

Deepening Our Faith

Journey

Week #7: October 25, 2015

Background on the exercise this week: The spiritual insights and practices of Ignatius Loyola, from the 16th century, form Ignatian Spirituality. Ignatius believed that God speaks to us, among other ways, through our emotions and our imaginations.

Ignatian Prayer and the Imagination: As you read the Scripture this week, use your imagination to place yourself in the story. When King David places the Ark of the Covenant closer to Jerusalem, and finally has it brought into the city, he dances with joy as his musicians surround him. Hear the sound of the tambourine and the lyre. What songs are they singing? What brings you joy?

When Michal, the first wife of King David, sees him dancing before the ark in what she judges is a shameless way, she criticizes him. Am I feeling judgmental right now towards someone else? Can I

give these feelings up to God, and let God be the judge?

This week's daily readings:

Sunday, 2 Samuel 5:1-5, 6:1-5

Monday, Psalm 150

Tuesday, 2 Samuel 5:6-16

Wednesday, 2 Samuel 6:6-11

Thursday, 2 Samuel 6:12-23

Friday, 2 Samuel 7:1-17

Saturday, 2 Samuel 7:18-29

Thoughts/Questions as you read:

As we hear God doing hard-to-understand things in these readings, remember that biblical people are trying to make sense of barrenness, calamities and random events, and often blame God.

As I listen for God's voice, what is God asking me to do, change or become?