

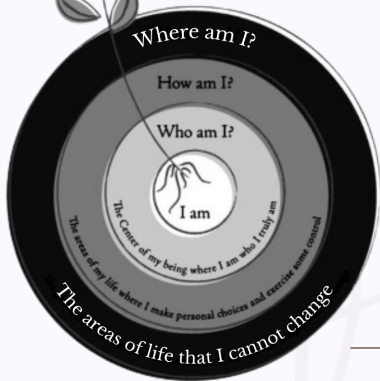


# REJOICE

Sermon Notes for Sunday, November 5, 2023. Based on Rev. JiSun Yang's sermon.

1. Grownups are not able to retrieve their first two to four years of childhood, and this is called \_\_\_\_\_.
2. Humans tend to remember \_\_\_\_\_ things more vividly than positive things.
3. St. Ignatius Loyola lived about \_\_\_\_\_ years ago in Spain.
4. Ignatius spirituality seeks to find God in our \_\_\_\_\_ and allows God to transform that experience through the Holy Spirit.
5. "Do not worry about anything, but in everything by prayer and supplication with \_\_\_\_\_ let your requests be made known to God. And the \_\_\_\_\_ of God, which surpasses all understanding, will \_\_\_\_\_ your hearts and your minds in Christ Jesus."

(Philippians 4:6-7)



### Inner Compass

**The Where Am I Circle:** The areas of my life that I cannot change

**The How Am I Circle:** The areas of my life where I make personal choices and exercise some control

**The Who Am I Circle:** The Center of my being where I am who I truly am

"Inner Compass: An Invitation to Ignatius Spirituality" (by Margaret Silf)

### Questions for Reflection

1. What's your first memory of your childhood? Is it negative or positive?
2. What's your story today? How would you like to retell your story?

### 3. Write a Gratitude Journal

During the week, set aside 5-10 minutes to write a gratitude journal. Reflect on your day for 5 minutes every day, and write three things you're grateful for that day. Practice this every day, and see how God helps you to tap into who you truly are.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

• **Tip:** We're forgetful. Set a timer to remind you of it!