

St Mary's, Inverness
The RC Diocese of Aberdeen: SC005122]
The Year of St Ignatius
20 MAY 2021 > 31 JULY 2022

FIFTY-FIFTH IGNATIAN REFLECTION
IGNATIUS & THE HOLY TRINITY



The Holy Trinity

Visual contemplation of this representation of The Holy Trinity enables us with creative imagination to silently absorb the Mystery of The Trinity- a useful preparation for the reflection on Ignatius & The Holy Trinity.

***Come, Holy Spirit, our souls inspire
and lighten with celestial fire;***



While at Manresa Ignatius came to a profound understanding of The Trinity.



By the monastery steps at Manresa : from his Autobiography we learn that as Ignatius said the prayers of 'The Hours of Our Lady' on the steps of the Dominican monastery ***"his understanding was raised on high, so as to see the Most Holy Trinity under the aspect of three keys on a musical instrument"***

This insight brought about floods of tears and sobbing. This highly emotional reaction to his profound understanding lasted until his evening meal. After dinner he was moved to talking about it ***"with much joy and consolation"***. A consequence of this was that all through his life this impressive insight remained with him so that ***"whenever he prayed to the Most Holy Trinity he felt great devotion"***

While still at Manresa, and at prayer, Ignatius tells us that he ***"often and for a long time saw with the inner eyes the humanity of Christ.... If he were to say twenty, or even forty times, he would not venture to say that it was an untruth"***.



The Manresa experiences, the Cardoner insights, were powerful encounters with the Spirit of God. These marked Ignatius with a deep sense of thankfulness, a gratitude, arising from the experience of encountering the Love of the Spirit of God. That sense of gratitude marked by joy of the Spirit, was the dynamic that sustained him

throughout the remainder of his life. He was conscious of the grace of the Holy Spirit that so filled him at that time.

From these experiences Ignatius teaches the need for a devotion to the Holy Trinity for the very practical challenges of everyday life seeking the will of God the Father, in Christ, guided by the Holy Spirit.

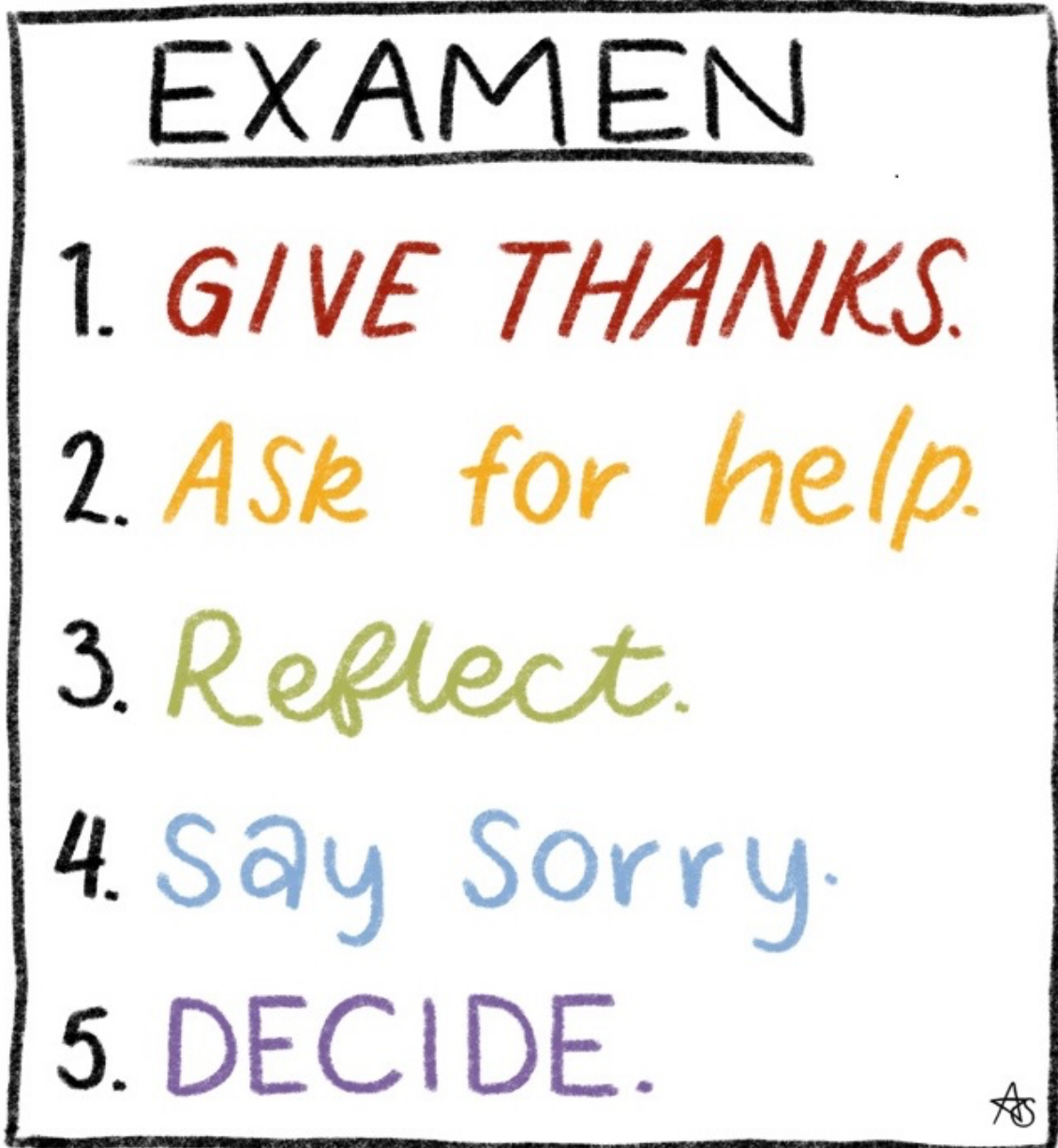
Ponder :

