

**October 13, 2019 - 28th Sunday in Ordinary Time**  
**"Thank You, Jesus!"**

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**"Thank you, Jesus!"** [congregation]

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**"Thank you, Jesus!"** [congregation]

OK, give me some examples of why you are saying "Thank you, Jesus!" today, at this point in time.

[use a microphone to allow several people to answer that question]

Thank you for your words of thankfulness!

As we can tell today from our first Scripture story of the pagan, Naaman, and the prophet, Elisha, we need to be thankful.

As we can tell from our Gospel, Jesus has some expectations of us to be thankful.

A very philosophical writer, Fr. Torrance Klein, puts it this way.

[America Media: THEWORD - Fr. Terrance Klein]

**"Gratitude - not guilt - is the first step toward knowing God"**

**"God is pure goodness, pure love, pure beauty.**

**Look for those things in your life, and you will see God.**

**Not God in the infinite depths of his own mystery but the precise points where this God has entered your life.**

**We call these 'graces.'"**

If we are a singer, one of the ways to communicate our thankfulness is to sing the simple words of the familiar song.

**Thank you, Lord.**

**Thank you, Lord.**

**Thank you, Lord.**

**I just want to thank you, Lord!**

OK, yes, I am not a singer!

OK, let me try something where I am little more skilled!

About one decade ago [Jan. 2010!!!] I was at the Manresa Jesuit Retreat House over at Woodward and Quarton (I call it 16 Mile).

As part of that retreat I learned about a prayer practice that St. Ignatius of Loyola created almost 500 years ago.

The prayer practice is used each evening to look back upon the day's events.

St. Ignatius used four questions to help us put the day into perspective.

Three guesses as to what is his first question!

Of course, "What are some of things that were part my life during this day and for which I am now grateful?"

***What a neat and positive perspective to begin our prayer!***

The second question asks about other feelings of the day.

The third question is to pick one of those feelings of gratitude or whatever and then take it to the Lord in prayer.

***Talking with the Lord about our life today ... how so, so appropriate!***

We can recognize areas for thankfulness... and thank the Lord.

We can recognize areas where we need the Lord's help... and ask for it!

The fourth question is about what is most important about tomorrow.

This a question about discerning tasks for tomorrow and deciding about what we really need to do:

What do we need to do bring about the kingdom of God?

What do we need to do to bring the Good News to others?

What do we need to do in our specific environments? Home, work, community, neighbors, etc., etc.!

Let me end with the priority of thanking the Lord

for the here and now,

for our life today,

for our lives,

for families,

for having a roof over our heads,

for living in a country where so many people of other nations

would dearly love to live their lives.

The ushers will now handout a little sheet with a summary of that Ignatian prayer practice.  
BTW, it is simply called EXAMEN.

Blessings on your relating to the Lord with generous thank you's!

**Thank you, Lord.**

**Thank you, Lord.**

**Thank you, Lord.**

**I just want to thank you, Lord!**

[see separate file for handout on the Jesuit prayer practice called "Examen"]

**Four End-of-Day Questions**  
**From "Examen" by St. Ignatius of Loyola**

"Turn down the volume" - find some peace & quiet for reflection  
& ask God to spend quality time with you

- 1 Review the day & write down some of things that were part of your life during that day & for which you are now grateful -- just a few words
- 2 Review the day & write down some of the feelings that you experienced over the day -- just a few words, positive or negative feelings
- 3 Choose & write down one of the above & discuss it with the Lord in a prayerful way
- 4 Look ahead to tomorrow & write down tomorrow's biggest area of concern; ask the Lord for help