



For this Holy Week, Ateneo is Home brings you **777: Growing in the 7 Ignatian Virtues in 7 Days**. As we observe this special period in our Catholic calendar, we hope that this activity will serve as a material for us to consider doing so we can take stock of our spiritual life.

In relation to the 7 Ignatian Virtues (*magis, cura personalis, tantum quantum, love and service, discernment, suscipe and finding God in all things*) we learned about and pondered on during the previous Employees' Gathering, this 7-day challenge invites us to different moments of reflection and action relating to the said Ignatian virtues. *Hopefully, these series of challenges will spark a deeper desire and encourage a more intentional movement for us to grow in the Ignatian virtues.*

### A guide for the challenge

For each day within the Holy Week, a task that we encourage you to do is identified - a reflection, prayer, conversation, or action in relation to a specific Ignatian virtue. We invite you to carry out the "challenge", or invitation, for that day. Each day focuses on one specific virtue.

When you finish doing the task, you are invited to write the fruits of your reflection and prayer in a journal. (Those who have completed the challenge may receive a special token from OMI).

The challenge ends on 21 April, Easter Sunday.

In the end, this is a personal challenge that we hope will take you to a meaningful journey of knowing yourself in terms of the seven virtues, and how you may grow more in them. This can be especially meaningful during this period of the Holy Week. Ultimately, we hope that the seven virtues will lead you closer to Him, the God whose only hope is to be intimate with you.

### Legend:

 <b>Reflect</b>	 <b>Pray Over</b>
 <b>Talk with</b>	 <b>Do</b>

**DAY 1 (April 15, Monday)**

**CURA PERSONALIS**



**Philippians 2:1-11**



**What relationships in your life need rebuilding/reconnecting? How do you want to rekindle these connections?**

**DAY 2 (April 16, Tuesday)**

**MAGIS**



**Matthew 5:13-17**



**How have you been giving glory to God in your life in the past year? /What have been the ways through which you give glory to God in your life?**

**DAY 3 (April 17, Wednesday)**

**FINDING GOD IN ALL THINGS**



**Psalm 139:7-12**



**Take a 30-minute nature walk and ponder on the love and greatness of the Lord in all the things that you see.**

**DAY 4 (April 18, Thursday)**

**LOVE AND SERVICE**



**John 13:1-12**



**How can you concretely respond to God's commandment of love in all aspects of your life?**

**DAY 5 (April 19, Friday)**

**SUSCIPE**



**Romans 12:1-21**



**What aspects of/things in your life have you not yet unconditionally surrendered to God? Pray over the things in your life that need complete surrendering to God.**

**DAY 6 (April 20, Saturday)**

**DISCERNMENT**



**1 John 4:1-4**



**What life choices are you facing right now? Write them down and pray over them.**



**Seek a friend/companion with whom you would like to talk about these life choices in the coming days. Schedule a time for a talk with this person. It may be just a time to ponder on and pray over these choices in the coming days.**

**DAY 7 (April 21, Sunday)**

**TANTUM QUANTUM**



**1 Peter 4:10-11**



**Consider the gifts and talents you have. How do you plan to use them in the coming days to get closer to God?**



**Suggested Bible Readings (If you attend daily mass, the following readings may be additional material for reflection to the day's mass readings.)**

**Day 1: Cura Personalis (Philippians 2:1-11)**

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature[a] God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature[b] of a servant, being made in human likeness.

And being found in appearance as a man, he humbled himself

by becoming obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

**Day 2: Magis (Matthew 5:13-17)**

“You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that[b] they may see your good works and give glory to your Father who is in heaven.

**Day 3: Finding God in All Things (Psalm 139: 7-12)**

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there. If I rise on the wings of the dawn,  
if I settle on the far side of the sea even there your hand will guide me,  
your right hand will hold me fast. If I say, “Surely the darkness will hide me  
and the light become night around me,” even the darkness will not be dark to you;  
the night will shine like the day, for darkness is as light to you.

**Day 4: Love and Service (John 13:1-12)**

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a

towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?"

Jesus replied, "You do not realize now what I am doing, but later you will understand."

"No," said Peter, "you shall never wash my feet."

Jesus answered, "Unless I wash you, you have no part with me."

"Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!"

Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." For he knew who was going to betray him, and that was why he said not everyone was clean.

When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. <sup>16</sup> Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.

#### **Day 5: Suscipe (Romans 12:1-21)**

So brothers and sisters, since God has shown us great mercy, I beg you to offer your lives as a living sacrifice to him. Your offering must be only for God and pleasing to him, which is the spiritual way for you to worship. Do not be shaped by this world; instead be changed within by a new way of thinking. Then you will be able to decide what God wants for you; you will know what is good and pleasing to him and what is perfect. Because God has given me a special gift, I have something to say to everyone among you. Do not think you are better than you are. You must decide what you really are by the amount of faith God has given you. Each one of us has a body with many parts, and these parts all have different uses. In the same way, we are many, but in Christ we are all one body. Each one is a part of that body, and each part belongs to all the other parts. We all have different gifts, each of which came because of the grace God gave us.

The person who has the gift of prophecy should use that gift in agreement with the faith. Anyone who has the gift of serving should serve. Anyone who has the gift of teaching should teach. Whoever has the gift of encouraging others should encourage. Whoever has the gift of giving to others should give freely. Anyone who has the gift of being a leader should try hard when he leads. Whoever has the gift of showing mercy to others should do so with joy.

Your love must be real. Hate what is evil, and hold on to what is good. Love each other like brothers and sisters. Give each other more honor than you want for yourselves. Do not be lazy but work hard, serving the Lord with all your heart. Be joyful because you have hope. Be patient when trouble comes, and pray at all times. Share with God's people who need help. Bring strangers in need into your homes.

Wish good for those who harm you; wish them well and do not curse them. Be happy with those who are happy, and be sad with those who are sad. Live in peace with each other. Do not be proud, but make friends with those who seem unimportant. Do not think how smart you are.

If someone does wrong to you, do not pay him back by doing wrong to him. Try to do what everyone thinks is right. Do your best to live in peace with everyone. My friends, do not try to punish others when they wrong you, but wait for God to punish them with his anger. It is written: "I will punish those who do wrong; I will repay them," says the Lord. But you should do this:

"If your enemy is hungry, feed him;  
if he is thirsty, give him a drink.

Doing this will be like pouring burning coals on his head.” Proverbs 25:21–22

Do not let evil defeat you, but defeat evil by doing good.

#### **Day 6: Discernment (1 John 4:1-4)**

Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, but every spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world.

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. They are from the world and therefore speak from the viewpoint of the world, and the world listens to them. We are from God, and whoever knows God listens to us; but whoever is not from God does not listen to us. This is how we recognize the Spirit[a] of truth and the spirit of falsehood.

#### **Day 7: Tantum Quantum (1 Peter 4:10-11)**

Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.

If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.