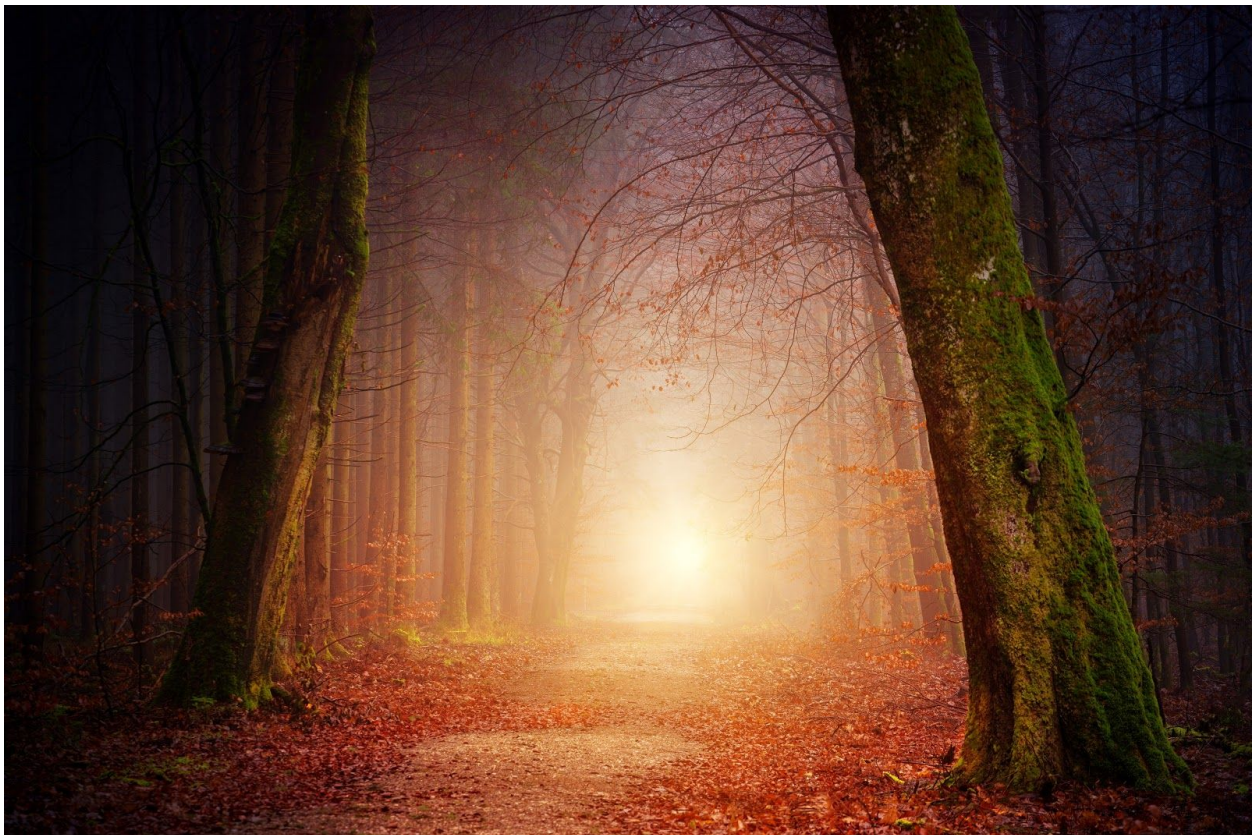


# *4 jours pour...*

*relire son année avec Dieu  
et s'élancer en confiance vers...*



**Session spirituelle proposée par de jeunes ignatiens du 28 au 31 décembre 2020**

## Quelques repères avant de se mettre en route

3n|y'uxnunynl y'XZ' fbfXZ' Zl yZk UjZ' B' hm| xy'XZ' uxd xZyS'XZ' uM{MZ' Z{ 'XZ' xZjZV{| xZ' yn| y'Xb \xZl {Zy' \_nxk Zy'un| x' l n| y'k Z{{xZ' Zl 'ux\yZl VZ'XZ' ž bZ| ' Z{ 'N'ynl ' \Vn| {ZSk bZ| ..uZxVZ'fnb' MFZV'1| bVZ' w| bl n| y' M\{ \Xnl l \XZ' fbfXZ' uZl XM{ 'VZ{{Z' Ml \Z' YŪYŪ' ybuM{b| jĉ xZ' Z{ ' l n| y' \jM'VZx' MFZV' Vnl \_bM'VZ' fZxyjMy| bZ'XZ' l n{xZ' VaZk b' a''

† aMw' Z' hm| xS| l ' {Zk uy'XZ' uxd xZ' ;XZ' YŪ'PŪ'k b| {Zy'Zl fbnl ÀZy{ 'uxnunyl\ XMl y' VZ' jbfXZ{ ' MFZV'XZy'ub{Zy' w| buZ| fZl { ' l n| y' | bXZx<sup>a</sup> 1bXZ' N'VaM| l 'XZ' Vanb|bx' jZ' k nk Zl { ' Z{ 'jZ' jZ| ' w| b|j| bVnl fZl l Zl { 'jZ' k bZ| ..un| x' fbfXZ' VZ' {Zk uy'XZ' xZl Vnl {xZ' MFZV'jZ' @Zb l Z| x<sup>a</sup>

† nk k Z' l n| y' jĉ fĉZ' jMu\XMn' bZ' XZ' @' \* l MWZS l n| y' un| fnl y' uxZl XxZS ħyZ' Mux| y'VZ' {Zk uy'XZ' uxd xZ' Sà'k b| {Zy'un| x' l n{xZ'Zl ' w| Zjw| Zy'k n{y'VZ' w| b l n| y' M\{ \Xnl l \XZ' fbfXZ' ĉ| l ' k n{ ' w| b l n| y' MuM{b| jĉ xZk Zl { ' n| Va\ S | l ' yZl {k Zl { ' \uxn| f\ S | l Z' j| k bĉ xZ' xZWZS VZ' w| Z' l n| y' Mfnl y' Zl fZ'XZ' M\XZx'XZ' VZ' k nk Zl { 'MFZV'jZ' @Zb l Z| x' À

ž Zy' MZjZxy'ynl { ' \ ' MZk Zl { 'uxnunyl\ySĉ Zy{ ' uny'w|jZ' XZ' jZy' fbfXZ' yZ| jy' Ml' k nk Zl { 'XZ' l n{xZ' Vanb. n| ' MFZV' XĒM| {xZy' ĉun| x'VZ| ..w| byZ'ynl { ' b' yXĉy' N' jMyZyyb| n| ' yn| aMĉZl { 'jZ' ununyZx' N'jZ| xy' uxnVaZy<sup>A</sup> ' j' l n| y' uZxk Z{{xM' XĒM' uxn\_ n| Xb' l n{xZ' xZjZV{| xZ' XZ' jĒMl \Z' N' uM{bx' XZ' ununylĉb| y' fM\Zy' Z{ ' \ | b\Zy' ĉMZjZx' XĒVxĉ| xZS UNjM\XZS fbyb| l MZ' XĒ| Z' f\X' n' XZ' {k nb l MZSxZjZV{| xZ' Vx\ MĉZ' À

" l \_b S| l ' {Zk uy'XZ' uM{MZ' Zl ' uZ{ĉ' xn| uZ' ĉn| 'XZ' x\ jZ. b| ' uZxynl l ZjjZÀ Zy{ ' ununyl\ Zl ' \_b' XZ' hm| xl \Z<sup>a</sup> ' j' l n| y' uZxk Z{{xM'XZ' x\ Vn|j{Zx' jZy' \_x| b' y' xZW' y' uZl XM{ ' jMhm| xl \Z' Z{ ' XZ' jZy' uM{MZx' \fZl { | ZjjZk Zl { ' N' XĒM| {xZy<sup>a</sup> > | Zjw| Zy' ub{Zy' XZ' x\ jZ. b| ' uZ| fZl { ' l n| y' M\XZx' N' ux\ uM\XZx' n| ' fbfXZ' VZ' {Zk uy<sup>a</sup> 3n| y' un| xnl y' {Zxk b' ZxjMhm| xl \Z' uM{ jMuZ{ĉZ' uxd xZ' ununyl\Z<sup>a</sup>''

ŁZM| VaZk b' MFZV'jZ' @Zb l Z| x' E

1<sup>ère</sup> étape (28 décembre)

## "Ouvrir ma porte au Seigneur"

AZk uyXZ'uxf xZ'uZxynl | ZjZ'©

A'Ü\$BP'âÛ : uxf xZ'vhl {Zk ujMlfZ'juxnuny\Z'uM'jÉ {ZjlxXZ'uxf xZ'Àun| x'  
fxfZ'jMkZI vhl {xZ'uM'y'NuM'y'

### Me mettre en présence

/Z'uZ| ..uxZI XxZ'| | 'b y{M|{un| x'k Z'k Z{{xZ'ZI 'ux\yZI VZ'X| '@zbl Z| xShZ'uZ| ...  
j| bVhl \_bZ'xjZ' jn{ XZ'uZI y\Zy'w' bk fâMwqZSjZy| bMUMXnl | Zx'un| x'un| fnbx'  
fxfZ'VZ'k nk ZI {ujZb Zk ZI {MfZVj| b'

