

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
- Mon 9/13 Luke 7:1-10
- Tues 9/14 Luke 7:11-17
- Wed 9/15 Luke 7:31-35
- 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
- Wed 9/22 Luke 9:1-6
- Thurs 9/23 Luke 9:7-9
- Fri 9/24 Luke 9:18-22
- Sat 9/25 Luke 9:43b-45