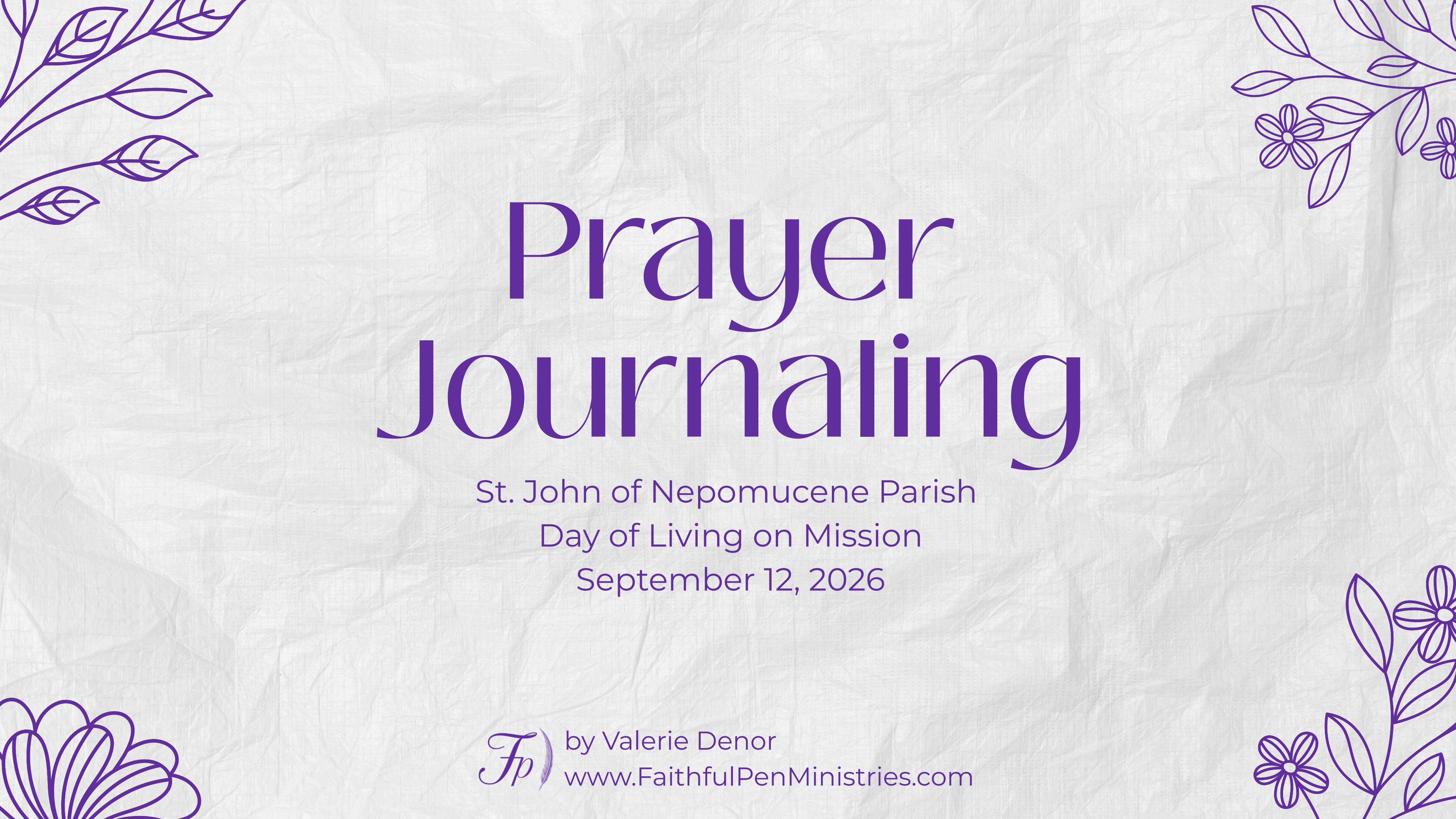




PARISH DAY OF LIVING ON
MISSION SLIDES

FAITHFUL PEN MINISTRIES

[HTTPS://FAITHFULPENMINISTRIES.COM/LIVING-ON-MISSION/](https://faithfulpenministries.com/living-on-mission/)

The background is a light purple crumpled paper texture. Purple line-art floral decorations are in the corners: top-left (leaves), top-right (leaves and flowers), bottom-left (a flower), and bottom-right (leaves and flowers).