### Demande de grâce

"I' {n| {Z'a| k bq\SVnk k Z'| | 'Mk bXZk MlXZ'| | 'yZxfbZ'N'| | 'Mk bShZ'Xby'Nž bZ| VZ'  
w'Z' hZ' VaZxVaZS Z' w' b hZ' VaZxVaZ' © - \y| yS hZ' fZ| ...{Z' xZl vhl {xZxS hZ' fZ| ...  
xZyyZI {bx' {nl' Mk n| x' Z' {nl' MluZj' un| x' VaM| I' XZ' | n| y' N' {xMfZxy' k nl'  
tk Mlb Mlbnl SN{xMfZxyj-Z. u\xtZI VZ'X+I' uZxynl | MZ'XMiyVZ'x\kq\VM' jlvw'Z'  
5| fXZ' k nl' V | x' Z' | bZ' k nl' tk Mlb Mlbnl' N' {+ xZ{xn| fZx' un\_nl X\k ZI {  
b V\ \ Z' M\ Ml' a'®

### Lire le passage et choisir un personnage dans la scène

YU' 1Z'jZI XZk Mb \$Ay| y'X\ V\XMXZ' uM'f'bx'un| xjM( N'p\Z'a'j' {xn| fZ' <ab'houZS Z' j| b  
Xtq' ©³ @ by'k nb' a' Y' <ab'houZ' \{Mq' XZ' tZ{ayMkZSjZ' f'bjMIZ' X' | Xx\ Z' XZ'  
<lxZxZ' a' Y' <ab'houZ' {xn| fZ' 3MaMIMj Z' j| bXtq' ©³ t Zj| bXnl { b'Zy' \Vtq' XMIyJM  
jnbXZ' 2 nfyZ' Z' VaZ%jZy' <xnu[ {ZyS| n| y'j-M'nl y' {xn| f' ©VZy' \y| y' b'y XZ'  
'hyZuaS XZ' 3M'VZ{a' a' Y' 3MaMIMj x'ujlvw' M©³ ž Z' 3M'VZ{a' uZ| { 'b' ynx'bx'  
w' Zjw'Z' VanyZ' XZ' Uhl '¥' <ab'houZ' x'unl X' ©³ GtZI ySZ' fnb' a' Y' 1nxw'Z' \y| y'  
fnlq' 3MaMIMj fZI bXNj| b'p X\VMZ' Nynl y' hZ' ©³ Gnb'bfX\k ZI { | 'y'xMijlq' ©  
b' | + MuM'y XZ' x' yZ'ZI j| b' Y'a' 3MaMIMj j| bXZk MlXZ' ©³ ž n) k Z' vhl | M'y | ¥'  
' \y| y' j| b'x'unl X' ©³ fM'f' w'Z' <ab'houZ' { MluZjZS w' MlX' { | \{M'y yn| y'jZ'  
\_b | lZxS hZ' { M'f| a' Y' 3MaMIMj j| bXtq' ©³ ? M'UUSVZy' {nbjZ' b'y XZ' ž hZ| Et Zy'  
{nbjZ' xnbX' y'xMij É' PÜ \y| y'xZuxZI X' ©³ /Z' Z' Xby'w'Z' hZ' { M'f| yn| y'jZ' \_b | lZxSZ'  
VZy' un| xVZjMw'Z' { | Vnb'y EA| fZxM'y XZy' VanyZy'uj| y' xMlXZYZI VhxZ' a' Y'

## Entrer imaginativement dans le contexte

/Z jby'VZy'Vnl yb l Zy'Z{ 'u| by'hZ' \_Zxk Z jZy'tZ| . \$k b y{Mj}M{ 'XMI yjMYM[ I Z'a''

### **a. Les cinq sens** ©/Z'k ~~Ek Mb Z'NjMujMw'X/~~ 'uZxynl I MZ'w'Z' hM'Vanb'g'

**Entendre** ©> | -Zy{ 'VZ' w' Z' hZl {Zl Xy' ¥' 1Zy' Ux| b'y' Z{ 'jZ' Un| xXnl I Zk Zl { 'XZ' jM \_n| jZ' ¥' XZy' MjZl {n| xy' ¥' XZy'nbyZM| .. ¥''

**Toucher** © q nk k Zl { 'ynl { 'k Zy' uZ' Xy' ¥' 2 Zy' f| {Zk Zl { y' ¥' 2 Zy' k M' y' ¥' " y{ 'VZ' w' Z' hM' uunx{ Z' w' Zjw' Z' VanyZ' ¥' 1Z' fZl {SjZ' yn jZb' n| jMuj| bZ' {n| VaZl { 'by' k nl ' fbyMz' ¥'

**Voir** © " ' w' nbxZyyZk UjZ' jM\_n| jZ' ¥' 5' ' y| by'hZ' uM' xM' uunx{ 'N'VZ{ {Z' \_n| jZ' ¥' " y{ 'VZ' w' Z' hZ' Vnl I M' y' w' Zjw' + I 'XMI yjMYM[ I Z' ¥''

**Sentir** ©> | ZjjZy'nXZ| xy'u| by'hZ' xZk M' w' Zx' ¥''

**Goût** © " y{ 'VZ' w' Z' hZ' k M' Z' w' Zjw' Z' VanyZ' ¥' ° b'hZ' w' Zjw' Z' VanyZ' n| ' | ' n€' ' XMI y' k MUn| VaZ' ¥''

### **b. Les émotions et pensées** ©/Z y| by'M{Zl {b'NVZ' w' byZ' uMjyZ' XMI y' k nl ' Zyux'g' Z{ 'k nl ' V / x' w' M' X' hZ' y| by' XMI yjMYM[ I Z' NjMujMw' XZ' k nl ' uZxynl I MZ'a''

**Désirs** © <n| xw' nby| by'hZ' jN' ¥' > | -Zy{ 'VZ' w' Z' hZ' VaZxVaZ' ¥''

**Appréhensions** © j M{ 'b' w' Zjw' Z' VanyZ' w' bk b' w' b' {Z' ¥'

**Émotions** © q nk k Zl { 'Zy{ 'VZ' w' Z' hZ' x'M by' NVZ' w' byZ' uMjyZ' ¥''

## Lire à nouveau l'évangile ( 1, 2, ou 3 fois de plus !)

" yyMz' XZ' UZl ' Vnl I M' xZ' jZ' X' xn| jZk Zl { 'XZ' VZ' w' byZ' uMjyZ' un| x' \ f' gZx' XZ' xZ{ n| xl Zx' M| {Z' . {Z'a'

## Fermer les yeux et vivre le passage dans ton personnage

aaa{n| { 'Zl ' \{M| { 'M{Zl {b' M| .. : ©

M' t b wyZl y'

U<sup>a</sup> \$k n{ bnl y' Z{ 'uZl y\Zy'

## Un temps de cœur à cœur avec le Seigneur

> | hM' hZ' Zl fZ' XZ' Xbx' M| @Zb l Z| x' NjM' b' XZ' VZ' {Zk uy' XZ' ux' g' xZ' ¥' /Z' uZ| .. {n| { j| b' Vnl \_bz' M' fZV' | I Z' ' xM' XZ' Vnl \_bM' VZSj| buM' jZx' Vnk k Z' N' | I ' M' b' w' bk E' y{ ' VaZx<sup>a</sup> /Z' uZ| .. j| buM' {Mz' jN' n} hZl ' y| by' y| x' k nl ' VaZk b' \$VZ' w' baM' bZ' k nl ' V | x<sup>a</sup> <n| x' \_b' x' VZ' {Zk uy' XZ' ux' g' xZ' S' hZ' uZ| .. jM' byZ' x' k nl {Zx' Zl ' k nbjZy' k n{ y' X| ' 3n{ xZ' 1 < [ xZ'a'

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° {ZjlxX| hm| x'©  
/I uZ| XE Vxq| xZ Z{ XZ VxMlbfq

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**1ère option ©Mt. 21, 28-30**

3 Bl ank k Z' MfVXZ| ... j' f b { {xn| fZxjZ uxzk lzxZ{ j| bXq ©-2 nl ZI MI{S fM{xMfVjZx M|hm| xX-a| bN'k Mfb I Z<sup>a</sup>@† Zj| bVoxunl Xq' ©-/Z' I Z' fZ| ... uMj<sup>a</sup> 2 Mj' ZI y| bZSy\{M{ xZuZl {tSj'† MjM'° UhxMI{ jZ yZVhl XSjZ' u[ xZ' j| bXq jM k ]k Z VanyZ<sup>a</sup>† Zj| bVoxunl Xq' ©-5| tS@Zb I Z| xF@Z{ t'† MjM uMj<sup>a</sup>'

Bl uMjM Z' u| {q{ Vhl | | > | Z' h' k Z yZl {Z jbxZ' X-Z. uxtk Zx' VZ' w| t' \fnw| Z' Zl k nS h' uZ| ... jZ' x\ VbxZSjZ' k nXbxZSjZ' unjnl ` ZxSjZ' x\X| bZSyn| y jM\_nxk Z' X†I Z' uxq xZSX†I uym|k ZSX†I Z' jZ{{xZSX†I x\ VqSX†I Xb'jh' | Z' XZ' {a\ P{xZS X†I un[ k Z

/Z' uZ| ... uM'Z. Zk ujZ' unjnl ` ZxjZ' x\ Vq ZI 'tk Mb M{SN'VaMw| Z' \_nbSjMx\W{bnl X| u[ xZSn| j\fnj| {bnl XZ' jMyM[ I Z' XM' y jZ {Zk uy' ©-fM{xMfVjZx M|hm| xX-a| b<sup>o</sup> jZ{ jZ jZl XZk M' ¥AS

