

# A JOURNEY INTO THE SELF - REFLECTION



I ask for what I desire as we begin this topic



I pray that my entire being become open to God's grace



I imagine these texts being addressed to me, and note my response

**Grace:** that we find the courage to start an inner journey so as better to serve others

**Context:** Saint Ignatius saw how his ambitions in life as a soldier and a diplomat vanished when a cannonball broke his leg during a battle in Pamplona. Suddenly, at his 30 years (half of a normal lifespan in those years), he finds himself prostrate in a bed without any other distraction than his imagination and certain readings, one on the military life and another one on the life of Christ and of the Saints. During his convalescence in Loyola he started a journey into the depth of himself and started to realise the differences between the resonances that caused in him when he imagined himself carrying out heroic military deeds, imitating the saints, or putting himself to the service of Jesus. He details these experiences in his autobiography.

“And having received no small clarity from this reading, he began to think more in earnest about his past life...

And here the desires to imitate the saints were occurring to him, not considering details beyond promising himself, with the grace of God, to ‘do it as they had done it’. All he wanted to do, once he was better, was the journey to Jerusalem as mentioned above, with all the acts of discipline and all the acts of self-denial that a generous spirit, fired with God, generally wants to do. And now he was coming to forget his past thoughts with these holy desires he was having.”

Autobiography of Saint Ignatius [9-10]

## QUESTIONS FOR REFLECTION

Looking back at our life, which have been key defining moments?  
How have they changed us? What did they teach us about ourselves?  
What is our desire for this journey?