



IGNATIAN SPIRITUALITY AND PRAYER

8 January 2026

SUSCIPE (*pronounced "soo-she-pay"*) is a Latin verb meaning "receive, take up, accept, support, or undertake,")

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.

You have given all to me. To you, Lord, I return it.

Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.

INSTRUCTIONS FOR IMAGINATIVE PRAYER (John English, SJ and James Martin, SJ)

1. Invite the Holy Spirit. Beg for the grace.
2. Read the Scripture. Reflect on the Event. (Stand outside the mystery)
3. Use your senses to see, hear, feel, touch, the persons and actions in the mystery. *Compose the place. Go with what you know.*
4. **Feel present at the mystery.** What do you see? What do the people look like/their faces? How do I fit into the scene? What do I hear, smell, feel, taste?
5. **Become a participant! Enter the scene.** Let yourself be carried beyond the external event to an experience of a person/persons.
6. Silence...Pay Attention and stay there!
7. Christ unites with us: touching, entering our hearts and souls

THE EXAMEN

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Be specific and conclude with the "Our Father."

RESOURCES:



Ignatian Spirituality Center of Kansas City
<https://www.ignatiancenterkc.org>