Prayer Journaling

St. John of Nepomucene Parish
Day of Living on Mission
September 12, 2026



by Valerie Denor
www.FaithfulPenMinistries.com

Agenda

Letters to Jesus

Ignatian Meditation & Contemplation

Ignatian Examen

Practice

Discussion

Goal

You will walk away excited to spend time with Jesus in a manner that is comfortable and fruitful for you.





He made me
He knows me
all He wants...
is me.

Letters to Jesus

Dear Jesus,

09/12/2026

Thank you for being You. Thank you for saving me. I need you. I'm so sad and angry. I don't know what to do. I want to do what You say. Please tell me and show me what to do and how to behave. Please help me forgive others and obey you. Please help them.

Thank you for the big things and little things. Please help me show You to others in all I do and say. I want to stay close to You always. When I stray, please remind me that You are there waiting for me.

Please help me be a little more like You each day.

I love you, Jesus.
Amen



St. Ignatius of Loyola



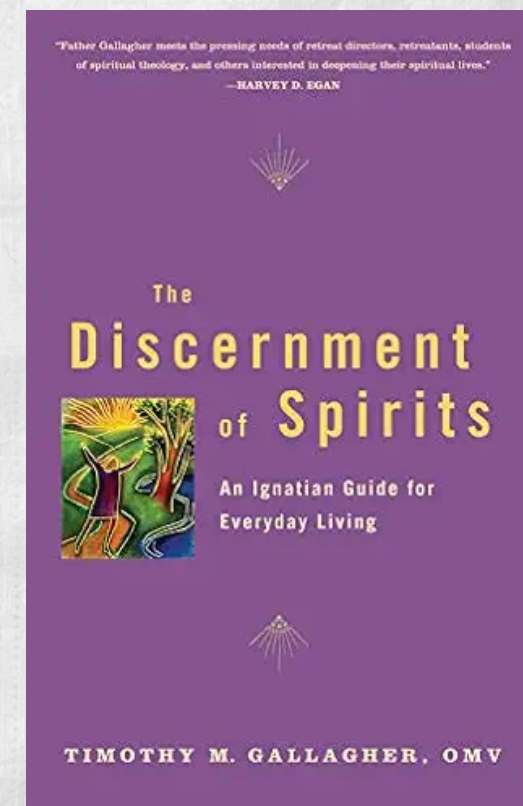
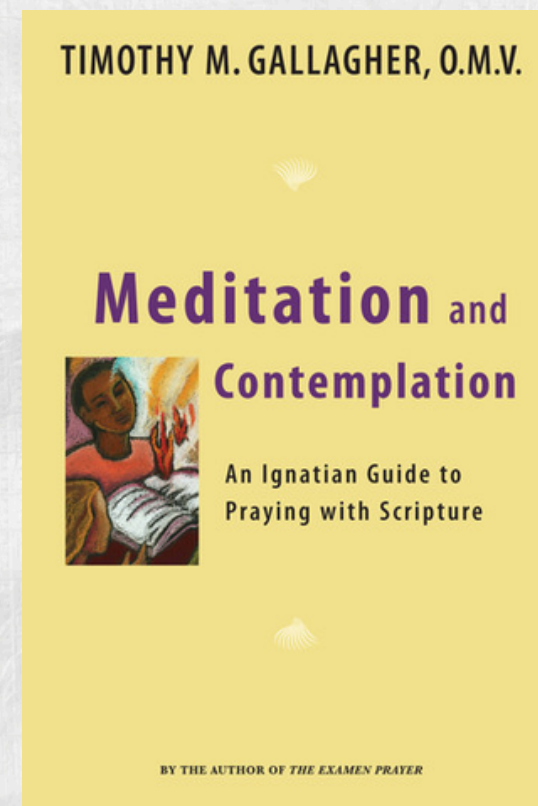
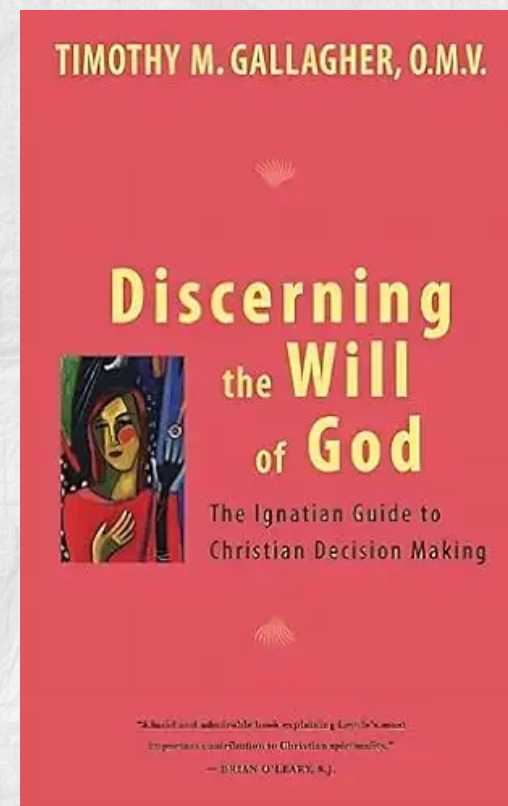
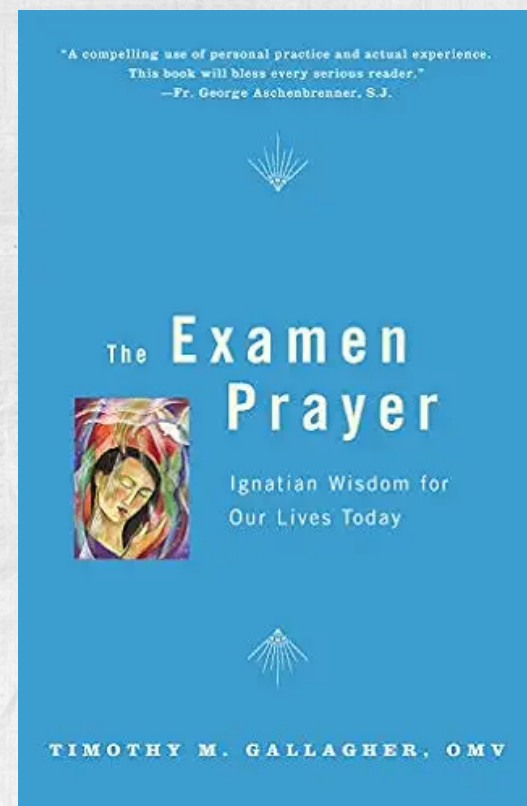
- October 13, 1491- July 31, 1556
- Minor Spanish Nobility
- Wounded in war
- Wrote the Spiritual Exercises
 - Rules of Discernment
 - Contemplation & Meditation
 - Examen
- Founder of the Society of Jesus, now known as the Jesuit order