- **Praying in the Trinity** : addressing God the Father 'in Christ', as He taught us, is an activity in which the Spirit, in the depths of our being, is uniting us with the all-powerful and dynamic Love that is the Triune God. *'Heart speaks to heart'* in the silent conversation of Divine Love.
- **Addressing each Person**: It is liberating to have a colloquy with Jesus, asking for insights into the Gospel stories as He proclaims the Father's Kingdom. The Spirit who leads us into Truth enables glimpses and insights as we are immersed in the Life and Teaching of Jesus.
- **The Spirit is at the heart of prayer** : *Come, Holy Spirit, fill the hearts of Thy faithful and kindle in them the fire of Thy love. Send forth Thy Spirit and they shall be created. And Thou shalt renew the face of the earth.*

EXAMINATION OF OUR LIVES [THE EXAMEN]

Daily Examen:

Looking with quiet sincerity and simplicity of heart at the day



GETTING READY FOR THE GIFT OF SCRIPTURE

We place ourselves in the presence of God.

- We ask the Holy Spirit to settle our minds and open our hearts.

- Our conversation with God begins as we express our gratitude for our blessings and by expressing our sorrow for personal sin.
- We ask that The Holy Spirit may enliven our reading and understanding.

***Come, Holy Spirit, our souls inspire
and lighten with celestial fire;***

That our hearts may burn within us as the words of scripture take shape in our imaginative prayer.

- We place ourselves into the scene of the Scripture : what we see, what we hear, what it feels like, what we smell, what we might taste.
- Reading silently or aloud we form the words as they take shape in our creative imagination.

Passage of Scripture for Reflection :

Mark 4.30-32

The Parable of the Mustard Seed

³⁰ Again Jesus said, "What shall we say the kingdom of God is like, or what parable shall we use to describe it? ³¹ It is like a mustard seed, which is the smallest of all seeds on earth. ³² Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade."



Points for Reflection:

Listening to Jesus teaching about the Reign of God

- From small beginnings to greater : personal and the Church
- An inclusive kingdom – space for different kinds of people
- Rooted and grounded in Christ, the nurturing grace of the Spirit brings about the Reign of God the Father- how does that help us to understand the Life of Faith?

Conversational prayer :

. Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

•Silence and peace

Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and thy grace, for this is sufficient for me.



Jesus Mercy, Mary Pray

Praise God Always