



IGNATIUS OF LOYOLA

SPIRITUAL EXERCISES

BIOGRAPHICAL INFO

- BORN 1491
- INJURED IN BORDER SKIRMISH 1521
- CONVERSION 1524
- UNIVERSITY 1526
- FOUNDER OF JESUITS



DISCERNING THE SPIRITS

- THE IMAGINATION – A ‘BATTLEGROUND’ OF THE SPIRITS
- GOOD SPIRITS – GENTLE, LIGHT, SWEET, QUIET AS A DROP OF WATER ON A SPONGE
- EVIL SPIRITS – SHARP, NOISY, DISTURBING LIKE A DROP OF WATER ON A ROCK
- THE EFFECTS OF THE SPIRITS ON THE SOUL
 - DEPENDS ON THE DISPOSITION OF THE SOUL



DISCUSSION QUESTION

- THERE HAS ALWAYS BEEN A LOT OF DISCUSSION (SOME GOOD, SOME BAD) ABOUT THE SPIRITUAL REALM OF GOOD AND EVIL. HOW DO YOU UNDERSTAND THE PRESENCE AND WORK OF ANGELS AND DEMONS? HOW DID IGNATIUS CLARIFY OR CONFUSE YOUR PREVIOUS UNDERSTANDING?

CONSOLATION AND DESOLATION

- CONSOLATION – SATISFACTION OF THE SOUL ALIVE TO GOD’S LOVE
 - INCREASE IN FAITH, HOPE AND LOVE
- DESOLATION – ANXIETY, TURMOIL, APATHY
 - LOSS OF FAITH, HOPE AND LOVE
- WHAT HAPPENS IN DESOLATION?
 - WE WILL NEVER FIND THE CORRECT WAY TO THE RIGHT ANSWER
- HOW TO COMBAT DESOLATION
 - STAND FIRM IN RESOLVE
 - INCREASE/INTENSIFY DISCIPLINES
 - MORE PRAYER AND MEDITATION
 - MORE FREQUENT EXAMINATION
 - INCREASE PENANCE
 - HAVE PATIENCE

REASONS FOR DESOLATION

- TEPID, SLOTHFUL, OR NEGLECTFUL IN SPIRITUAL EXERCISES
- GOD TESTS OUR WORTH
- GOD TEACHES US TRUE CONSOLATION IS GIFT AND GRACE



DISCUSSION QUESTION

- HAVE ANY OF THE THREE REASONS IGNATIUS GIVES FOR DESOLATION BEEN PART OF YOUR EXPERIENCE? HOW DID THE HOLY SPIRIT MOVE IN ORDER TO HELP YOU GROW IN THAT SITUATION?
 - *TEPID, SLOTHFUL, NEGLECTFUL IN SPIRITUAL EXERCISES*
 - *GOD TESTS OUR WORTH*
 - *GOD TEACHES US TRUE CONSOLATION IS GIFT AND GRACE*

COMBATING DESOLATION



REMEMBER TIMES OF
CONSOLATION



REMEMBER TIMES OF
DESOLATION – TO BUILD UP
STRENGTH

COMBATING THE ENEMY



DETERMINATION AND
COURAGE



SPIRITUAL DIRECTION
AND CONFESSION

DISCUSSION QUESTION

- FEELINGS OF CONSOLATION AND DESOLATION ARE ONE OF THE MAIN TOPICS OF THIS SELECTION ON DISCERNING THE SPIRITS. HAVE YOU EVER EXPERIENCED EITHER OF THESE IN THE MANNER IGNATIUS DESCRIBES? SHARE YOUR EXPERIENCE.



PRAYER OF EXAMEN

- TWICE/DAY
 - ROLE OF EXAMEN
 - RECOGNIZE THE GOOD THAT COMES FROM GOD
 - RECOGNIZE THE TEMPTATIONS THAT PULL US AWAY FROM GOD
 - REQUIREMENT OF THE EXAMEN
 - HONESTY
- 

TAKING IT HOME

- THE DEVIL WILL ATTACK OUR WEAKEST SIDE, WRITES IGNATIUS. HOWEVER, WE CAN COMBAT THIS ATTACK BY KNOWING WHERE WE ARE WEAK AND MAKING A MOVE TO STRENGTHEN THAT SIDE. THIS WEEK MAKE IT YOUR GOAL TO DISCOVER YOUR WEAKEST AREAS, AND RESOLVE TO STRENGTHEN THAT SIDE.
- PAY CLOSE ATTENTION THIS WEEK TO THE INNER MOVEMENTS IN YOUR SOUL. DISCERN THE SOURCE OF YOUR THOUGHTS AND YOUR FEELINGS BY USING IGNATIUS' DESCRIPTIONS.
- "THE ENEMY IS WEAK IN THE PRESENCE OF STRENGTH," WRITES IGNATIUS. STAND FIRM IN THE PRESENCE OF TEMPTATIONS THIS WEEK, RELYING NOT ON YOUR OWN STRENGTH BUT ON THE STRENGTH OF GOD.
- 1 PETER 5:7 ENCOURAGES, "CAST ALL YOUR ANXIETY ON HIM, BECAUSE HE CARES FOR YOU." BE BOLD THIS WEEK AS YOU PRAY, CASTING ALL YOUR ANXIETIES ON GOD, KNOWING THAT HE CARES DEEPLY ABOUT EACH OF THEM.