

About the four weeks of the Spiritual Exercises in the Finding God in the Dark movie series:

The **First Week** of the Spiritual Exercises offers us ways of being released from stories that deny us life and the joy of living. These exercises place us in the larger story of God's constant and abiding love for us. We are invited to experience the liberating power of God coming into our personal lives in an intimate way. This power transforms the false story we lived out of and invites us to live another story that allows us to accept ourselves as truly loved, in all our flaws and disorders. The liberation experienced in the First Week is a liberation to love, to be loving, and to accept love. It is felt as a deep desire to live that love out in the world. Adapted from *Finding God in the Dark II* by John Pungente, SJ & Monty Williams, SJ

The **Second Week** of the Spiritual Exercises invites you to journey with Christ and introduces decision-making as it relates to your true identity and to your true relationships with others and with God. This invitation to discernment will explore the overwhelming sense of God's mercy in all aspects of your life – personal, communal, social, and cultural – as well as a deep sense of how disorder on all levels of your existence corrupts your true awareness of your life. Adapted from *Finding God in the Dark II* by John Pungente, SJ & Monty Williams, SJ

In the **Third Week** of the Spiritual Exercises, we follow Christ from the Last Supper to his entombment. We pray for the grace to be as present as possible to him as he journeys through loneliness, pain, humiliation, and death to the Father. It is a huge grace to be simply present to another's suffering without running away, falling back into ourselves, or trying to remedy the situation. Adapted from *Finding God in the Dark II* by John Pungente, SJ & Monty Williams, SJ

In the **Fourth Week** of the Spiritual Exercises, we experience Christ's resurrection from the dead and are invited to explore the discernment process further to identify whether or not our decisions have united us with the joy of Christ. The awareness of consolation and desolation can attune us more closely to the creative presence of God in our world and can give us a personal language for listening for and to God. We learn God is never silent in the world, but manifests in every one of us, no matter who or what or where we are and uses everything to communicate with us. Adapted from *Finding God in the Dark II* by John Pungente, SJ & Monty Williams, SJ