

Scripture Passages

- Matthew 6: 5-8 – Teaching about Prayer
- Matthew 6: 25-34 – Dependence on God
- John 19: 25-30 – Mary at the Foot of the Cross
- Luke 2: 41-52 – Jesus Lost in the Temple

St. Simon Parish
Second Mountain Retreat
-- Session 6 --



Blessing for Solitude

John Donohue

May you recognize in your life the presence,
power, and light of your soul.

May you realize that you are never alone,
that your soul in its brightness and belonging
connects you intimately with the rhythm of the universe.

May you have respect for your individuality and difference.

May you realize that the shape of your soul is unique,
that you have a special destiny here,
that behind the facade of your life
there is something beautiful and eternal happening.

May you learn to see yourself with the same
delight, pride, and expectation with which God sees you
in every moment.

Reflection Questions

- Have I noticed any patterns in my life through the practice of the Examen?
- What do I keep doing that is not working for me and my desire for an increased prayer life?
- Name at least one thing that I will do to become closer to God.
- Do I make time for my top priorities in my life ?