**2ème option ©Ap. 1, 17-20**

3 3Z VxV y uMj<sup>a</sup> 2 nS h' y| bjZ' <xZk lzxZ{ jZ z Zx lzxSjZ GbMI{ Ch{ Mj'k nx{SZ{ k Z' fnb' fM{ un| xjZy yq VjZy XZy yq VjZy' h' X\{Zl yjZy V\y XZ' jMk nx{ Z{ X| y\hm| x' XZy' k nx' \$ Vx' Xnl V VZ' w| Z' | Mj' f| S VZ' w| bZy{ S VZ' w| b fMZI y| bZ' MxfZl b<sup>a</sup>'

> | M{ M' k ty[ xZ' XZy yZu{ \{nbZy' w| Z' | Mj' f| Zy y| xk Mk Mb Xnq ZSZ{ VZj| b XZy yZu{ VaMI XZj bZy' X-nx' ©jZy yZu{ \{nbZy' ynl {jZy' M' Zy XZy yZu{ \$ jbyZySZ' jZy yZu{ VaMI XZj bZy' ynl {jZy yZu{ \$ jbyZy<sup>a</sup>'

1Mvhl yb| Z' Zy{ ytk ujZ' ©y| b'xZ' VZ' w| Z' jZ' {Z. {Z' Xq' ©-\$Vx' Xnl V VZ' w| Z' | Mj' f| S VZ' w| b Zy{ S VZ' w| b fMZI y| bZ' MxfZl b<sup>a</sup> E /Z' uZ| ... {n| { 'N' \_M' k Z' UMjZx' y| x' j-Zl yZk UjZ' XZ' VZ' w| bux\ V[ XZ' n| w| by| b' VZ' {Z' Vhl yb| ZSn| yZ| jZk Zl {y| x' | I Z' uM{xZ' Z{ jMjyZx' jbxZ' Vnl xy' N' k nl 'tk Mb M|bnl 'E@| yjM\_nxk Z' X†I Z' uxq xZS X†I uym|k ZSX†I Z' jZ{{xZSX†I x\ VqSX†I Xb'jh' | Z' XZ' {a\ P{xZSX†I un[ k Z

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**AZk uyXZ uMkMZ ZI \wł bZ**

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**Questions :**

- 1 ° fZV' wł nb Zy{^VZ' wł Z' hZ' y| by' Mxb^ZÄ' XMly' VZ{{Z' yZyylml' j^V|' XZy' XZxl bZxy' hm| xyS k \{\n' b {\xZ| xZ' X|' k nk ZI {Ä ¥' >| ZjjZy' \{Nzi { k Zy' M{ZI {ZySk Zy^VNB {Zy¥'
- 1 ° fZV' wł Zjy' \_x| by' XZ' k Muxđ xZ' Z{ XZ' jEMZjbx' XE^Vxđ | xZS Zy{^VZ' wł Z' hZ' xZuMxy'M| hm| xXĒa| b¥'

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**<Z{k {Zk uyXZ uxd xZ ĵÜÜk b Ä©  
t jnxZ VZ{{Z hm| xl \Z NuMk bxXZ' / UÜSÜ'ÜB**

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**^y| yuMjMk Mb ybM|..uaMjZl y©**

3 ° k ZI SNI ZI SłZ' fn| yjZ' Xby' ©VZj| bWł bZI {xZ' XMI yjMUZx' ZxZ' yMI yuMjyZx uMk' jMunx{ZSk Mj' wł bZyMjMkZ' uMk' | I' M| {xZ' ZI Xnk{SVZj| bjN' Zy{ | I' fnjZ| xZ{ | I' UMI Xk^t Zj| bWł bZI {xZ' uMk' jMunx{ZSVZy{ j| bjZ' uMk' Z| xSjZ' UZx' ZxXZy' UxZUby^' 1Z' unx{bZx' j| bn| fxZSZ{ jZy' UxZUby' \Vh| {ZI { yMfnb.^' @Zy' UxZUby' Nj| kSb' jZy' MiuZjjZ' VáM| I Z' uMk' ynl' I nk SZ{ b' jZy' \_Nk' ynx{b^'

3 > | MIX' b' Mhl' X| k' XZanxy' {n| {Zy' yZy' UxZUby' Sb' k' MVAZ' NjZ| x{ } {ZSZ{ ZjjZy' jZ' y| bZl {S' Vx' ZjjZy' Vhl' I MjyZl { yMfnb.^' M' Mjy' ZjjZy' I Z' y| b^xnl { | I' b' Vhl' I | S' ZjjZy' y-Zl' \_| bnl { jnb' XZ' j| kS' Vx' ZjjZy' I Z' xZVhl' I MjyZl { uMj' jMfnb.^' XZy' b' Vhl' I | y^' ^' ^y| yZk' ujntMkZ{{Z' uMk' MhZ' ZI' y^XZyMI { M|..uaMjZl ySk' Mj' b' y| Z' Vhk' uxbZl { uMj' VZ' wł' b' fn| jMk' jZ| xXbZ^'

t' Zyl' un| wł nb ^y| y' xZuxk' jMuMhZ' ©^3 ° k ZI SNI ZI SłZ' fn| yjZ' Xby' ©łZ' y| by' jM' unx{Z' XZy' UxZUby^' t Z| ..wł bynl { b' {ZxfZl | yMjMI { k' nbynl { {n| y' XZy' fnjZ| xyZ{ ' XZy' UMI Xk^y' k' Mjy' jZy' UxZUby' I Z' jZy' nl { uMj' \Vh| { y^' 2' nłSłZ' y| by' jMunx{Z^' @' wł Zjwł + I' ZI {xZ' ZI' uMjyMI { uMk' k' nłSb' yZxMjM| f^' b' un| xMjyZxZ{ fZl' bSZ{ b' {xn| fZxM| I' uP{ | xMIZ^' 1Z' fnjZ| xI' Z' fZl { wł Z' un| x' fnjZxS\` nx' ZxZ{ X\{x| bZ^' 2' nbłZ' y| by' fZl | ^' un| x' wł Z' jZy' ank' k' Zy' Nzi { jMfZS' un| x' wł' b' j' j' Mzi { ZI' Nhl' XMI VZ^'

/Z' y| by' jZ' Uhl' 'uMfZ| xSjZ' fXNB UZx' Zx' w' bXnl | Z' yMfZ' un| x' yZy' UxZUby' 1Z'  
UZx' Zx'k ZxZI NbzSj| bS| -Zy' uMfjZ' uMfZ| xSVAjZy' UxZUby' | Zj| bMduMfZ| I ZI {  
uMf' ©y' fnt' fZI bx' jZ' jn| uS' MUMIXnl | ZjZy' UxZUby' Z{ 'y-ZI | k' jZ' jn| u' y-ZI '  
Zk uMfZ' Z{ 'jZy' XbuZxyZ' t' Z' UZx' Zx' I -Zy' w' +I 'k ZxZI NbzS Z{ 'jZy' UxZUby' | Z'  
Vhk uZ| { uMf' fXNB ZI { un| xj| b'

2 nts hZ' y| by' jZ' Uhl' 'uMfZ| x' hZ' Vhl | Mj' k Zy' UxZUbyS Z{ 'k Zy' UxZUby' k Z'  
Vhl | MjZ| {S Vhk k Z' jZ' <[ xZ' k Z' Vhl | MfSZ{ Vhk k Z' hZ' Vhl | Mj' jZ' <[ xZ' Z{ 'hZ'  
Xnl | Z' k MfZ' un| x' k Zy' UxZUby' / MZI VhxZ' X-M| {xZy' UxZUbyS w' bl Z' ynl { uMf' XZ'  
VZ{ Z' UZx' ZxZ' ©VjZy' jN' Mj' ySj' \_M| { w' Z' hZ' jZy' Vhl X| byZ' "jjZy' Vhl | {Znl { k M  
fnb. ©j' t' Mj' XMI | jZ| j {xn| uZMI Z{ | | jZ| j uMfZ| x' .

