

HANDOUTS: Week One

Principle and Foundation, and Spiritual Freedom



and SPIRITUAL FREEDOM.....

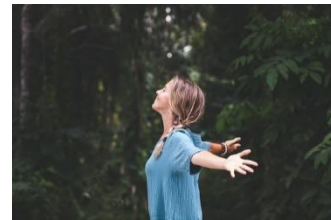
Meeting Jesus Christ changes everything!

(That is the Principle and Foundation of the Spiritual Exercises in a nutshell)

An encounter with the Lord brings about a profound transformation in all who do not close themselves off from him.

THEN....

I want and I choose what better leads
To God's deepening his life in me.



Spiritual Freedom is a

Stance of openness to God

We look for God

In any person

In any situation

In any circumstance

Speak Lord, for your servant is listening! (1 Samuel 3: 1-11)

Be still before the Lord, wait patiently for him. (Psalm 37: 7)

O that today you would listen to his voice! Do not harden your hearts...
(Psalm 95:7-8)

Listen! I am standing at the door, knocking: if you hear my voice and open the door, I will come in to you and eat with you, and you with me. (Revelation 3:20)

What keeps me from
...Loving God?
...Loving others?
...Loving myself?



It is not what we own that we must discard, but that which owns us.

What consumes my thoughts and plans?
What gives me security and comfort?
What makes me feel whole and complete?

Mull over this list of things people may “need” to be happy, asking God to reveal any areas where I may need detachment. What is the core desire – attention, affection, control, security, belonging, significance, power?

- The need to be in control
- The need to be right
- The need to be liked
- The need to be appreciated or understood
- The need to be thought well of by others
- The need to be comfortable
- The need for financial security
- The need to be pain free

Spend some time praying about Jesus’ attachment to things – to independence, to comfort, to praise, to acceptance or criticism. Share with him your struggles to be indifferent.

