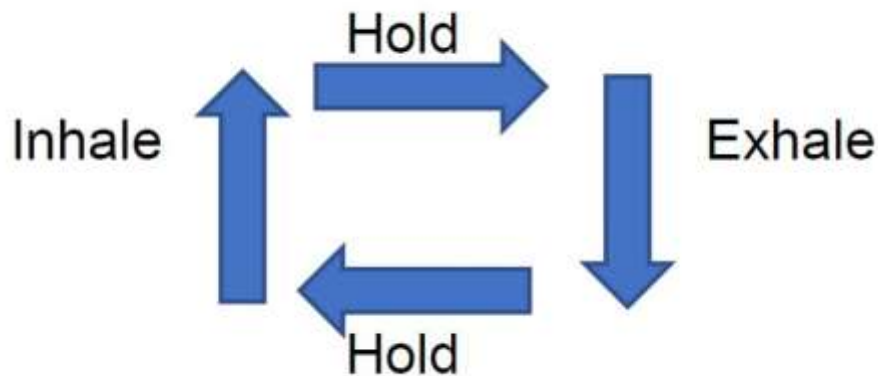


# March 16, 2022



## **1 Corinthians 10:13**

<i>Inhale:</i> No testing has overtaken you	(NO TESTING)
<i>Hold:</i> that is not common to everyone.	(UNCOMMON)
<i>Exhale:</i> God is faithful, and he will not let you	(GOD IS FAITHFUL)
<i>Hold:</i> be tested beyond your strength,	(GOD IS ENOUGH)
<i>Inhale:</i> but with the testing	(WITH TESTING)
<i>Hold:</i> he will also provide	(GOD PROVIDES)
<i>Exhale:</i> the way out so that you	(WAY OUT)
<i>Hold:</i> may be able to endure it.	(TO ENDURE)
<i>Release</i>	

## **IGNATIUS' EXAMEN**

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Be specific and conclude with the "Our Father."

# TPM Process Map