2<sup>ème</sup> étape (29 décembre)

## "Rendre grâce"

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AZk uyXZ uxq xZ uZxynl I ZjjZ  
uyM|k Z'ÜÜà

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Ü ž Z {n| {k nl Vœ| xS@zè I Z| xSfZ {Z xZI Xy` xPVZ'@{| 'NyZI {ZI X| jZyuMhjZyXZ`  
k MUh| VâZ<sup>a</sup>/Z {Z VâMI{Z ZI uxlyZI VZ XZyMI` ZyS

Ü fZxy{nl {Zk ujZ yMVA SfZ k Z uxny{Zx Z<sup>a</sup>/Z xZI Xy` xPVZ N{nl I nk un| x{nl`  
Mk n| xZ{ {MFAxè\SVMk{| \j[fZySMI'XZyy| yXZ {n| {S{nl I nk Z{ {MuMhjZ<sup>a</sup>

Ü 'IZ'hm| x{n} {| x lunl Xby'Nk nl 'MauZjS{| 'by` xMIXbxZI k nl Pk Z jM\_nxVZ<sup>a</sup>

Y An| yjZyxnbyXZ jM{ZxxZ {Z xZI XZI {` xPVZ w' M IX tpyZI {ZI XZI {jZyuMhjZyXZ`  
{MUh| VâZ<sup>a</sup>

P \*jyVâMI{ZI {jZyVâZk tbyX| @zè I Z| x'èB >| ÈjjZ Zy{` xMIXZSjMI jnbZ X|`  
@zè I Z| x'E`

B @âMI{w' Z ynké jZ @zè I Z| xSb'fnké jZ uj| y'a| k UjZ' XZ jnb Sè xZVh I Mè`  
jfinx | ZbjZ| ...<sup>a</sup>

â @dz k MVAZ M| k bjZ| XZyMI` nbyZyS{| k Z 'Mj'fg'xZS{Mk Mb yâMUM|y| xk Zy`  
ZI I Zk byZI Vhj[ xZ<sup>a</sup>AVKxnléZ k Z xZI X'fVb w' Z| x<sup>a</sup>

â 'IZ @zè I Z| x' Mè {n| {un| xk nbE@zè I Z| xS\{Zx Zj Zy{ {nl Mè n| x'èI ÈVx} {Z`  
uMj'jœe| fxZ XZ {Zyk Mb y<sup>a</sup>



/Z' k Z' k Z{y' ZI' ux\yZI VZ' X|' @ZbI Z| xS hm| fXZ' k nl' V |x' Z{ 'hZ' uZ| ...j| b  
XZk MI XZxjM xPVZ' XZ' k bZ| ..jZ' xZVhl I M{xZ' XMI y'k MfZ'a''

1 f'a' P' Z{ 'B' ©-1Z' hm| x'n} { | 'x\unl Xby' N'k nl' 'MiuZjS{ | 'by' xMI Xb' ZI' k nl' 'Pk Z'  
jM\_nxVZ'a' An| y'jZy' xnby' XZ' jM{ZxxZ' {Z' xZI XZI { 'xPVZ'® ž bZ| 'x\unl X' N'k Zy'  
X\y'oxy' uxn\_nl Xy'a' /Z' uZ| ..k Z' yn| fZI b' XZ' {n| { 'VZ' w' Z' hMxZW' XZ' Unl' 'XZ'  
j| bX| xMI { 'VZ' {Z' MI \Z'a' ° k nl' 'n| x' MfZV' k Zy' x' b' aZyyZy' Z{ 'k Zy' {MjZ| {yS  
k Zy' -xntM| {y' S' hZ' uZ| ..XbZ' ©-> | E'jjZ' Zy{ 'xMI XZSjM jnbZ' X| 'ZbI Z| x' f®

1 f'a' a' ©-MI' nbyZy® Z{ '-ZI I Zk by® ©XMI y' VZ' fZxyZ{S VZy' XZ| ...{Zxk Zy' yZ'  
xZI fnbZ| { 'j+I | 'j-M| {xZ'a' <Z| {1} {xZ' w' Z' XZy' MI' nbyZyS XZy' ZI I Zk by' XZ'  
j+ { \xZ| x' k E'nl { 'xMjZ| {S uMjYty' \ X| xMI { 'VZ' {Z' MI \ZS Z{ 'uZ| {1} {xZ' w' Z'  
VZx{ M' Zy' y' b| M' lnl y' yZ' ynl { 'M' \j' b' x\Zy' uM' jMj| bZ' /Z' uZ| ..ZI 'uM' jZx'M'  
@ZbI Z| xSjZ' xZk ZxMz' x' un| x' ynl' 'M' Wnk uMI Zk ZI { 'XMI y' VZy' {Zk uy' uj| y'  
Xb' b' jZy'a'

1 f'a' a' Z{ 'a' ©-aM| { 'w' Z' ynl' jZ' @ZbI Z| x' b' fnb' jZ' uj| y' a| k UjZ® Z{ '-1Z'  
@ZbI Z| x' M' {n| { 'un| x' k nb' f® ž bZ| 'fZ| { 'yZ' M' Z' y' b' uxnVaZS w' b' yZ' M'  
k nl' 'yZx' fZ| xS k ] k Z' M' V |x' XZ' j- \uxZ| fZ' Z{ 'w' MI X' hZ' I E'x' b' fZ' uj| y' N'  
yZ| { b' y' Mux\yZI VZ'a' /Z' uZ| ..xZuZ| yZx' N' VZy' y' b| M' lnl y' Xb' b' jZy' n} 'hZ' k Z'  
y| by' MUM Xnl I \Z' AMfZV' Vhl b' MI VZ' Nj| b''

/Z' Vhl bZ' N' ž bZ| 'jZy' x| b' y' XZ' VZ' {Z' ux' b' xZS ZI 'j| b' xZI XMI { 'xPVZ' un| x' VZ' {Zk uy'  
uMjy' \ ZI yZk UjZ'a''

° {ZjZxX/ hm/ x'©  
 UNYXZ'Z{ xZjZV/ xZ'XMlyjM M/ xZ'

2 MxVaZx'uZI XM{ 'ZI fbnl 'pÜ' k b | {Zy'ZI 'yZjZi VZ<sup>a</sup>' > | Zjw' Zy'ub{Zy'un| x'xZjbxZ' ynl 'MI \Z'MFZVjM M/ xZ'©

- 1 t nl {Zk ujZx'jZ' uMtyMZ<sup>a</sup>' <xZI XxZ' jZ' {Zk uy'XZ'xZ' MxXZx'jZy'X\{Mjy'XZ'VZ' w' bk ÊZl {n| xZS\Vn| {ZxSyZI {b<sup>a</sup>' > | ÊZy{'VZ'w' Z'hZ'xZk Mxw' Z'XZ' uMx(b| jZx' M/ hm| xXÊa| b¥' > | ÊZy{'VZ'w' Z'VZjMk Ê'fnw' Z'¥t nk k Zl {Zy{'VZ'w' Z'hZ'k Z' yZI y¥' /Z' uZ| ..uxZI XxZ'w' Zjw' Zy'k b | {Zy'un| x'uMjZx'M/ @Zb| Z| x'XZ' {n| { VxSvnk k Z' | I 'Mk buMjZ'Nynl 'Mk b'
- 1 /Z' uZ| ..: Zl y| bZ' xMk MyyZx' Xb\_\xZI {Zy' VanyZy' w' Z' jMI M/ xZ' k Êh\_xZ' M/ hm| xXÊa| b'©uMx' Z.Zk ujZ' | I ' uZ{b' Vxj|n| § XZy' M| b| jZy' XZ' yM|b § XZy' \_Z| b| jZy'XZ'Xb\_\xZI {Zy'Vn| jZ| xyS| I ' k Mxnl §| I Z' uZ{bZ' UxM VaZ' ..
- 1 <n| x'VaM| I ' XÊZ| ..hZ' uZ| ..k Z' XZk Ml XZx'VZ'w' Z' VMun| xMx' xZux\yZI {Zx' XMly'k nl 'MI \Z' ©XZy' VanyZy' w' bnl { ' unx{\ X| ' \_x| bS XZy' unx' x[ yS XZy' k nk Zl {y' n} ' hZ' k Z' y| by' yZI {bZÀ \uMn| bZAS w' Zjw' Z' VanyZ' w' bZy{ ' Zl ' {xM' XZ' yÊn| fxb' Zl ' k nS w' Zjw' Z' VanyZ' XZ' \_Zxk \SXÊI ' uZ| ' X| x'k Mj' w' b uZ| { ' } {xZ' xZI \_Zxk Z' w' Zjw' Z' VanyZ' X-M| {xZ' N'jÊb { \xZ| xS w' buxn{ [ ' Z' | I ' \_x| b' w' bXnb' Zl VnxZ' k €x' MFM { XZ' un| fnb' } {xZ' uMx{M \S w' Zjw' Z' VanyZ' w' b uZ| { ' Zl VnxZ' k Z' UjZyyZx' n| ' UjZyyZx' XÊM| {xZy' yb nl ' t' {n| VaZ' yMly' uxZI XxZ' XZy'ux\VM| {bnl yS;Z{V<sup>aaa</sup>' /Z' uZ| ..Mjy'bxZuZI yZx'NVZ' w' bM\ \k M y[ fZ' Zl ' YÜYÜSxZI XxZ' xPVZ' Z{ 'Vnl \_bZ'x{n| { VM| @Zb| Z| x'MFZV'Vnl \_bM VZ<sup>a</sup>'

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**Prière d'alliance à la fin du temps de partage** ©

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° jM\_b `XZ`VZ{{Z`hm| xl \Z\$H`uZ| ..:uxZI XxZ`| I `uZ{b`b y{M{`XZ`yZi VZ`un| x`k Z`  
k Z{{xZ` ZI ` ux\yZI VZ` X| ` @Zb| Z| x` E@Zb| Z| x` k Z` fnbVbXZfM{` {nbMux[y` VZ{{Z`  
hm| xl \Z`yxbVaZ\$NMKZ`k nbN`xZjbZ`k Mhm| xl \Z`N`{M| k b` xZ`E`

/Z`uZ| ..:xZjbZ`jZy`k nk ZI {y`XZ`k Mhm| xl \Z`Zi` jMbyM{`xZk ni {Zx`ZI `k nbVZ`w`b`  
k E`M`M`X| `U`Zi \$VZ`w`b`{M`yn| xVZ`XZ`hmZ\$X`E`| fZx{| xZ\$Zy`k nk ZI {y`n} h`V`u|`  
| I `uZ| `uZxVZ`fnb`jMux\yZI VZ`XZ`ž`bZ| `N`k Zy`Vq{\`y` 2 ZxVb`@Zb| Z| x`un| x`{n| y`  
VZy`Xnl y`w` Z`h`V`b`xZW`y`M`hm| xX`E`| b`

