



# Catholic Central Activity Guide

## Ignatian Meditation

### Diving Deeper

- ▶ Think of your favorite story or historical event. Re-read a synopsis of the story or event. Try to picture yourself within the story. How would you respond if you were there? If it's an historical event, would you try to change history?
- ▶ Try the same as #1 above, this time with a favorite story from the Bible or a biblical story that you know well.

### Go Forth

- ▶ **Listen** to the Ignatian guided meditation with Kai and Libby on [CatholicCentral.com](http://CatholicCentral.com)

#### Activity for Large Groups (10+)

- ▶ Memorize the steps of the Lectio, so that you can pray it together as a group or in private prayer as an individual.
- ▶ **Read** the Gospel for the upcoming Sunday and pray with it using Ignatian Meditation before going to Mass. <http://usccb.org/bible/readings/>

#### Activity for Small Groups (4-9)

- ▶ Ignatian Meditation is meant to engage all of your senses and your entire person. Saint Ignatius prayed a prayer called the Suscipe, which was a prayer for God to take “my liberty, my memory, my understanding, and my entire will” and leave only God’s grace, which would be enough. **Look up** the Suscipe and **pray** it as a small group.
- ▶ In your small group, read parts of St. Ignatius’ [rule](#) for his fellow religious. How is it representative of a synthesizing of the Gospel and the Acts of the Apostles?



### Get More

- ▶ [The Spiritual Exercises of Saint Ignatius](#)
- ▶ [Andrew Garfield, actor and lead in Silence, speaks about his experience of the Exercises of Saint Ignatius and Ignatian Meditation.](#)

