ADLA Diaconate Formation, Year 2 Spiritual Exercises
Handout B: More Preliminary “Warm Up” Exercises

B1: During the Week Starting Sunday, September 12:
- Continue praying the **Consciousness Examen** daily (10-15 min)
- Pray with the **daily Gospels**
  - Pray between **30 to 40** minutes daily (we’ll gradually build up to 45 min)
  - Use either Reflective *Meditation* or Imaginative *Contemplation*
  - After *each* prayer period, spend a few minutes doing a “*Review of Prayer*” and write some brief notes in your “*Prayer Journal*.”

- Sun 9/12  Mark 8:27-35
- Tues 9/14 Luke 7:11-17
- Thurs 9/16 Luke 7:36-50
- Fri 9/17   Luke 8:1-3
- Sat 9/18  Luke 8:4-15

B2: During the Week Starting Sunday, September 19:
- Continue praying the **Consciousness Examen** daily (10-15 min)
- Pray with the **daily Gospels**
  - Pray between **35 to 45** minutes daily (we’re still building up to 45 min)
  - Use either Reflective *Meditation* or Imaginative *Contemplation*
  - After *each* prayer period, spend a few minutes doing a “*Review of Prayer*” and write some brief notes in your “*Prayer Journal*.”

- Sun 9/19  Mark 9:30-37
- Mon 9/20  Luke 8:16-18
- Tues 9/21 Luke 8:19-21