deepen my relationship with God, to desire to remove all that blocks me from attaining the end for which I have been created	1EXX: Shame+confusion before God's goodness which protects me 2EXX: Intense sorrow for my sins, awareness, thanksgiving of God's love 3EXX: deep knowledge own sin 4EXX: recognition of patterns of sin 5EXX: interior sense of pain, recognition of own disordered affections, gratitude to God for saving me	I ask for the grace to know Jesus intimately, to love him more intensely, and so to follow him more closely. To ask for what I desire: a deep-felt knowledge of God becoming human for me so that I might love Jesus more and follow his spirit more closely	To ask for what I desire - sorrow with Jesus in sorrow, tears and deep grief because of the great affliction that Jesus endures for me	To ask for what I desire - a deep interior joy because Jesus, now Lord, is filled with glory and Joy, and a deeper appreciation of how Jesus is present to me in my daily living	
MOVEMENTS AND KEY EXERCISES	Life story PRINCIPAL+FOUNDATION	1 EXX - Angels - Adam - Person hell 2 EXX - Pers sin - Bound 3+4 Repeat 5EXX Hell Speaking to Christ on the Cross CALL OF THE KING	Incarnation Nativity Hidden life 2 Standards [136] 3 type persons [149] 3 humilities Public life Tripple Colloque Clarity on Way of Life Depth relationship Greater Freedom	Last supper Agony Garden The Passion Deeper intimacy Confirming call	Meeting Mary Contemplation on Divine Love Take and Receive CONTEMPLATIO LOVE	