

Quiet Day Resources

The Path of Love 1



Sacred texts for meditation & reflection

The Greatest Commandment [Matthew 22: 34-40 NRSV]

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked Jesus a question to test him. 'Teacher, which commandment in the law is the greatest?' Jesus said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.'" This is the greatest and first commandment. And a second is like it: "You shall love your neighbour as yourself." On these two commandments hang all the law and the prophets.'

The Path of Love [Psalm 143: 8 NIV]

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

The Gift of Love [1 Corinthians 13 NRSV]

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

The Narrow Path [Mt. 7:13-15 NRSV]

Jesus said: 'Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. For the gate is narrow and the road is hard that leads to life, and there are few who find it.'

Love for Enemies [Luke 6:27-36 NRSV]

'But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you. 'If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.'

Spiritual texts for meditation & reflection

On self-knowledge

“How can you draw close to God when you are far from your own self?”

Augustine of Hippo, *Soliloquies* 2.1.1.

"It seems to me that we will never know ourselves unless we seek to know God"

“Enter the room of self-knowledge first, instead of floating off to other places. This is the path"

Teresa of Ávila, *Interior Castle*, p.46.

“Our wisdom consists almost entirely of two parts: the knowledge of God and of ourselves. But as these are connected together by many ties, it is not easy to determine which of the two precedes and gives birth to the other. For no man can survey himself without forthwith turning his thoughts towards the God in whom he lives and moves; because it is perfectly obvious, that the endowments which we possess cannot possibly be from ourselves; nay, that our very being is nothing else than subsistence in God alone.”

John Calvin, *Institutes* 1, 1:1.

“When the union of love occurs, it may be truly said the Beloved lives in the loving soul, and the loving soul in the Beloved. Love produces such a resemblance by the transformation of those who love that one may be said to be the other, and both but one. The reason is, that in the union and transformation of love one gives himself up to the other as his possession, and each resigns, abandons, and exchanges himself for the other, and both become but one in the transformation wrought by love.

This is the meaning of St. Paul when he said, “I live, now, not I, but Christ lives in me.” (Gal.2:20) In that He says, “I live, now, not I,” his meaning is, that though he lived, yet the life he lived was not his own, because he was transformed in Christ: that his life was divine rather than human; and for that reason, he said it was not he that lived, but Christ Who lived in him. We may therefore say, according to this likeness of transformation, that his life and the life of Christ were one by the union of love. This will be perfect in heaven in the divine life of all those who shall merit the beatific vision; for, transformed in God, they will live the life of God and not their own.”

John of the Cross, *Spiritual Canticle*, 12, 7-8.

