

QUESTIONS TO SIT WITH

Looking at the World in an Incarnational Way

- What is one thing you like most about having a body? (*e.g., what you can do, how you can be because of having a body*)
- What is one thing you like least about having a body? (*e.g., what you cannot do, how you cannot be because of having a body*)?
- In Ignatius' meditation on the Incarnation, he invites us to imagine the Trinity looking down at the world.
William Hart Nichols, an artist who creates icons, observes that "We are formed by what we gaze at."
What have you been gazing at these days?
Where have your eyes lingered?
- In the Ignatian tradition, Incarnation is continuing and ongoing.
How or where is the Incarnation happening right now in your life or the lives around you?

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Blog: *Mining the Now*, www.chriskoellhofferihm.org