

THE SPIRITUAL 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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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 Ignatius of Loyola Wikipedia

The Spiritual Exercises of Ignatius of Loyola (Latin original: Exercitia spiritualia), composed 1522 1524, are a set of Christian meditations, contemplations, and prayers written by Saint Ignatius of Loyola, a 16th-century Spanish priest, theologian, and founder of the Society of Jesus (Jesuits).

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This is a digitally enhanced experience of The Spiritual Exercises of Ignatius Loyola intended for spiritual directors, practitioners, extenders, and promoters of Ignatian spirituality. If you are new to The Spiritual Exercises , click here .

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The Spiritual Exercises of Saint Ignatius Saint Ignatius

The Spiritual Exercises of St. Ignatius, one of the great masterpieces of the Christian canon, today continues to offer some of the most accessible and insightful guidance for going on retreat -- whether as a part of a group or by oneself. Based on the rich fruit of St. Ignatius' own meditations and practice, this guide for spiritual perfection has been treasured and faithfully used for centuries by members of the saint's Jesuit order and by millions more.

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The Spiritual Exercises of St Ignatius of Loyola Index

Ignatius of Loyola (1419-1556) was the founder of the Jesuits, and was canonized by Pope Gregory XV in 1622. He published the Spiritual Exercises in 1548. The Exercises were intended for use during a retreat; and are a central part of the first year training of Jesuit novitiates.

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