On inner transformation by love and divine union

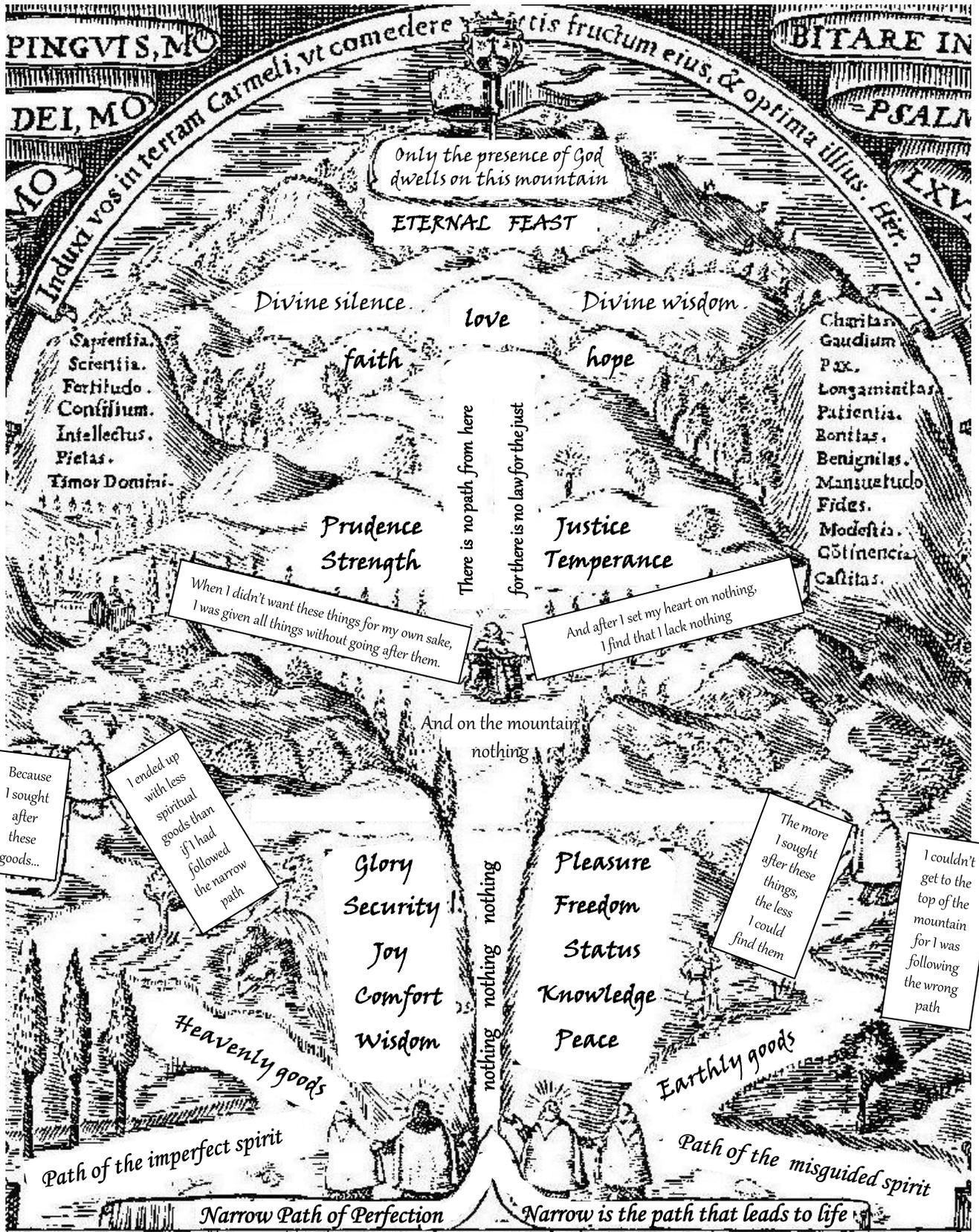
“In this way God makes [the soul] to die to all that is not naturally God, so that, once it is stripped and denuded of its former skin, God may begin to clothe it anew. And thus its youth is renewed like the eagle’s and it is clothed with the new person, which, as the Apostle says, is created according to God. This is naught else but God’s illumination of the understanding with supernatural light, so that it is no more a human understanding but becomes Divine through union with the Divine.

In the same way the will is informed with Divine love, so that it is a will that is now no less than Divine, nor does it love otherwise than divinely, for it is made and united in one with the Divine will and love. So, too, is it with the memory; and likewise the affections and desires are all changed and converted divinely, according to God. And thus this soul will now be a soul of heaven, heavenly, and more Divine than human.”

