

LIFE REVIEW EXERCISE

Based on the Spiritual Exercises of Ignatius of Loyola

HOLY LIGHT

[1] Where have I most found love in my life?

[2] To what/whom have I most given love in my life?

[3] What consistently gives life to me now?

[4] What is the deepest hope for my future?

[5] What new life is appearing on the horizon of my life?

HOLY DARKNESS

Where have I least found love in my life?

To what/whom have I least given love?

What consistently is taking life from me?

What is the deepest fear about my future?

What needs to die at this time in my life?

WORD OF LIGHT



WORD OF DARKNESS:

“Die before you die...so that when you die, you will not die.”