/Z`uZ| ..:N`ux\yZI {`xZuZI yZx`M`..:k nk ZI {y`XZ` `MjZy\$XZ` `MjZyyZy\$XZ`Xn| {Zy\$  
VZy`k nk ZI {y`n} `hZ` I`E`b`uM`y`y`| ] {xZ`M`xZI XZ`%fn| y`un| x`ž`bZ| \$un| x`k Zy`  
uxnVaZy` /Z`X\unyZ`{n| {`VMXZfM{`jZ`@Zb| Z| x\$H`k Z`xZk Z{y`ZI {xZ`yZy`k M`y`  
{Zj`jZ`A`w`Z`hZ`y`b`y`a`" {`MfZV`Vnl `bM`VZ`Zi`ynl`tk`k ZI yZ`M`n| x`Z{`yM`xM`XZ`  
k b`y`x`b`hxXZ\$H`j| bXZk M`XZ`uM`Xnl`a`

<n| x`b`b`\$H`uZ| ..:j| b`Vnl `bZ`x`k Mhm| xl \Z`XZ`XZk M`SjZy`W`{b`b`y`ux\`f| Zy\$Zy`  
uZxynl I Zy`w`Z`hZ`fM`y`xZI Vnl {xZ`Z`{`n| {Zy`jZy`uZ`{b`Zy`y| xuxb`yZy`w`E`jZ`k Z`  
x\yZxfZ`a`/Z`uZ| ..:j| b`XZk M`XZ`x`XZ`xZy`{Zx`ux`y`XZ`k nbuZI XM{`VZ`{{Z`hm| xl \Z`Z`  
XZ`k E`V`XZ`x`N`k M`VaZ`x`M`fM{`M`Z`N`y`M`y| bZ`a`

"I`| I`bnl`MfZV`{n| y`jZy`hZ| I`Zy`w`b`f`bZi`{`VZ`{{Z`yZy`bnl`\$H`uZ| ..:XbZ`E`3n{xZ`<[`xZ`E`

3<sup>ème</sup> étape (30 décembre)

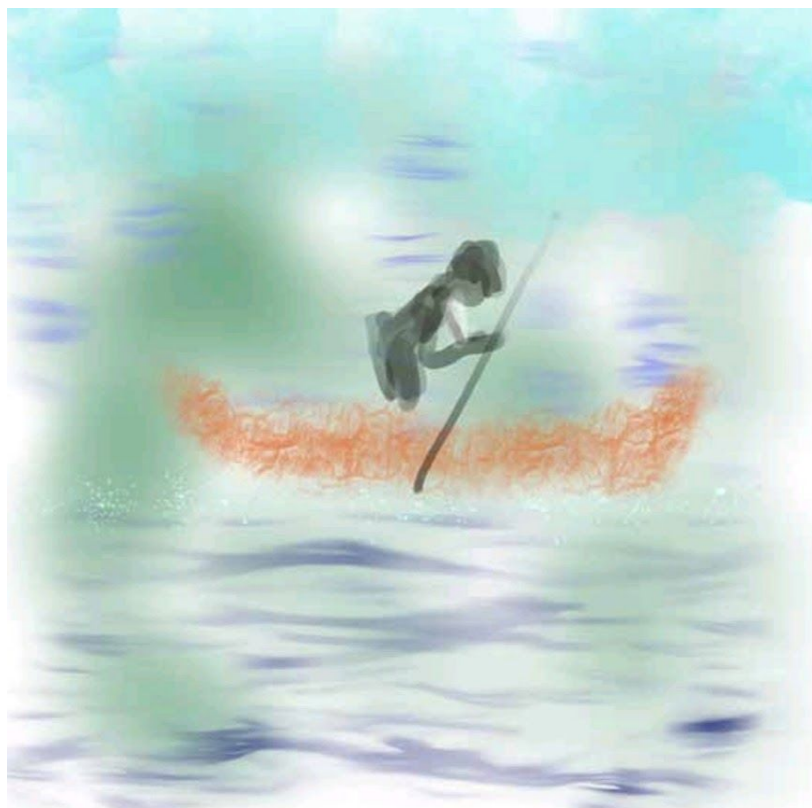
*"Relire les zones d'ombre de 2020, et avancer sur les chemins du pardon et de la guérison"*

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AZk uyXZ'uxq xZ'uzxynl | ZijZ'©

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Benoît Vermander sj, *Barque et Brouillard* (œuvre numérique)

### **Me mettre en présence**

° fZV' Vnl \_bM VZ§ hZ' uZ| ...Zl {xZx' XMly' VZ' {Zk uy' XZ' uxq xZ' Zl 'k Z' k Z{{M{ Zl ' ux\yZl VZ' X| '@zbl Z| x' É5| b@zbl Z| xS{| 'Zy'jN'N'k Zy'Vq{\y'Z{ 'hZ' fZ| ...fZ'xZ' VZ' k nk Zl {'fZV{nbZ{{Z'jMbyZx'k Z' | bXZx'É'

**Contempler**

/Z`Vnl {Zk ujZ`VZ{{Z` | fxZ`i | k \xw Z`a/Z`k Z`jMbyZ`{n| VaZx`uM`jZy`Vn| jZ| xySjZy`  
k n| fz`k ZI {ySjZy`nk UxZySjM| k b`xZ`Z`{`n| yjZy`uZ`{b`y`X\{M`y`w Z`hZ`fnb`y`a`

/Z`xZ` MXXZ`XÊ | `uZ| `uj| y`ux[ y`jMUM`w Z`Z`{`VZ`uZ`{b`Unl ank k Z`w`b`xM`k Z`SyM  
uny{`xZ`a`>| ÊZy{`VZ`w`Z`hZ`xZyyZl y`Zl `jZ`xZ` MXXM{`¥`" y{`VZ`w`Z`VZjMk Êfnw`Z`  
w`Zjw`Z`VanyZ`¥`

**Plonger dans la scène**

/Z`uZ| ..jbxZ`VZy`ub{ZyS`\_Zxk Zx`jZy`tZ| ...Z`{`k Êk Mb Zx`N`k nl `n| x`XMl y`VZ`{{Z`  
UM`w`Z`a`

> | ÊZy{`VZ`w`Z`hZ`fnb`y`SyZl ySZl {Zl Xy`M{`n| x`XZ`k nb`¥`@ by`hZ`Ml`yyb| l `uZ| `XMl y`jZ`  
Uxn| bjMXX`¥`" l {xM`b`XZ`xM`k Zx`¥`t nl VZl {x\Z`A`y| x`jÊ`\_nx{`w`Z`hZ`Xnb`y`\_M`k`un| x`  
M`FMl VZ`x`n| `Zy{`VZ`un| x`k nbuny`b`jZ`XZ`xZ`jZ`fZx`| l `uZ| `jM{`[`Z`un| x`fnb`jZ`VZ`j`  
UjZ| `Z`{`jZ`Uxn| bjMXX`w`byÊZy{`nk uZ`| l `uZ| `¥`<| by`hZ`uxZl XxZ`| l `uZ| `XZ`{Zk uy`  
un| x`k Z`xZunyZx`¥`

> | Zj`Zy{`k nl `VM`u`Zl `VZ`k nk Zl {`¥`" y{`VZ`w`Z`hZ`k Z`jMbyZ`unx{Zx`uM`jZy`fM| Zy`  
n| `Zy{`VZ`w`Z`hZ`b`jÊk uxZyy`l`l `XZ`xM`k Zx`N`Vnl {xZ`Vn| xMl {`¥`

J`M{`l`b`uM`y`jnb` `XZy`uaM`Zy`Z{`XZy`UM`y`Zy`w`bk ÊM`kZl {`N`l Z`uM`y`k Z`uZx`xZ`¥`  
> | ÊZy{`VZ`w`Z`hZ`xZyyZl y`¥`

**Parler au Seigneur**

1Z`@Z`b`l Zl x`Zy{`jN`Sux[ y`XZ`k nby| x`VZ`{{Z`UM`w`Z`S`uZl {`1` {xZ`w`Z`hZ`b`| l `uZ| `XZ`  
k Mj`N`jZ`fnb`SN`jÊZl {Zl XxZ`k M`y`b`Zy{`jN`E`>| ÊM`hZ`Zl fz`XZ`j| b`uM`k{M`Zx`XZ`VZ`{{Z`  
Z`u`x`b`Zl VZ`XZ`l M`f`b`M`l`nl `¥`/Z`uZ| ..j| b`uM`jZx`Vnk k Z`hZ`uM`jZ`N`| l `M`k`S`j| b`  
Vnl `bZ`x`k Zy`Xb`b| j{`y`S`k Zy`uZ| xyS`k Zy`X`y`b`y`a` \*j` Zy{`jN` `k` ]k Z`y| x`VZ`{{Z`  
UM`w`Z` `k` ]k Z`Zl `ujZ`b`Uxn| bjMXX`E`

/Z`uZ| ..M`l`yybjZ`xZk ZxM`Z`x`un| x`VZ`{Zk uy`uM`y`y`M`FZV`j| bZ{`XbZ`VZ`{{Z`ux`b`xZ`w`b`  
k Êl b`N`j| bZ{`N`{`n| y`VZl ..w`b`\_nl {`xn| {ZSVnk k Z`k nbM`FZV`j| b`©E3n{xZ`<[ xZ`E`

u| by`Xn| VZk Zl {`hZ`uZ| ..n| fx`b`N`l n| fZM`jZy`tZ| ...`

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° {ZjZxX| hm| x'©  
Gbyml I MZ'XĒ I Z'fb\N{\k nb I MZ'Z{\x\jZ. ml 'uZxynl I ZjjZ'

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**A\k nb I MZ'XZ'Gb\mbZ'©**

[a{fuy@u... , , °tn| }| UZ^Vnk μ MVA¥fø áβH , V31'Ýnì UvjXø\\*, ° ?ÝĒäPM' Ē' BP  
| @Xb âl ŪOPBI yáO'1 Ē > x'k H ° 1| áž Xu03H y° h /ŪÝĒ\\*ā. .](mailto:a{fuy@u...)

