

EMOTIONAL FORMATION

**"SELF-AFFIRMATION AND SELF-EMPTYING ARE NOT OPPOSITES
BECAUSE NO MAN CAN GIVE AWAY WHAT HE DOES NOT HAVE. NO ONE
CAN GIVE HIMSELF IN LOVE WHEN HE IS NOT AWARE OF HIMSELF.
NOBODY CAN COME TO INTIMACY
WITHOUT HAVING FOUND HIS IDENTITY ."**

Henri Nouwen



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Developing increasing awareness into the human parts of our being

Definition

- A process that involves bringing the emotional parts of one's being into conscious self-awareness and focus.
- Bringing issues that have been hidden in darkness out into the light.

Mark 7:20-23

He went on: "What comes out of you is what defiles you. For from within, out of your hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile you."

KATHERINE WEBER

"Life seems sometimes like nothing more than a series of losses, from beginning to end. That's the given. How you respond to those losses, what you make of what's left, that's the part you have to make up as you go."

What's your story?

PRAYER OF EXAMEN

My Emotions

(From the Reimagining the Examen app)
reimaginingexamen.ignatianspirituality.com

Exercise:

1. Focus on God's goodness and grace

Spend a few moments in gratitude, thanking God for one or two of the blessings, big and small, that you've received today or the previous day.

2. Review

Instead of reviewing your day hour by hour. Ask God to help you review your day emotion by emotion. How did you feel when you woke up this morning? As you were showering, eating breakfast, getting ready for the day? As your day progressed? And so on.

Allow yourself to quickly pass over the fleeting emotions but dwell on the more pervasive ones or those you hadn't noticed before. Speak with God about your emotions when you noticed shifts in them throughout the day.

Choose the strongest emotion of the day and speak to God about the way you responded to the emotion as the day progressed. What impact did the emotion have on you? Did you acknowledge the emotion as you experienced it, or were you unaware of it at the time? Did you consciously choose how to act on the emotion, or did you allow the emotion to influence how you would think, speak, and act?

4. Thanksgiving and Forgiveness

Speak with God about all of this, thanking him for your responses that were in sync with your Christian calling, and asking forgiveness and healing when they were not.

5. Renewal

Knowing that your emotions are only partially in your control. Reflect on what emotions you want to have tomorrow. If you could choose only one, what would it be. joy? peace? loving-kindness? courage? gratitude? Pick one and imagine yourself living out tomorrow with that emotion as your companion. Ask God to grant you the grace to be open to this emotion tomorrow.

LAMENT

Kelly Dagley

Address to God: Lord God, Creator God, God of the brokenhearted, Rescuer of the oppressed, Healer of souls, The One with open arms for those who return, The God who has suffered and suffers with us,

- Open a conversation with God
- Who is God to you?

Complaint: We come to you as broken people. Many of us haven't told anyone about the wounds we carry. Many of us feel very, very alone. Some of us are angry, angry with loved ones, angry with those who have hurt us, angry with you, God. Hear our complaints now:

- What is the problem?
- Where does it hurt?
- What have you lost?
- Who have you lost?

Confession of Trust: Lord, you have been a refuge to many of us in the past. Please be that again. You have redeemed us, saved us, walked with us, loved us.

Psalm 27:1

"The Lord is my light and my salvation;
Whom shall I fear?
The Lord is the stronghold of my life;
Of whom shall I be afraid?"

John 8

Then Jesus gave the Twelve their chance: "Do you also want to leave?" Peter replied, "Master, to whom would we go? You have the words of real life, eternal life. We've already committed ourselves, confident that you are the Holy One of God."
(John 8:67-69, The Message)

- How has God rescued you in the past?
- How is God good?
- What do you know to be true about God?

Petition: "Where the cry is not voiced, heaven is not moved and history is not initiated." (Walter Bruggemann) Lord, we want to tell you right now, what we want you to do. God hear our desires, wants, and needs.

- What do you want God to do?
- What is your desire?
- Voice your cry so heaven can be moved.

Vow of Praise.

A Lament psalm usually ends with a vow of praise for God's rescue. Maybe you want to praise God for past rescue. Maybe you aren't ready to move to praise, that is OK. God knows if you can't. Take your time moving to praise.

Lord Jesus, those of us who can praise you for hearing us. We will always have the stories of how you have worked in our lives on our lips.

"But I trust in your steadfast love;