**IGNATIAN
DISCERNMENT
INSTITUTE**
Finding Freedom from Discouragement

Father Timothy M Gallagher

<https://www.Discernment.Institute>



<https://www.amazon.com/stores/Timothy-M.-Gallagher/author/B001JSA714>



*“In the point in which I find what I desire,
there I will rest, without anxiety to move
forward until I am satisfied.”*

St. Ignatius of Loyola, SpEx 77





Praying With Scripture

Contemplation: Imaginative, creative prayer

Meditation: Reflective, mental prayer,

Both methods, through different human capabilities – our ability to reflect on the meaning of the text and our ability to enter the scene in the text imaginatively – open for us the message of the Scripture. Through different gateways, both lead to the heart.

--Father Timothy M Gallagher,

Meditation and Contemplation:

An Ignatian Guide to Praying With Scripture



Meditation & Contemplation

Prayer Outlines

Beginning

I consider how God our Lord looks upon me.
I offer all my will and actions to God (preparatory prayer)
I review the Scripture for this prayer.
I imaginatively enter the place of this scripture.

Body

Meditation

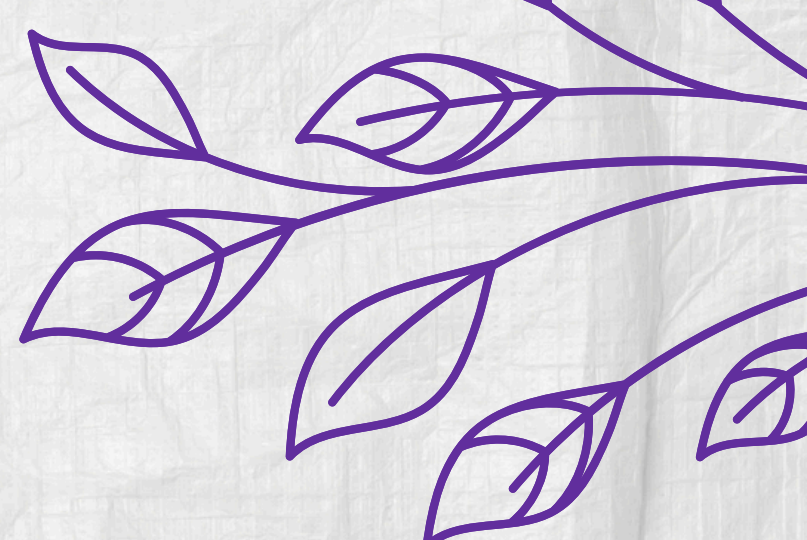
I call to mind this truth, with love.
I ponder it, with love.
I embrace it, with love and desire.

