

The background is a faded, sepia-toned image of the title page of Ignatius of Loyola's 'Spiritual Exercises'. The text 'EXERCITIA SPIRITUALIA' is at the top, followed by 'IGNATIUS DE LOYOLA' and 'IGNATIUS DE LOYOLA' in a smaller font. There are two circular emblems on the page, one on the left and one on the right. The title 'THE SPIRITUAL EXERCISES' is overlaid in the center in a white, serif font, enclosed in a white rectangular border.

# THE SPIRITUAL EXERCISES



# Spiritual Exercises

## Beginning and Approval

- St. Ignatius' spiritual experience in the cave at Manresa gave rise to the Spiritual Exercises.
- He used the retreat to convert sinners and form saints.
- Finally in 1548 the Spiritual Exercises were officially approved by Pope Paul III.

# Structure of the Spiritual Exercises

➤ **Week 1:** Consideration of sin in order to purify the soul

➤ **Week 2:** The life of Christ until Palm Sunday

➤ **Week 3:** The Passion and Death of Christ

➤ **Week 4:** The Resurrection and Ascension of Jesus

# Human Elements in the Spiritual Exercises

## Silence

- Quieting all noises and distractions that can keep us from hearing God

## Intense Activity

- Not reduced to passivity, but rather a lively use of our interior powers

## All Powers

- Use and focusing of all the interior, human capacities, aiming them at the goal of prayer

## Self-Reflection

- Constant practice of being aware of and examining one's interior

## Practical Tips

- Many practical tips aimed at helping to draw more profit from prayer



# Supernatural Elements in the Spiritual Exercises

## Prayer

- It is a school of prayer, giving so much time and so many ways to pray

## God Guides

- The soul is prepared to be guided primarily by God alone

## Christ-Centered

- Focused on coming to know and imitate a Person, Jesus Christ

## The Goal

- Directed at a completely supernatural goal: finding God's Will for me and resolving to do it

## Key Meditations

- Principal meditations guide the soul to choose what will most help it to attain the goal

# Dispositions to go to the Spiritual Exercises.

*That can be applied to all our spiritual life.*

Humility

Magnanimity

Trust in the Lord

# Humility.

1. “All these things I have observed since my youth.”
2. “What do I still lack?”
3. Do we know what the Lord has reserved for us in these days?
4. Do we know what is the plan the Lord has for our lives?

## 2. Well-disposed soul, magnanimity.

1. Jump confidently to what God will ask us!
2. Do we know how far the mercy of the Lord reaches?"
3. Maybe God is mistaken asking us that?



### 3. Trust in the Lord.

1. From my side, I see my nothingness, my weakness, my frailty... so I need to ask for and implore a real humility that make me see myself as I really am, so I'll let him work on me, because I need him.
2. On the other side, he is the almighty, he can do absolutely everything. So, with full of generosity, I give him everything!

## Humility

See the truth, see  
who I'm and  
who is the Lord!

## Magnanimity

God is so good!  
I'll give  
everything to  
him!

## Trust in the Lord

Realizing who am  
I, and Who is the  
Lord, I put all my  
trust in Him