
SPIRITUAL RETREAT

JUNE
2026



Orden de la Compañía de María Nuestra Señora
PROVINCIA DEL PACÍFICO
| *Order of the Company of Mary Our Lady*



RETREAT FOR JUNE 2026

Recognizing God on the Way

Jesus acted freely, simply, joyfully, decisively and selflessly, but his gestures, his words, his answers always had one objective: **to help and serve God and others**. And He sought this objective freely so that He could act in that way. That is his message: the truth of Christ, the love of God; the same One who expects a response from you, but not just any answer.

Ignatius of Loyola, after much walking and searching, found in his journey a fundamental answer that freely made him a servant and follower of Christ: **...whatever you do, whatever you say, feel what you may, in everything love and serve.**

Jesus taught us what our response should be: with the weakest, the most disadvantaged, the most vulnerable.,, . The world needs and expects your answer. Accompany them wherever they are, go all-out for them. **Be free to find your place where you are most needed.** Do not seek your own interest but be guided by love. Find your talent, your gifts and virtues, your skills and put it at the service of others. **It is the Christian vocation.** It is God's vocation. It is useless to love God if you do not love and serve others.

In times when everyone wants to talk and few are willing to listen, starting the day with this contemplative attitude, like the wise men of the jungle, is a way of resisting the noise of the world. Because it is in listening that God whispers his presence, where the sacred history we inhabit is revealed, where we understand that we are not alone.

Listening humbles us. It wakes us up. And it makes us guardians of the fire, bearers of hope, walkers of a truth that is not imposed, but shared.

Listening is guiding, and guiding does not mean solving anything, but accompanying. ..For better or for worse, in misfortunes and in joys. **Listening is one of the greatest acts of love in this world.**

I remain silent and listen to what the Lord is saying to me at this moment...



Finding God in All Things: A pillar of Ignatian spirituality is the search for God in all facets of life. This holistic perspective allows us to appreciate the richness and diversity of creation, which can be interpreted as living a full or "vibrant" life.

We want to do God's will, to please Him, but day by day we have to face choices, so many options of paths to follow open up before us, **which is the right one?**

John 14:6

Jesus answered,
"I am the way
and the truth
and the life.
No one comes
to the Father except
through me.

Jesus Christ is the "Way" that leads man to heaven. He is not only a guide or teacher who teaches people the way of God (**Mark 12:14**), like so many prophets who came before him, but He himself is the way by which we can approach God.

Jesus did not say that He would show them a way or that He would simply pave a way; He said that He Himself *is* the way. In the Gospel of Matthew we read that on the same evening that He spoke these words to Thomas, Jesus wept bitterly and begged his Father three times: "If it be possible, let this cup pass from me" (**Mt. 26:39**). **What was Jesus asking?**

He was asking His Father if there was any *other* way to save, redeem, and bring people closer to the Father, and if there was, Jesus pleaded to spare Him the agony of crucifixion. I don't know if Jesus heard His Father say these words to Him at that moment or not, but the result is clear: **No, Jesus, you are the way, the only way.** Then Jesus willingly went to the cross to open the way for us.

The first thing Jesus says is, "**I am the way.**" The **way to where?** The way to the Father, to the Father's home. Actually, it's not hard to understand: a son knows where his father lives. Jesus was on earth, but before that He had been at the Father's side in the heavenly home and knew how to get back there. That is why He is the way, **He leads us to God the Father through His death and resurrection.**

What life experiences point to the presence of the Risen Lord in our journey?

What is it about Jesus today that makes him into the Good News?

Pray the words of Psalm 63. Ask for the grace to feel, more and more, the Presence of God in your life.





The closer we
walk in the
footsteps of
Jesus,

The more
clearly we will
see the ROAD
TO FOLLOW

Ask for light to see what is God's will for you to follow, more closely, in the footsteps of Jesus?

Read and reflect on Matthew 7:13-14. And he asks for the grace to follow Christ, the "Way", light on baggage.

Read and meditate on the mission that Jesus entrusts to his disciples in Luke 10:1-12. Is there anything Jesus asks you to do?

Lord, I give you my plans, my desires, my struggles and my burdens. You know every corner of my life and you know where I need to see a miracle. Therefore, Lord, I ask you to open the paths that lead me to your purpose.

Open the doors of blessings, of opportunities, of new stages. Straighten my steps. Illuminate my decisions. If something is not for me, with your wisdom set it aside. But if it comes from You, let it flow with power and peace.

Thank you for listening to me, for supporting me and for accompanying me. I place this day in Your hands and receive it with faith, hope, and gratitude, knowing that with You all that comes is full of purpose and blessing, Amen

Prayer Examen

1. What did I feel during my prayer? It is important to identify the feelings and write them down. Have I had motions, such as consolations or desolations? What things helped me? What things have made it difficult for me to pray?
2. I finish by praying the Hail Mary.

COMMUNITY SHARING.

SONGS: EN EL CAMINO APRENDI (YouTube) and Andando por el camino



