



Claiming your Spirituality for the Second Half of Life (Session 3)

As we mature on the spiritual path, all the moods and modes of our solitude are simply accepted as they are. We do less grasping of what we want and less pushing away of what we do not want. Our solitude helps us to “be” with God. It gives meaning to our lives. It reawakens us to the presence of God in every aspect of our lives. Give yourself to solitude. God awaits you there.

– Joyce Rupp in *The Cup of Our Life: a guide to spiritual growth*, p. 47

Our secular world encroaches on our lives, constantly challenging us in our faith.

A living prayer life is more essential than ever.

– *Sacred Space: The Prayer Book 2025* from The Irish Jesuits, p. 280

When we pray, how often do we say: “Speak, Lord, for your servant is listening”?

More often, I think, we say: “Listen, Lord, for your servant is speaking!”

– Robert Wicks in *Seeds of Sensitivity*

We must create space to spark the soul’s wisdom. The soul, somewhat shy, speaks in whispers not in shouts; it requires unhurried time. The ego protests this slowdown, shouting at us to get organized, start moving, attack the looming projects. But the soul pulls us in another direction, urging us to carve out a few reflective moments to become aware of who we are and where the Spirit is leading us....anything that allows *spaciousness* also allows a wisdom greater than we know. – Linda Douty in *Rhythms of Growth*, p. 14

Each evening, pause before you get into bed, or as you are undressing, or as you are lying in bed, and reflect upon the day you have just lived.

1. How open or aware was I to the presence of God in my day?
2. What kind of nourishment did I receive? What kind of nourishment did I give?
3. Does anything need to be emptied out in order for me to be at peace tonight?
4. For what do I thank God as I prepare to enter into sleep?

Divine Companion, shelter me under your wings of love. Grant me a peaceful night and a restful sleep. *Amen*.

– Joyce Rupp in *The Cup of Our Life: a guide to spiritual growth*, p. 7