



Lead a prayer group using *Small Simple Ways: An Ignatian Daybook for Healthy Spiritual Living* by Vinita Hampton Wright.

.....

● Preliminaries

Small Simple Ways includes 13 chapters, with each chapter offering four weeks of reflections on an Ignatian theme.

- Decide if you want to explore the chapters in order or if you want to move around so that each week rotates focus.
 - Share the reading schedule with your participants.
 - Provide each participant with a copy of the book.
 - Settle housekeeping matters. Where and when will the group meet? How long will the meetings be? Who provides refreshments (if any)?
 - Agree on leadership. Will one person facilitate all meetings, or will the responsibility for facilitation rotate among group members?
 - Invite participants to read the chapters before the gathering, so that they are prepared to jump in to the prayerful conversation.
 - Start and end gatherings on time to be respectful of everyone's schedules.
-

● Beginning the Session

Welcome the participants, and invite them to enter into a prayerful frame of mind. Pause for 30–60 seconds of silent reflection. Suggest the participants take several deep breaths, inviting the Holy Spirit to enter their minds and hearts. Lead or ask a volunteer to lead the group in a spontaneous prayer, thanking God for this opportunity to share faith and asking for the grace to speak and listen with open minds and hearts.

.....

● Sharing

Invite each participant to share his or her experience of one day's meditation from the previous week's material.

.....

● Prayerful Reflection on Scripture

Invite one of the participants to read aloud the Scripture passage matching the week's focus. The passages are brief, so consider following a format inspired by *lectio divina*:

- Read the passage once, pause for 20–30 seconds, and then invite participants to share a word or phrase from the passage that speaks to their hearts.
 - Read the passage again. After another pause, ask participants to share how the passage connects with the reading material.
 - Read the passage a third time, this time asking participants to share what God is inviting or challenging them to do or be in the coming week.
-

● Closing Prayer

Draw the gathering to a close by previewing the coming week's theme. Then, end by inviting participants to pray together the *Suscipe* from the *Spiritual Exercises*:

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will.
All I have and call my own.

You have given all to me.
To you, Lord, I return it.

Everything is yours; do with it what you will.
Give me only your love and your grace.
That is enough for me.

.....



SUGGESTED SCRIPTURE PASSAGES

WEEK	SCRIPTURE	DATES
Formation		
1	2 Corinthians 9:10	
2	Ephesians 4:13–16	
3	Philippians 3:12–14	
4	Colossians 2:6–7	
God in All Things		
5	Jeremiah 23:24	
6	Psalms 139:7–12	
7	Acts of the Apostles 17:24	
8	Isaiah 57:15	
The Examen		
9	2 Corinthians 13:5–7	
10	James 1:23–25	
11	1 Corinthians 11:28–32	
12	Galatians 6:3–5	
Gratitude		
13	Ezra 3:11	
14	Psalms 95:1–3	
15	Philippians 4:6–7	
16	Colossians 2:6–7	
The Two Standards		
17	Matthew 6:24	
18	Genesis 1:27	
19	Romans 12:12	
20	2 Timothy 2:15	
Spiritual Freedom		
21	2 Corinthians 6:12	
22	Galatians 5:1	
23	Romans 6:22	
24	1 Peter 2:16	

WEEK	SCRIPTURE	DATES
Consolation		
25	Psalms 27:1	
26	Isaiah 41:10	
27	Matthew 6:25–34	
28	Philippians 4:6–7	
Desolation		
29	Psalms 25:16	
30	Psalms 43:5	
31	Song of Songs 5:6	
32	2 Corinthians 1:8	
Imagination		
33	Ephesians 1:17–18	
34	1 Corinthians 2:9	
35	Mark 10:27	
36	Acts of the Apostles 2:17	
Emotions		
37	Galatians 5:22–23	
38	Ecclesiastes 3:4–6	
39	1 John 4:1	
40	Psalms 4:7	
The Physical Senses		
41	Psalms 34:8	
42	1 John 1:1–4	
43	Psalms 115:3–8	
44	Matthew 6:22–23	
Reflection		
45	Philippians 4:8	
46	Psalms 63:6	
47	Matthew 6:6	
48	Luke 2:19	
Love		
49	1 John 4:7–11	
50	1 Corinthians 13:13	
51	Colossians 3:14	
52	John 15:12	