

ADLA Diaconate Formation, Year 2 Spiritual Exercises
Handout A: Preliminary “Warm Up” Exercises

Week Starting Sunday, August 22:

- Start praying the **Consciousness Examen** daily
- Read Aschenbrenner’s article, “Consciousness Examen”
- Read O’Brien, *The Ignatian Adventure*, pp. 13-31

A1: During the Week Starting Sunday, August 29:

- Continue praying the **Consciousness Examen** daily (10-15 min)
- Pray with the **daily Gospels**
 - Use either *Reflective Meditation* or *Imaginative Contemplation*
 - Pray between 20 to 30 minutes daily (we’ll gradually build up to 45 min)
- Sun 8/29 Mark 7:1-8, 14-15, 21-23
- Mon 8/30 Luke 4:16-30
- Tues 8/31 Luke 4:31-37
- Wed 9/1 Luke 4:38-44
- Thurs 9/2 Luke 5:1-11
- Fri 9/3 Luke 5:33-39
- Sat 9/4 Luke 6:1-5

A2: During the Week Starting Sunday, September 5:

- Continue praying the **Consciousness Examen** daily (10-15 min)
- Pray with the **daily Gospels**
 - Use either *Reflective Meditation* or *Imaginative Contemplation*
 - Pray between 25 to 35 minutes daily (we’ll gradually build up to 45 min)
- Sun 9/5 Mark 7:31-37
- Mon 9/6 Luke 6:6-11
- Tues 9/7 Luke 6:12-19
- Wed 9/8 Luke 6:20-26
- Thurs 9/9 Luke 6:27-38
- Fri 9/10 Luke 6:39-42
- Sat 9/11 Luke 6:43-49