**Faire face à ma vulnérabilité personnelle**

2 Z'yn| fZI b'XZy'k nk ZI {y'n} 'hZ'y| by'uMfZI | ĵZÀN'xZVnl I M{xZ'Z{'Vnl ĵZx'Nž ĵZ|  
Z{M'..M{xZy'k Zy' MjZyyZy'Z{k M\_xMjZy'¥† nk k ZI {Zy{1VZ'wĵ Z'hZ'k Z'yZI {Mj'  
N'VZy'k nk ZI {y'jN'¥ > | ĒZy{1VZ'wĵ b'uZ| {xZI XxZ' Xb\_bjZ'j+MWZu{Mml 'XZ'k M  
f|ji \xMjZy'¥

† nk k ZI {Zy{1VZ'wĵ Z'hZ' x\MjZy' Z{k Z'yZI y' MWZ' N'jMUZl fZbjMVZ' Z{j+MxZ'  
X+M{x| b¥

**Faire face à la vulnérabilité d'autrui**

2 Z'yn| fZI b'XZy'k nk ZI {y'n} 'hZ'y| \Vnl \_xnl {\ĵZÀN'jMf|ji \xMjZy'XĒ I 'M{xZ'  
† nk k ZI {MhZ'x\Mb¥ > | ĒMhZ'xZyyZI {SMjuxy'y| x'k nbXMjyVZy'k nk ZI {y'jN'¥

**Accueillir la présence de Dieu et vivre ma foi dans les moments d'épreuve**

" I 'ÝŪÝŪS MhZ' {xMfZxy\ 'XZy'k nk ZI {y' Xb\_bjZy' n} 'k M\_nbM\{\ 'UxMjZ' ¥  
> | ĒZy{1VZ'wĵ bk ĒMhZ'xZy'Z{Zl b'Unl '¥

° bhZ'X\hN'\_Mj-Z.u\xtZl VZ'X† I Z'' | \xbyn| '¥

ž Z' wĵ ZjjZ' k MjZ' xZ' k nl ' ZI {n| xMZ' uxnVaZ' n| 'jMynVd{\ 'k MjZy{ZI {h'y'jM  
uxlyZI VZ'XZ'ž ĵZ| 'N'k Zy'Vq{\y'XMjy'jZy'gd Zy'X-ĥk UxZ'XZ'j+Ml VZ'ÝŪÝŪ'¥

" {k nbN'wĵ Zjy'k nk ZI {y' MhZ' u| 'Mjy'ob{xMjy'k Z{XZ'| I 'uZ| 'XZ'j| k ĵZ' N'XZy'  
uxnVaZy'¥

**Pour finir**

'° fZV' wĵ Zjy' \_x| ĵy' XZ'k Muxĵ xZ' Z{XZ'k Mx\jZ. ml 'uZxynl I ZjjZS Zy{1VZ'wĵ Z'hZ'  
xZuMjy'Mj hm| xXĒa| b¥

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**<Z{k {Zk uyXZ uxk xZ ;Uk b A©  
t jnxZ VZ{{Z hm| x \Z NuM{xXZ '1| VUáŠÚ'á**

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"I VZ {Zk uy'jNS Λy| yXbNq NyZyXbMojZy| I Z uMNUhjZ y| xjM \VZyyk\ un| x  
Z| ..XZ {n| hm| xyuxZxymlyyZ X\h| xMZX'©

3 j' tMNU XMly| I Z'fbjZ| I h` Z'w'bl Z'VNB I Nq uMj'ž lz| Z{I Z'xZyuZV(Nq uMj'  
jZy'ank k Zy'

ž Mly VZ{{Z' k ]k Z' fbjZS b' t' MNU | I Z' fZ| fZ' w' b fZ I Nq j| b XZk MIXZx' ©  
-?Zl Xy'k nbh y(bZ Vhl {xZ' k nl NxfZyNBZ'a©

1nl` {Zk uy' b' xZ\_ yM'' u| by' b' yZ' Xk' ©-2 ]k Z' yb'ž' I Z' VNB y' uMj' ž lz| Z{I Z'  
xZyuZVZ' uZxynl I ZS Vnk k Z' VZ{{Z' fZ| fZ' Vnk k Zl VZ' N'k ž I | tZSž' fMj' j| b  
xZl XxZ' h' y(bZ un| x'w' ZjjZl Z' fZl I Z' uj| yjMlyVZyyZ' k Mjynk k Zx'a©

1Z' @b I Z| xMh| {M©3 \$Vh| {Z%bbZl VZ' w' Z' Xk' VZ' h' Z' X'un| x| XZ' h' y(bZ' E" {  
ž lz| I Z' Z'Nq uMj' h' y(bZ' NyZy' \j| ySw' b'VZl {fZxyj| bhm| xZ{I | k' ¥ 1Zy' Nq' b'  
M{Zl XxZ' ¥

/Z' fn| yjZ' X' yMZ' ©UzI' fZSb' jZ| x' Z'Vh' y(bZ'a' t' ZuZl XMI{SjZ' b' yXZ' j-ank k ZS  
w' MIX' b' fZl X'V\$ {xn| fZ' M{ 'b' jM' nby| xjM{ZxZ' ¥

/Z' uZ| ... uxZx' w' Zjw' Zy' k b | {Zy' MZV' VZ' {Z' Z' Z' uM{MZX' M' @b I Z| x' jZy'  
xMynl y' un| x' jZyw' ZjjZy' h' uxZSj| b'Vhl \_b'x' jZy' b' h' y(bZy' Z' Xb' b| j{\y' M{ | ZjjZy'  
M' ..w' ZjjZy' h' y| by'Vhl \_xnl {Z'Z'a''

Λy| y' l n| y' xM uZjjZ' j' k unx{M VZ' XZ' j' k n| x' XZ' ž lz| Z' XZ' I n{xZ' uxnVaM' a'  
t nk k Zl {Zy{VZ' w' Z' h' uZ| . \$Nk nl {n| xSV| j{b'Zx'VZy'Xnl y'XZ' j' yuxk' ¥

/Z' uZ| ... Zl \_b' k Z' jM' yZx' {n| VaZx' uM' jMh' y(bZ' XZ' ž lz| w' b l n| y' Nk Z' Z'  
yMfn| xZxjM' bZ' Z' j' M' N' yZk Zl {uxnk by'a''

4<sup>ème</sup> étape (31 décembre)

## "Récolter les fruits pour trouver le cap en 2021 !"

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AZk uyXZ uxk xZ uZxynl I ZjjZ  
2 VášŮŮB

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"I VZ{Zk uyjNSΛy| yZ{ yZyXbyMujZyMxb[ xZI {NŁZ{ayMXZ<sup>a</sup>ž Zy` ZI yj| b  
NŁ [I ZI { | I MZ| `jZ Z{ jZ y| uujZl {XZ jZ {n| VāZx<sup>a</sup>"

Λy| yuxk j-MZ| `jZ uMjMk NŁ Z{jZ VhI X| byk anxyX| fjjMZ<sup>a</sup>jj| bk k XZ  
jM yVbZ y| x jZy tZ| ...Z{ j| b k unyMjZy k NŁ y<sup>a</sup> j j| b XZk M XNŁ ©  
3 ° uZxMly{ | w Zjw Z VanyZ ¥` "

1ZfM{jZy tZ| . Sj-ank k Z XbMŁ ©<sup>3</sup> /MuzMlyjZy` ZI y@byxZyyZk UjZl {N  
XZyM UxZyw Z hZ fnbyk M VāZx<sup>a</sup>" "

<| by Λy| yS XZ I n| fZM| S k unyMjZy k NŁ y y| x jZy tZ| ...XZ j-ank k Z`"  
VZj| bVoyZ k k Nfnbxl nX NjZk ZI {Sb jZ {xn| fM | \xSZ{ b Xb{b ` | MŁ {n| {  
MZVI Z{Z{\<sup>a</sup>"

Λy| yjZ xZI fntMXMlyyMk NŁnl ZI XbM{ ©<sup>3</sup> 3Z xZI {xZ k ]k Z uMjXMIy  
jZ fjjMZ<sup>a</sup>" "

..

