

# Refill Our Cups

**Rebecca Ruiz is an editor  
and author with Loyola  
Press, USA.**

It can sometimes feel like we're 'running on empty' in the spiritual life. Ignatian spirituality offers a many ways for us to refill our cups.

## **Community**

Find community in a faith community. St Ignatius learned that he was most healthy, both spiritually and psychologically, when he was travelling with companions on the path. We too need the nourishment of a community in which we can live our faith authentically. Such communities foster a sacred respect for each member and gratitude for the diversity of gifts that each individual brings to the table. In loving communities of faith, we experience the Holy Spirit working in powerful and ordinary ways.

## **Nature**

In nature the Creator's love is spelled out for us. For many, mountains and waters are 'thin places', where it's easier to encounter God. If we aren't able to hit the trails or get to the shore, though, we can still find God's touch in our daily surroundings: seeing a flower popping out of a crack in the sidewalk, feeling a cool breeze upon our faces, or smelling fresh-cut grass.



## **The Present**

Be mindful of the gifts God bestows on us each moment by focusing on the present instead of dwelling on the past or worrying about the future. God is continuously creating and breathing life into all of creation. Jesuit Fr Jean-Pierre de Caussade, says, 'No moment is trivial since each one contains a divine kingdom and heavenly sustenance.'

## **Silence**

We can make and take time each day to cultivate silence. Calm your mind and heart, and listen for the prompting of the Spirit. Fr Adolfo Nicolás SJ



speaks poignantly to this: 'That means that our hearts are our monasteries and at the bottom of every activity, every reflection, every decision, there is silence, the kind of silence that one shares only with God.'

### The Examen

As we pray the Examen daily, we reflect on the events of the day and our responses to them, we will notice where we encountered the Divine. Through the practice of the Examen, we are reminded that our God is not a far-off, disinterested God, but a God who is present throughout our days and intimately available to us.

### The Sabbath

On the seventh day, God rested. God commands us to rest too! Sabbath requires that we examine what renews us and what we need to step away from to make space for renewal. As he progressed in the spiritual life, Ignatius left behind the excesses of his youth and came to realise the importance of balance. Sabbath is a way of finding balance by building regular rest, recreation, and time away into the schedule.

### Laughter

'Humour helps enlarge one aspect of a person's life so that it becomes to some extent laughable. But that said, humour would never do any harm. Humour is, moreover, important for a healthy spiritual life' (Mark Rotsaert SJ, in the foreword to *Jesuits Telling Jokes*). Laugh at yourself, laugh with others, and let the God of surprises lighten your load.

### Nurturing Yourself and Others

Take gentle care of yourself and others. We believe that each individual is created in the image and likeness of God and that we are each temples of the Holy Spirit. When we digest this fully, we come to realise just how important it is to care for ourselves in our totality – mind, body, and spirit. Recognising the Divine present within each individual also serves to inform us of the sacred responsibility we have to care for others. As St Irenaeus put it, 'The glory of God is the person fully alive.'

These are just a few of the ways in which Ignatian spirituality offers to fill our cups. In what ways do you find Ignatian spirituality fills your cup?