

## **EXERCISES OF ST IGNATIUS**



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The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius Loyola to help people deepen their relationship with God. For centuries the Exercises were most commonly given as a long retreat of about 30 days in solitude and silence.

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The Structure of the Exercises. Ignatius organized the Exercises into four weeks. These are not seven-day weeks, but stages on a journey to spiritual freedom and wholehearted commitment to the service of God. First week.

The first week of the Exercises is a time of reflection on our lives in light of God's boundless love for us.

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THE present translation of the Exercises of St. Ignatius has been made from the Spanish Autograph of St. Ignatius. The copy so designated is not indeed in the handwriting of the Saint, but has a good number of corrections made by him and is known to have been used by him in giving the Exercises.

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### **The Spiritual Exercises of St Ignatius Pathways to God**

The Spiritual Exercises of St Ignatius is not a book to be read for spiritual enlightenment. It describes a series of meditations and contemplations on Christ, the world and ourselves. It is a set of guidelines to help the retreat director give the Spiritual Exercises to another.

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### **What Are the Spiritual Exercises of Saint Ignatius**

St. Ignatius of Loyola, the founder of the Society of Jesus (the Jesuits) recognized the need for exercise in order to maintain our spiritual health as well. In fact, around the years 1522-1524, St. Ignatius composed a retreat handbook titled Spiritual Exercises. Ignatius was a Spanish soldier wounded in battle in 1521.

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### **Spiritual Exercises of St Ignatius Loyola Mission**

opportunity to pray the Spiritual Exercises of St. Ignatius beginning in the Fall of 2018. Background:

Throughout much of the world, the Jesuits are best known for their colleges, universities, and high schools. But in a time when many are searching for greater meaning, another aspect of Jesuit life is attracting wide interest.

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### **The Spiritual Exercises of St Ignatius Loyola Loyola**

The Spiritual Exercises of St. Ignatius Loyola are a program of meditations, prayers, considerations, and contemplative practices that help Christian faith become more fully alive in the everyday life of contemporary people.

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