

SPIRITUAL REFLECTIONS

I recently participated in the 3rd week of the Spiritual Exercises of Saint Ignatius, led by Father Juan Antonio Estrada, S.J. It took place in the house of prayer of the Mercedarian Sisters in Cholula, Puebla. The group consisted of 34 people.

The silent retreat had lectures, mass, prayer, and other liturgies.

I learned that silence is essential for me to concentrate better. It was an opportunity to get closer to God in a lot of peace. I was able to analyze what my life project was, even in a world of uncertainty that changes at great speed. Through Father Estrada's highly erudite talks, I learned more about my Catholic religion and, above all, focused on the life of Jesus, who gave us a message of freedom and acceptance of the suffering that life entails, but without expressly seeking this suffering. It is essential to look out for others and seek the good of all those around us.



We realized that the functioning of the institutional Church is obsolete in many aspects and that Pope Francis wants to renew it, but he faces a challenging task.

These Spiritual Exercises left me with several important questions for my interior life:

- Why do wars exist?
- Is the human being destroying with the Earth?
- How do young people see the world?
- What is the role of the institutions of politics, power, and religion?



- What is the truth?
- What is justice?
- What is ethics?
- Are crowd manipulated?
- How do we prepare to die well?
- What is the fundamental measuring stick for life?
- Would I repeat my life with the successes and failures I experienced?

These questions give me a lot to reflect on.