
SPIRITUAL RETREAT

JULY
2026



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



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I begin my encounter with the Lord by saying to Him from the depths of my heart:

I heard Your voice and I answered:

"Here I am, Lord!"

You called me, and I heard Your voice.

You spoke my name, and I came to know Your words.

You invited me into the adventure of faith, and You assured me of Your presence and companionship.

You came to meet me through the words of so many who proclaimed, not their own message, but Yours—sometimes with conviction, sometimes falteringly, sometimes through silence. I encountered Your Word, capable of bringing forth new life, the hope of the Kingdom, active solidarity, and hands joined together in building a new world. **(Marcelo A. Murúa)**

Before God, we are all fragile and small. We must accept this reality with simplicity. The mistake lies in failing to believe and to acknowledge—before God's merciful gaze—all that we are: our qualities, limitations, lights, and shadows... and yet, despite it all, God counts on us.

In the face of the violence experienced today, what does life cry out for?

Where does life need you at this moment?

What signs in your life, your work, and your relationships make Jesus's way of acting visible?

Read Matthew 14:24-33 and answer:

What is the situation of the disciples' boat?

Jesus tells them three things. What are they?

As we contemplate Peter among the waves:

Why does he begin to sink?

What does he do before he sinks completely?

How does Jesus respond?

Where and how can I experience Jesus as the outstretched hand that grasps me, takes away my fears, does not let me sink, and awakens hope within me?



When Saint Ignatius seeks to offer us a fundamental piece of advice about prayer, he repeatedly emphasizes this idea: **"It is not much knowledge that fills and satisfies the soul, but rather the interior feeling and savoring of things."** (*Spiritual Exercises*, No. 2) If I know how to make *arepas* only in theory, I cannot enjoy the taste of eating one. The same is true of any other skill that I possess only in theory. I gain no real benefit from it. The same applies to loving God or committing myself to serve others. It is important to experience and savor these realities interiorly. That is what prayer is. Prayer is not merely knowing the theory of prayer; it is actually praying and delighting in the experience of prayer.



I invite Jesus to come into my boat, to take away my fears and fill my life with love and hope.

During this time of prayer, I look at my life in the light of Jesus' word in the Gospel.

I thank God for those people whose way of being has helped me become more fully human, more humble, and more attentive to the things of God.

I choose a passage from the Gospel that helps me contemplate the way Jesus lived and acted.

Today, there often seems to be neither the kindness—to say, "Excuse me," "I'm sorry," or "Thank you." Yet every now and then, the miracle of a kind person appears, someone who sets aside their own anxieties and sense of urgency in order to pay attention, offer a smile, speak an encouraging word, or create a space for listening in the midst of so much indifference. (*Fratelli Tutti*, 224)

To conclude, I take a few moments to write down the movements of my heart during prayer, as well as the distractions I experienced. I give thanks to God or ask for His forgiveness.

I pray the Our Father and the Hail Mary.

SHARING IN COMMUNITY

Each community may organize this time according to its own needs.

Suggested Songs:

"Put Out into the Deep" (*Rema Mar Adentro*) – available on YouTube.

"Colombia Needs a Miracle" (*Colombia necesita un milagro*) – available on YouTube