/Z uZ| ..XZk M XZxjM xPVZ XZ k Z jMbyZx uxZI XxZ uMjMk NŁ uMΛy| ySXZ k Z  
jMbyZx \VjMkx uMk k ZI {Sn| {n| Z M{ xZ XZk M XZ w Z hZ unx{Z XMIy k nl  
V | x<sup>a</sup>

° jMuxZk k xZ jZV{ | xZ XZ VZ {Z. {ZSt M{1b w Zjw Z VanyZ w bk EMy| xuxy ¥@n| kS  
hZ k Z jMbyZ y| xuxZI XxSZ hZ uZ| ...xZjbx jZ {Z. {Z u| by k k MŁ Zx jMyM[ I Z Z{ t  
xZy{Zx{M{ w Z hZl MŁX| ~ n€{<sup>a</sup>



/Z'xZ` Mxz`^y|ySVZ`w| E|\_M|©

- 1 Vnk k ZI { 'b uxZI X'jE|FZ|`jZ'uM'jMk M' Z{'jZ`\_M' ynx{bx'X|`f|jMZ`yZ|jS uZ|{'1} {xZ`#A`
- 1 Vnk k ZI { 'b'k Z{'XZ'jMy|b'Z'y| x'yZy'tZ|..Z{'j| b'k unyZ'jZy'k M' y'
- 1 Vnk k ZI { 'b' yE|XZyyZ`N'jE|FZ|`jZ`Z{'j| b'k unyZ`XZ`I n| fZM' jZy'k M' y<sup>aaa</sup> <Z|{'1} {xZ`Zy{'1VZ`jZ`yZ|j`x\|V'XZ` ` | \xbynl`n} SÉZI`Vh| xy'XZ`xn| {ZÉ\$^y|y' XZk M'XZ`M'`k M'XZ`VZ`w| E|\_uZxV|b'XZ`yM| \xbynl SZ{'Zxk b'Z'Zi y| b'Z'jM ` | \xbynl` `> | E|y{'1VZ`w| Z'VZ'jMk Z`\_M'`#`
- 1 Vnk k ZI { '^y|y'xZI fnb'Z'jE|FZ|`jZ`VaZ`%| b'

"y{'1VZ`w| E|`t`Mw|Zjw|Z`VanyZ`w|b'Vnk k ZI VZ`N'yE|VjM'kZx'XMI'y'k M'fZ`SyMI'y' uZ|{'1} {xZ`w|Z'VZ`ynb'Zi VnxZ`U|Zi`I Z{'#`/Z`uZ|..SyZjnl`jMy|b'|M|bnl`SxZI XxZ``xPVZ` n|`XZk M'XZx`M'`@z`b|Z| x'XZ`k E|XZx`N' fnb'x`uj|y' VjM'kS n|`y'k ujZk ZI {'j| b' XZk M'XZx`XZ`k E|XZx`N'jZ`jMyZx`\_M'k`yob'Z`I Z`fnb'y'uM'y'u\|V|Zk ZI {'n} hE|XMI'y' UZynb`XÉVjM'kM'Z`E`

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**<b|Z`XZ`xZjZM| xZ`uZxynl`I ZjjZ**

---

/Z`uZ|...uxZI XxZ`w|Zjw|Zy`b'y{M{'y'XZ`y|Zi VZ`Z{'xZuZi yZx`M|...\_x| b'y'XZ`VZy' XZx| b'xy'h| xy'Z{'k E|XZx'ybUZynb`XZy'w|Zy{'bnl`y'y| b'fM{'Zy`©

- 1 > | E|y{'1VZ`w| b'k E|Xnl`I \`XZ`jM'fZ`VZ{'Z`MI| \Z`#`5} `Zy{'1VZ`w| Z`hE|unx{\` X|`\_x| b'`#`t`nk k ZI {Zy{'1VZ`w| Z`h'Z`k`Z'y| b'yjMy\`ZÄ{xM'fZ'jZx'uM'jMfZ`#`
- 1 > | E|y{'1VZ`w| b'k E|MI'h| x|bZÄS`My'nk Ux|bZÄS`\{Zb`{ZÄ`#`> | Zjy'nl`{\`k`Zy` X\yZx{y`#`
- 1 ° b'fZ`{\`a`M|b'\`ZÄuM'XZy`Vnk UM'y`#`

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° {ZjZxX| hm| x'©  
?ZjZV(| xZ V\AMlfZ'XZ jEMII \Z'ÜÜÜ''

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† anby'k nl 'k M\axZj' ©<xZI XxZ' | I Z' xMI XZ' \_Z| bjZ' Z{ 'n| {'jZ' k M\axZj' w| Z' hZ'  
yn| aMfZ' xZf| Zy' N' X\Vh| uZxS uZb { | xZS uM{ZjyS VxMnl yS \_Z| {xZyS \j'k ZI {y'  
I M| xZjy'xNk Ny\y'uZI XM{jMUMXZ 'A'

" 'k nbXZ' hm| Zx'É/Z' uZ| ..\_NkZ' {n| {'VZ' w| Z' hZ' fZ| ..©VnjZx'XZy'k MZyS'XZy'k n{yS  
XZyy'k ZxS uZb XxZS Z{ 'k ]k Z' X\VabZx' k M \_Z| bjZ' yb' hZ' jZ' yn| aMfZ' É † Z{Z'  
xZjZV(| xZ' V\AMlfZ' XZ' k nl 'MI \Z' YÜYÜ' ÉMuM'UZynb' XÉ {xZ' uM' MfZ' y| xjZ' ujM'  
M{by{bw| Z' I b' XÉ'fnw| Zx' Mlynj| k ZI { 'n| {'VZ' w| Z' hZ' fV| 'ZI' YÜYÜ'S ZjZ' yZxM  
| I bw| ZS{ZjZ' w| Z' hZ' jMfnby'k N {ZI M{ZI 'VZ{Z' b' XZ' VZ{Z' yZyy'nl 'a° jnxySMfZV'  
Vnl \_MI VZSHZ' uZ| ..jPVaZx'uxyZ' Z{ jNyZxjÉ yux'k Z' | bXZx'É'

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> | Zy{bnl yun| xjZ'uMfMIZ

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> | Zjy'nl {'\{\un| x'k nbjZy\_x| by'XZ' VZ{Z' yZyy'nl '¥' > | Ézy{'VZ' w| Z' hZ' X\Vh| fZx{  
XZ'k nbZ{XZ' ž bZ| 'VZy'XZxl bZxy'hm| xy'¥'

GZxy' w| nfw| b Zy{'VZ' w| Z' hZ' k Z' yZI y' MduZj\jZÀ ZI' YÜYÜ' ¥' > | ZjZy'  
hmZy'ub w| b{ | XZy'k ÉaMUbZI {ZI 'VZ{Z' fZbjZ' XZ' I n| fZjZ' MI \Z' ¥''

ž byh` | Z Vhl {Zk ujMb`

Λ YÜŞJ'Üa

f Z {Zk uyZy{ N'fbyZ'ZI ` xn| uZ'XZ'uMk{MZ'n| 'MfZV'fny'uxnVaZy'un| xVZ| ..w'bl Z' ynl { uM'by'by'Wk'by'NjMyZyybnl`

3n| y'Vnk k ZI Wl y'VZ {Zk uy'XZ'uxb'xZ'uMk| | 'yb| Z'XZ'Vnb.Su| by| n| y'uxZI nl y' | | 'b y{M { 'XZ'ypZI VZ'un| x'l n| y'k Z{{xZ'ZI 'ux\yZI VZ'XZ'ž bZ| 'Z{j| bXZk M'XZxjM' ` xPVZ'XZ'fbyXZ'VZ'k nk ZI { 'MfZV'j| bMfZV| | 'V | xjMk' Z'Z{' ` \l \xz| ..a'`

Bl 'XZy'uMk{bWuM {yjb'jË'fM' bZ'NaM| {Z'fnb.:©

° uxl'y'VZjN\$^y| y'yz'k MlbZy{MZI VhxZ'Ml..XbyMujZy'y| xjZ'Uhx'XZ'jMk Zx'XZ' Ab\XbXZSZ{f'nb'bhk k ZI {a'

ž' t' MfM' jN\$ ZI yzk UjZ\$ @k nl ^bzwxZ\$ MfZV Aank Mj\$ MluZj\` ž btk Z' žVZy{N'Xbz' / k ZMl\$ 3MaMIMj\$XZ' t MIMXZ' ( Nj\ZSjZy' by'XZ'L\U\XZSZ{ XZ| ..M| {xzyXZ'yzy'XbyMujZy'a'

@k nl ^bzwxZ'jZ| x'Xl' ©3' /Z'k -ZI 'fM'by'NjMu] VaZ'a'` ž'yj| b\unl XZI { '©3' 3n| y' Mlyy\$| n| y'Nj|nl y'MfZV{nb'` ž'y'uMk{bZl { Z'k nl { [xZl { 'XMI'y'jMUMW'Z'`nx\$ VZ{{Zl | b'jN\$byl Z'uxbZl { xZl' a'

° | jZfZx'X| 'hn| x\$^y| y'yz' {ZI N' y| xjZ' x'g'MIZSk Nj'jZy'XbyMujZy'l Z'y'MfM'Zl { uM'y'w'Z'V\{N'j| b'

^y| yjZ| x'Xl' ©3' /Zy'ZI \_M| {ySM| xZ'%'fn| y'w' Zjw'Z' VanyZ'N'k Ml' Zx'¥'` ž'yj| b' x'unl Xbzl { '©3' 3nl' a'`

