

## SAINT ALOYSIUS GONZAGA PARISH

- Catholic Book Discussion: *The Jesuit Guide to (Almost) Everything* by Father James Martin, SJ
- Chapter 7: "God Meets You Where You Are – Ignatian Traditions of Prayer", pages 143-173
- Thursday – May 21, 2015

1. In a few words or a few sentences, describe what you learned from Father Martin as you read and reflected upon Chapter 7. What is Father Martin's "message"?
  
2. Why does Father Martin entitle Chapter 7 – "God Meets You Where You Are"? Does it have anything to do with the words of St. Ignatius of Loyola found on page 145: "It is dangerous to make everyone go forward by the same road."?
  
3. "God communicates with us in many ways...So when you pray, however you pray, and feel that God is speaking to you – pay attention." (page 173) Father Martin "describes" some of the "many ways" of praying by which God can communicate with us. Among these Prayer Forms are:
  - Ignatian Contemplation:
  
  - Lectio Divina:
  
  - the Colloquy:
  
  - Centering Prayer:
  
  - the Examine:
  
  - Music:
  
  - Work:
  
  - Journaling:
  
  - Meditative Writing:
  
  - Nature Prayer:

Briefly describe each of these "Prayer Formulas". Put a "\*" next to those you have embraced over the years. Put a "+" next to those that you have found helpful. Why helpful? Why not helpful? Do you use other "Prayer Forms" or a combination of several? Remember: one size doesn't fit all..."It is dangerous to make..." (question 2 – writings of St. Ignatius)

4. Father Martin writes: "Prayer should move us to action." (page 159) He goes on to say: "This may mean our prayer leads us to God. Or it may be an excuse for not praying." (page 173) What is Father Martin teaching you? Why the caution? Does the advice of Father Martin connect in any way with the words of St. Aloysius Gonzaga? (page 159)
  
5. Was Father Martin's description of the boat caught in the storm (pp. 152-155) or the setting of the Nativity (p. 149) helpful to you? Have you ever tried this form of praying? Easy? Difficult? Helpful?
  
6. What does St. Ignatius (Father Martin) mean by "compose the place"? (page 145) How do they imagine this to be helpful in developing a deeper prayer Life?
  
7. Anything else about Chapter 7 that struck you, challenged you, helped you, confused you that you wish to share with the group...