Contemplation

I see the persons.
I hear the words.
I observe the actions

Ending

I speak to God as my heart is moved (colloquy).
I conclude with an Our Father.



Beginning

I consider how God our Lord looks upon me.

Calm your heart, mind, and body to settle down and focus to enter into prayer

I offer all my will and actions to God (preparatory prayer)

Invite Him in, ask Him what He wants to show you. This is a way to soften your heart to be better able to hear Him.

I review the Scripture for this prayer.

Review it the night before. Read it a few times, silently and aloud. Listen to an audio. Write it out. Draw a picture of it. Read a few versions of it. Change the pronouns to first person and your name.

I imaginatively enter the place of this scripture.

“Through this brief imaginative act, I enter the place of the Scripture. I am there, engaged in its content.” --St Ignatius



“I will enter the contemplation, now kneeling, now prostrate on the ground, now standing, now lying face upwards, now seated, now standing, always intent on seeking what I desire.”

St. Ignatius of Loyola, SpEx 76





Meditation

Reflective, Mental Prayer

I call to mind this truth, with love
I ponder it, with love
I embrace it, with love and desire

The standard, natural process of prayer in which we use
our three powers of memory, understanding, and will.

*A conscious grasp... of this process permits us to meditate
with greater understanding and so with greater confidence.*

--Fr. Timothy Gallagher





Contemplation

Imaginative, Creative Prayer

I see the persons.
I hear the words.
I observe the actions

Put yourself in the story. Are you a bystander? Are you Jesus in the story speaking to you now? Are you an apostle? Engage all your senses.



“The loving imaginative process by which we enter God’s Word and hear that Word as spoken personally to us today.”

--Fr. Timothy Gallagher

Ending

I speak to God as my heart is moved (colloquy).

Speak to God as a friend. What is on your heart? What did you learn? How do you feel?

I conclude with an Our Father.

This is simply the transition out of prayer.
Conclude as you desire or feel led.





*The examen is about love, a love that
all our hearts yearn for, a love
beautifully manifested in many
human examples but, finally, a love
beyond anything we can fully
experience before death. However,
this ultimately satisfying love
registers now in delicate, subtle
movements of heart.*

*--Father Timothy Gallagher
The Examen Prayer: Ignatian
Wisdom for Our Lives Today*

Fp)



The Examen

Ignatian Examen

TRANSITION: Become aware of the love with which God looks upon me.

GRATITUDE: Note the gifts that God's love has given and give thanks.

PETITION: Ask God for insight and strength that will make this examen a work of grace, fruitful beyond my human capacity alone.

REVIEW: With God, I review the day. I look for the stirrings in my heart and the thoughts that God has given me this day. I look for those that have not been of God. I review my choices in response to both and throughout the day in general.

FORGIVENESS: I ask for the healing touch of the forgiving God who, with love and respect for me, removes my heart's burdens.

RENEWAL: I look to the following day and, with God, plan concretely how to live it in accord with God's loving desire for my life

TRANSITION: Aware of God's presence with me, I prayerfully conclude the examen.



Your Turn

Letters to Jesus

Dear Jesus

Thank You for You. Help me & them. Thank you for everything.

I love you. Amen



Meditation & Contemplation

I consider how God our Lord looks upon me.

I offer all my will and actions to God (preparatory prayer)

I review the Scripture for this prayer.

I imaginatively enter the place of this scripture.

Meditation

I call to mind this truth, with love.

I ponder it, with love.

I embrace it, with love and desire.

I speak to God as my heart is moved (colloquy).

I conclude with an Our Father.

Contemplation

I see the persons.

I hear the words.

I observe the actions

The Examen

Transition

Gratitude

Petition

Review

Forgiveness

Renewal

Transition

Reflections

Which prayer did you choose?
Did you change it up at all?
How did it feel?
How did God speak to you?
Would you like to read a piece?



Thank you!



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www.FaithfulPenMinistries.com