ž'jZ| x'Xl' ©3' /Z{Z'gZ' bZ{ 'N'XnbZ'XZ'jMUMW'ZSZ{fn| y{xn| fZxZ%'` ž'y'Z{ [xZl { 'Xnl VjZ' bZ{SZ{ 'VZ{{Z' \_nb'byl' -M'g'N'Zl { uM'y'NjZ' {bz\$S{ZjZk ZI { b' t' MfM' XZ' unbynl y'a'

° jnx\$SjZ' XbyMujZ' w'Z' ^y| y'Nk N' Xl' N' ^bzwxZ' ©3' t -Zy{ jZ' @Zb| Z| x'E'` > | M'X' @k nl ^bzwxZ' ZI {ZI Xl' w'Z' V\{N'j'Z' @Zb| Z| x\$ b' uM'yM| | 'f| {Zk ZI { \$Wk' b' | -MfM' xZl' y| xj| b\$Z{ b'yZ' bZ{M'Nj-ZM| a'

1Zy'M| {xzy'XbyMujZy'N'g' [xZl { ZI 'UMW'ZS{x'N' M| {jZ' bZ{ 'ujZb' XZ' unbynl y' jM {ZwxZl' \{N' w' N| | Z'VZl {N' Z'XZ'k [ {xzy'a'

Bl Z`\_nby`XZYVZI X|y`N`{ZxxS`bjy`MdzX`Mbg`ZI {S`Xbyuny`j`NS|I`\_Z|`XZ`U`M`b`Z`M`f`ZV`  
X|`unb`ynl`uny`XZyy|ySZ`{X|`u`M`b`a`

^y|y`jZ|`x`Xl`e`^3`°`u`unx`{Z`%`X`nl`V`XZ`V`Zy`unb`ynl`y`w`Z`f`n|`y`f`Z|`Z`%`Z`u`w`Z|`X`x`Z`a`°`°`

@k`nl`1`<`b`Z`x`Z`x`Z`k`nl`{M`Z`{`{`b`M`h`y`w`-`N`{Z`x`Z`j`Z`\_`b`Z`{`uj`Z`b`X`Z`°`x`ny`unb`ynl`y`°`b`°`t`°`  
Z|`M`M`b`°`V`Z|`{`V`b`w`M|`Z`1`{`x`nb`a`°`°`{S`k`N`j`x`l`V`Z`{`Z`w`M|`b`°`S`j`Z`\_`b`Z`{`I`Z`y`-`{M`b`°`u`l`y`°`  
X`l`V`ab`l`a`°`

^y|y`j`Z|`x`Xl`e`M`h`x`y`°`3`°`G`Z|`Z`%`k`M|`Z`x`a`°`°`°`|`V|`I`°`X`Zy`X`b`y`M`b`j`Zy`I`-`ny`M`b`°`j`|`b`°`  
X`Z`k`M|`X`Z`x`°`3`>`|`b`Zy`{`|`¥`°`°`j`y`y`M`M`b`Z|`{`w`Z`V`A`{M`b`°`j`Z`°`Z`b`I`Z|`x`°`

^y|y`y`A`d`u`x`n`V`a`Z`°`°`°`b`°`u`w`Z|`X`j`Z`°`u`M`b`°`Z`{`j`Z`j`Z|`x`X`n`l`I`Z`°`°`Z`{`X`Z`k`]`k`Z`°`un|`x`j`Z`°`  
unb`ynl`a`°`

t`-`{M`b`°`j`M`{`x`nb`b`k`Z`\_`nb`y`w`Z`^y|y`x`Z`y`y|`y`M`b`°`X`Z|`{x`Z`j`Zy`k`n`x`y`y`Z`k`M|`b`Zy`{M`b`°`N`°`  
y`Zy`X`b`y`M`b`j`Zy`a`°`

>`|`M|`X`°`b`y`Z|`x`Z|`{`k`M|`°`S`^y|y`Xl`e`N`°`@k`nl`1`<`b`Z`x`Z`°`3`°`@k`nl`S`\_`b`y`X`Z`/`Z`M|`S`k`  
k`-`M`k`Zy`{`|`f`x`M`k`Z|`{S`uj|`y`w`Z`V`Z|`..`V`b`¥`°`°`j`j|`b`x`l`unl`X`°`3`°`5|`b`°`Z`b`I`Z|`x`°`E`An`l`S`  
{`|`j`Z`y`N`b`y`°`h`Z`{`-`M`k`Z`a`°`°`^y|y`j|`b`Xl`e`°`3`°`°`n`b`y`j`Z`U`Z`x`Z`x`X`Z`k`Zy`M|`Z`M|`..`a`°`°`

°`j`j|`b`Xl`e`°`|`I`Z`X`Z|`°`b`k`Z`\_`nb`y`°`3`°`@k`nl`S`\_`b`y`X`Z`/`Z`M|`S`k`-`M`k`Zy`{`|`f`x`M`k`Z|`{`¥`°`°`j`°`  
j|`b`x`l`unl`X`°`3`°`5|`b`°`Z`b`I`Z|`x`°`E`An`l`S`{`|`j`Z`y`N`b`y`°`h`Z`{`-`M`k`Z`a`°`°`^y|y`j|`b`Xl`e`°`3`°`°`n`b`y`j`Z`°`  
u`l`M`b`Z|`x`X`Z`k`Zy`U`x`Z`U`b`y`a`°`°`°`

°`j`j|`b`Xl`e`S`un|`x`j`M`{`x`nb`b`k`Z`\_`nb`y`°`3`°`@k`nl`S`\_`b`y`X`Z`/`Z`M|`S`k`-`M`k`Zy`{`|`¥`°`°`<`b`Z`x`Z`\_`|`{`°`  
u`Z`b`°`°`u`l`M`V`Z`w`Z`S`j`M`{`x`nb`b`k`Z`\_`nb`y`S`^y|y`j|`b`X`Z`k`M|`X`M`b`°`°`2`-`M`k`Zy`{`|`¥`°`°`j`j|`b`°`  
x`l`unl`X`°`3`°`°`Z`b`I`Z|`x`S`{`n`l`S`{`|`y`N`b`y`{`n|`{`°`|`|`y`N`b`y`U`Z|`w`Z`h`Z`{`-`M`k`Z`a`°`°`^y|y`j|`b`Xl`e`°`  
3`°`°`n`b`y`j`Z`U`Z`x`Z`x`X`Z`k`Zy`U`x`Z`U`b`y`a`°`°`°`

**1er temps de contemplation** ©

3n|y'un|fni y'uxZI XxZ`à k b | {Zy'XZ' yjZI VZ'un| x'Vnl {Zk ujZxjMyW| I ZS  
xZ` MXXZxjZy'uZxynl I MZySjZy` Zy{ZySjZy'M{b| XZyS\`Vn| {ZxjZy'uMnjZyS  
yZI {xjZ' Vjtk M'XZ'VZ'{{Z' yW| I Z`a† aW| I 'uZ| { xZy{Zx'y| x'VZ'w' bx\ynl I Z'ZI  
j| bSVZ'w' bM\| ` nE{un| xj| bM| m| xXÊ| b`

**1er tour de partage** ©

1Ê I ` Mux[ y' jÊM {xZS I n| y' un| fni y' uM{MZx' | I ` k n{µ| I Z' uaxMjZµ| I `  
uZxynl I MZµ| I Z' uMnjZ' n| | I Z' M{b| XZ'w' bl n| y' MfXk ZI { {n| Va\y'Z'  
VZ'w' Z'VZjMl n| y' Xb' uZxynl I ZjjZk ZI {Sy| yMqZ'ZI 'I n| y' MfM {XZ' uMyZxjM  
uMnjZ'N'k nl 'fnbyb` a`

**2ème temps de contemplation** ©

3n|y'un|fni y'jbZ' | I Z' yZVnl XZ' \_nby'jZ' {Z. {Z' N' fnb. aM {Z' Z{ 'uxZI XxZ' N'  
I n| fZM' à k b | {Zy'XZ' yjZI VZ'un| xjZ' k \XbZxSuZ| {'} {xZ' \VjM\y'uM'VZ'  
w' Ênl { ' Xb' jZy' M{ xZy` 5I ' uZ| { ' yÊMx} {Zx' y| x' | I Z' X\`Vn| fZx{ZS | I  
\{nl I Zk ZI { ' ..

**2ème tour de partage** ©

1Ê I ` Mux[ y' jÊM {xZ' I n| y' un| fni y' uM{MZx'VZ'w' bl n| y' M{n| Va\yS\`VjM\y'  
XMlyVZ'w' Ê I ` M {xZ' MuM{M\` a`

**3ème temps de contemplation** ©

† aW| I 'uZ| { xZjbx'uZxynl I ZjjZk ZI {jZ' {Z. {Z' Z{ 'uMjZx'XMly'ynl 'V | x'M'  
@Zb I Z| x'Vnk k Z' | I 'M' buMjZ'N'ynl 'M' bSj| bZ. uxk Zx'yZy'k ZxVjSyMmZS  
yZy'XZk M'XZy ..

**3ème tour de partage** ©

3n|y'un|fni y' uM{MZx' N' fnb. aM {ZS {x[ y' jbxZk ZI {S| I Z' b {ZI {bnl 'XZ'  
uxb' xZ' n| | I Z' N\{bnl 'XZ' `xPVZ'w' bl M' XZ' VZ'w' Z' I n| y' Mfni y' fV| I  
uZI XM {VZ' XbVh` | Z'Vnl {Zk ujM|b\_u| by'XbxZ'ZI yZk UjZ'jZ'3n{xZ' <[ xZ` a`

