

Overcoming the False Self

Read and Reflect on Matthew 4:1-11

Temptation 1: Security / Survival

Matthew 4:3 - *Turn these stones to bread.*

What do you most rely on for a sense of security? How do you respond when your sense of security or comfort feels threatened?

Temptation 2: Esteem / Affection

Matthew 4:6 - *Throw yourself down, for God will protect you.*

How do you feel the need to prove yourself or defend yourself to others?
How do you respond when you don't feel recognized or valued?

Temptation 3: Power / Control

Matthew 4:8 - *I'll give you everything if you worship me.*

Where in your life do you feel you have the most power and the least power? How do you respond when you feel you are not in control?

....continue on other sheets as needed

Daily Examen

1. Become aware of God's presence
2. Look back on your day with gratitude
3. Take an honest look at your day:
 - Where did I feel the closest to God today?
 - Where did I feel most alone?
 - How did I respond to God today?
 - How do I wish to respond differently tomorrow?
4. Choose one part of your day and pray about it.
5. Pray for tomorrow.

For more ideas on the Daily Examen, go to
<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>

Empty Me

(author unknown)

Gracious and Holy One, creator of all things and of emptiness,
I come to you full of much that clutters and distracts,
stifles and burdens me, and makes me a burden to others.
Empty me now of gnawing dissatisfactions, of anxious imaginings,
of fretful preoccupations, of nagging prejudices,
of old scores to settle, and of the arrogance of being right.
Empty me of the ways I unthinkingly think of myself as powerless,
as a victim, as determined by sex, age, or race,
as being less than I am or as other than yours.
Empty me of the disguises and lies in which I hide myself
from other people and from my responsibility
for my neighbors and for the world.
Hollow out in me a space in which I will find myself,
find peace and a whole heart, a forgiving spirit and
holiness, the springs of laughter, and the will to reach boldly
for abundant life for myself and the whole human family.