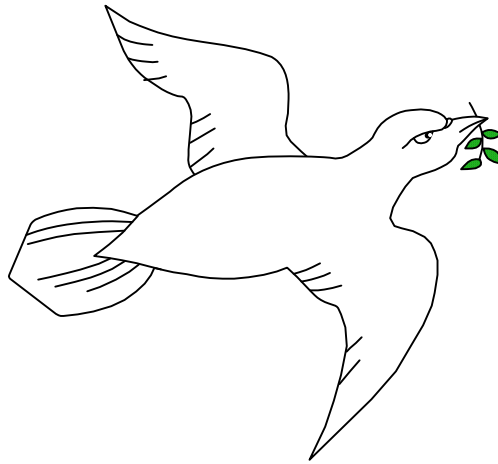


## DEMONTREVILLE RETREAT WEEKEND



Blessed with the Peace of God

### FRIDAY EVENING

*Graces of the "first Week" of the Spiritual Exercises – a review for the day*

1. **An experience of God as just and right, and at the same time as tenderly merciful**
2. **Sorrow, not sadness, and grief for the helplessness of humankind.**
3. **Owning, naming my own sins and the dynamics in my personality that underlie them.**
4. **Feeling the utter brokenness in humanity; how we wreak havoc on ourselves.**
5. **Feeling interiorly my powerlessness and humankind's utter helplessness.**
6. **Humility: I do and will sin; I will suffer for that; I am cherished by God because of who He is.**
7. **A chosen stance before God: You are just, O Lord, and I am utterly your making and sinful before your eyes.**
8. **Gratitude and a liberating sense that life is not an achievement, but a gift.**
9. **A general but strong sense that I want God to go ahead and finish his work in me; and that I want to come closer to God, no matter what that will require.**
10. **A desire to know God more, and (very commonly) to get closer to Jesus Christ.**
11. **A readiness to do things to find God.**
12. **Moving more honestly, thinking and feeling more simply.**
13. **Praying steadily, yet with renewed determination each day.**
14. **A willingness to let come whatever will come along by way of exercises and prayers to pray.**
15. **A clearer and stronger sense of what I can and do not do; a more realistic acceptance of the strengths and limitations of my interior life.**