



## Reflection 1: “Be Amazed”

**This reflection is based on Projects 178, as preparation for our CLC General Assembly.**

*In looking at the earth with love, God wants to give us the joy and solidarity of his Son Jesus (Incarnation Contemplation, SE 101- 109). This love is total and for all people, preparing a steady cause for amazement.*

Begin with a stillness exercise, rooting yourself in place and in the presence of God. Take time to notice what it feels like for you to be in the presence of God, in this moment.

The grace we seek is to be amazed.

We are invited to be amazed, and to notice what it is that brings us amazement: whether it be nature around us, our experiences, our relationships, or moments of grace in prayer. Ignatian spirituality invites us to reflect upon our graced history of God with us: in our personal lives and as CLC. From these reflections Ignatius invites us to hold them as touchstones so that we can always return individually and as community to these experiences of amazement – our experiences of God with us.

Take time to reflect on an experience from your own life where you have experienced amazement. Invite Jesus to be with you as reflect back and return to a moment of amazement. Give yourself time to re-construct this experience, to remember where you were, who was with you, how you felt. What could you see, or smell, or touch. How did you respond? Try to capture a moment in your own life where the scripture resonated with you: “This was the Lord’s doing, and it was amazing in our eyes” (Mark 12v11).

After reflecting take time to talk to Jesus about your reflection. Imagine that you are with Jesus in a favourite place, perhaps sharing a meal or drink and tell Jesus about this experience – perhaps asking Jesus about his memory of this moment, sharing together in a sense of amazement. Allow yourself to respond to this amazement, with gratitude or joy or whatever emotion arises for you.

When you are ready, bring your reflection to a close, and take a few minutes to review this time of prayer. Make a note of what resonated with you from this reflection. How were you moved? What is it that you might want to take away with you? What might you want to feed back into the CLC community?

In particular we invite you to reflect on these questions in light of your prayer and what you might wish to share in your small group and back to the national community:

When have you experienced being amazed?

How has your life been changed and enriched by this experience of amazement?

Who has inspired a sense of amazement for you?

End with a prayer, such as the Glory Be.

