



IGNATIUS OF LOYOLA

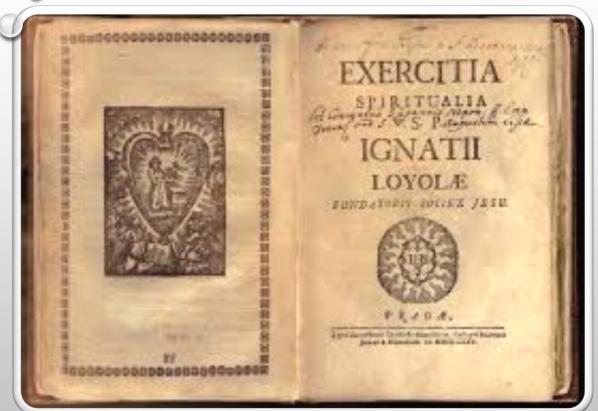
SPIRITUAL EXERCISES

BIOGRAPHICAL INFO

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





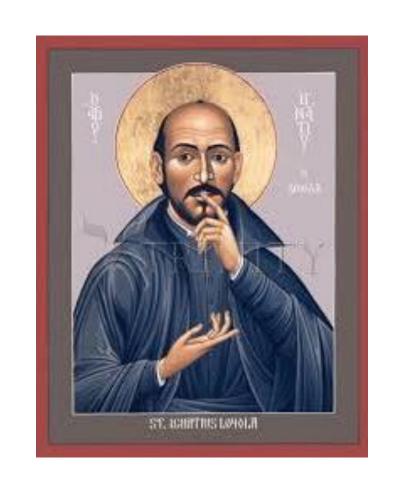


SPIRITUAL EXERCISES

- MEDITATIONS, PRAYERS, CONTEMPLATIVE PRACTICES
- DISCERNMENT
- 30-DAY RETREAT 4 PARTS (1 PER WEEK ISH)
- INSTRUCTION MANUAL FOR RETREAT LEADERS

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





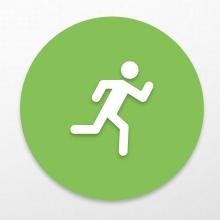
- HAVE ANY OF THE THREE REASONS IGNATIUS GIVES FOR DESOLATION BEEN PART OF YOUR EXPERIENCE? HOW DID THE HOLY SPIRIT MOVE IN ORDER TO HELP YOU GROW IN THAT SITUATION?
 - TEPID, SLOTHFUL, NEGLECTFUL IN SPIRITUAL EXERCISES
 - GOD TESTS OUR WORTH
 - GOD TEACHES US TRUE CONSOLATION IS GIFT AND GRACE



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.