John of the Cross, *Night II*, 13.11

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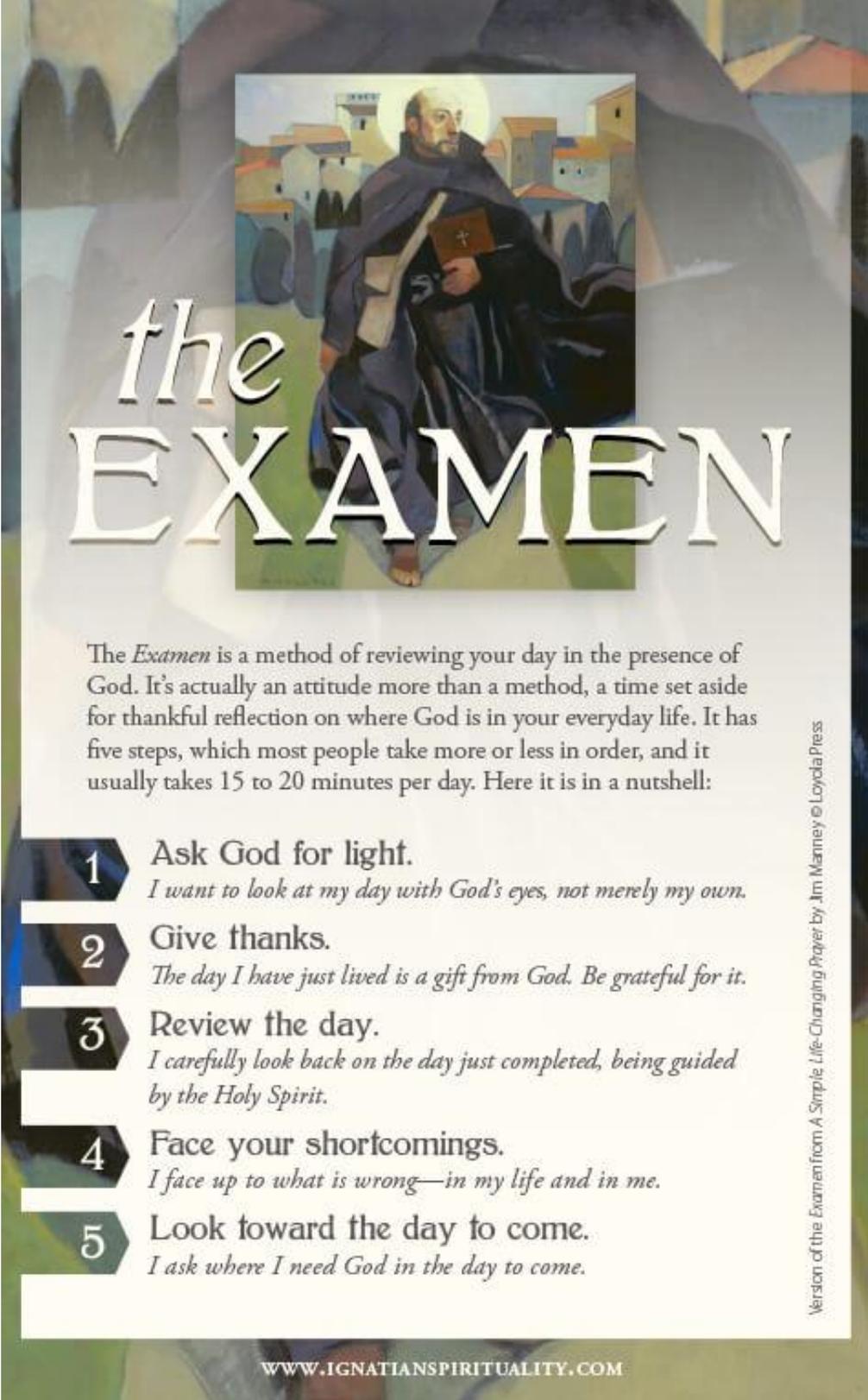
Engraving for meditation & contemplation



The Narrow Path of Perfection, John of the Cross (16th century)

The Daily Examen

This simple card may help you explore this spiritual practice.



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EXAMEN

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1** Ask God for light.
I want to look at my day with God's eyes, not merely my own.
- 2** Give thanks.
The day I have just lived is a gift from God. Be grateful for it.
- 3** Review the day.
I carefully look back on the day just completed, being guided by the Holy Spirit.
- 4** Face your shortcomings.
I face up to what is wrong—in my life and in me.
- 5** Look toward the day to come.
I ask where I need God in the day to come.

Version of the Examen from *A Simple Life-Changing Prayer* by Jim Manney © Loyola Press

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Recommended book

You may find this book helpful in exploring the “examen”.

