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|  | **7° 13 Contemplation to attain love II** |  |
| **First we should remark two things:** | 1.- *Love ought to be put more in deeds than in words*.  He who says he loves someone but doesn’t care about, pay attention to or even take him into account… is in fact lying, because that is not love. For example, being a good son is not just a question of telling your parents “I love you”, but of being affectionate to them and helping them, etc.  2.- *love consists in interchange between the two parties who – loving each other – share with each other what they are and what they have*. The two parties want to make each other happy by communicating and giving to the other what the other lacks. Generosity breeds generosity.  If I feel loved by someone who is always attentive to my needs, (like mom or dad), I also feel moved to love him/her, because “love is paid back with love”. | **In the last contemplation we thanked God for having gifted us with the creation. On this occasion, we will thank Him for the gift of redemption.** |
| **Composition of the place** | St. Ignatius invites us to reflect on how much God loves us: He lives in heaven and makes use of his power to give us more things that we can imagine; He looks after us, He does lots of things for us. So we will ask Him to help us be grateful.  Let’s imagine we are standing before God our Lord, and the angels and the saints who are interceding for us so that we can acknowledge all God does for us and we can generously offer Him our own lives.  Let’s close our eyes and imagine that we are standing before God, the Father, his Son Jesus, the Holy Spirit…. Our Mother the Virgin is also looking at us tenderly, St. Joseph, all the disciples who lived with Jesus and gave their lives for Him, St. Ignatius… all our relatives who now live in heaven with God … all of them are watching us. They all want you to acknowledge how much God loves you and all the things He does for you. They are your “fans”, and intercede for you before God so that you can feel and express your gratitude.  With your eyes closed, make this petition: |
| **Petition** | *Jesus, please open my eyes and my heart so that I can realize I owe You all I have and all I am. Help me acknowledge and ponder all You do for me, the way You look after me, your friendship (which is the best gift in life): I want you to be my best friend, and love you deeply because You are head over heels in love with me. Open my eyes and my heart so that I can pay back your love with my love and my life.* |
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| **Contemplation** | **God becomes a man to save us**  *In the previous prayer, we thanked God for the gift of creation …Do you remember?...*  *On this occasion, we will thank God for what He personally did to save us.*  *Fist, let’s reflect on the fact that the Son of God came down from the Father to earth, and was conceived by the Holy Spirit in Mary’s womb and became a man. He, who is eternal and boundless, turned into a little embryo!*  *Let’s remember when the angel asked Mary if she wanted to be the Mother of God; and when Mary said yes, the Son of God started to grow in her pure and virginal womb….* |  |
| **The Son of God grows up in a family**  *God also had a family, just like us: He was obedient to his parents, helped them and had to behave well and have good manners. He worked with his adoptive father in the shop, played with his friends, got tired, got sick, felt sad, felt happy… just like us.*  *When He grew up, He began his ministry and worked miracles to show people that God was with them and had come to save them.*  *Let’s consider all the trouble God took to be here on earth with us, to save us. Imagine how patient He was, and all the trouble and suffering He went through.* |  |
| **The Son of God gives himself to us**  *The Son of God came to the earth to give himself to you. He instituted the Eucharist in the Last Supper so that you can assimilate Him in your inner being. And He died on a cross to stay with you. He rose from the dead and he is still with you. If you stay by his side, you will be saved.*  *What a patient and loving God we have, who has taken all this trouble to give his life for us and to be with us.* |  |
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| **Colloquy** | *Let’s sit on the carpet, on the promised land, near Jesus, to hear him in the silence of our hearts.*  *Thank God for becoming a man and taking so much trouble to be as close to us as possible. Thank Him for loving you so much that He came to the earth to save you.* |  |