

St. Max Women's Lenten Retreat 2022 – *Consider it all joy!* James 1:2
Saturday Morning – Session 2, Spiritual Journaling

'Consider it all joy!' James 1:2

You may use the spiritual journal suggestion below or spend time in meditation and journaling on the back of this sheet using the Examination of Conscience pamphlet found in your binder to prepare for Confession later this afternoon or evening.

This one line of Sacred Scripture, '*Consider it all joy!*' James 1:2, inspired our retreat. What a paradoxical juxtaposition! Joy and trial in the same sentence! Intertwined, linked, and inseparable! Have a conversation with Jesus about these juxtaposed experiences and how they apply to your life.

What trial in my life comes to mind when I read this line of Sacred Scripture?

Explain that trial to Jesus Christ. Tell Him the details.

Quiet your heart and allow Jesus Christ to speak to your heart. Ask Jesus Christ to speak to you about your suffering. What do you 'hear' Him saying to your heart?

Is there an experience recorded about Jesus' life in Sacred Scripture that corresponds to the trial I have just discussed with Him?

Jesus faced these sorts of trials. What has Jesus revealed about Himself when He faced these sorts of trials?

What is Jesus inviting me to do with my trials?

