

## IGNATIAN PILGRIMAGE

### *19<sup>th</sup> Annotation – The Spiritual Exercises in Daily Life*

#### Text:

1. The Ignatian Adventure: Experiencing the Spiritual Exercises of St Ignatius in Daily Life / Kevin O'Brien, SJ  
Loyola Press, Chicago, IL. ISBN-13:978-0-8294-3577-1
2. The Spiritual Exercises of St Ignatius / Louis J. Puhl, SJ  
Loyola Press, Chicago, IL. ISBN- 0-8294-0065-6

- ❖ **Orientation day:** This will be a day for an overview of the program, a chance for the retreatants to get to know each other and Q&A.

#### **The program will consist of the 32 weeks as outlined in the O'Brien text.**

**Week 1:** Gods Unconditional love for me. The “Presupposition” of the Spiritual Exercises.

**Week 2:** Gods ongoing creation

**Week 3:** The intimacy of Prayer/distractions in prayer/images of God

**Week 4:** Gods invitation to greater freedom. Ignatian repetition

**Week 5:** The principle and foundation

✚ traditional translation

✚ contemporary foundation

**Week 6:** Gods call to me St Ignatius prayer of awareness: The Examen

**Week 7:** The reality of sin The Colloquy

**Week 8:** My own history of sin and Grace

**Week 9:** The causes and consequences of sin. Experiences of boredom and dryness in prayer.

**Week 10:** Gods Merciful love for me. Introduction to discernment of Spirits

**Week 11:** The contemplation of the incarnation. Gentle reminders

**Week 12:** The birth of Jesus. Ignatian Contemplation: imaginative prayer

**Week 13:** The Childhood of Jesus. Rules for discernment of spirits: how the good spirit and the evil spirit operate

**Week 14:** The hidden life of Jesus. Rules for discernment of spirits: Storing up Graces of consolation

**Week 15:** The call of Christ, Our King. Poverty of Spirit

**Week 16:** Jesus' public ministry begins. Rules for Discernment of Spirits: Dealing with Spiritual Desolation

**Week 17:** Meditation on the Two Standards

**Week 18:** The Call and Cost of Discipleship. Rules for Discernment of Spirits: Reasons we experience desolation

**Week 19:** Three ways of loving

**Week 20:** Jesus' public ministry. Rules for discernment of spirits: Three metaphors for how the enemy acts in our lives

**Week 21:** The Kingdom of God

**Week 22:** Jesus as human and divine

**Week 23:** The road to Calvary. Rules for discernment of Spirits: Distinguishing between authentic and false consolation

**Week 24:** The Arrest of Jesus. Rules for Discernment of Spirits: Discovering false spiritual consolation

**Week 25:** The suffering and death of Jesus

**Week 26:** The Paschal Mystery

**Week 27:** The Resurrection of Jesus Christ

**Week 28:** The Risen Life

**Week 29:** The contemplation of the love of God

**Week 30:** Life in the Spirit

**Week 31:** Gathering the Graces

**Week 32:** Looking ahead with hope

- ❖ A closure session to talk about how we are living the exercises and celebrate the completion of the pilgrimage.