



**“LOVE EXPRESSES ITSELF MORE  
IN ACTIONS THAN IN WORDS”  
— ST. IGNATIUS OF LOYOLA**

*“Nothing is more practical than finding God; that is, falling in love in a quite absolute, final way. What you are in love with, what seizes your imagination, will affect everything. It will decide what will get you out of bed in the morning, what you will do with your evenings, how you will spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love; stay in love, and it will decide everything.”*

— Pedro Arrupe, SJ



*Take, Lord, Receive*

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***The  
Spiritual Exercises  
of St. Ignatius:  
Retreat in Daily  
Life  
(The 19th Annotation)***



***Setting Hearts on Fire***

## Spiritual Exercises of St. Ignatius: Retreat in Daily Life

### What are the Spiritual Exercises?

The *Spiritual Exercises of St. Ignatius* is an opportunity to experience a profound, transformative encounter with the living, loving God through the person of Jesus Christ. Through prayer focused on a flexible set of meditations and



Scripture passages, the heart is opened to be touched personally and directly by God. St. Ignatius of Loyola described this experience like being taught by God as a loving teacher teaches a beloved student. Through such encounters with God, one experiences deeply God's profound and complete love and learns to recognize the Spirit's movements within. This is the basis for discernment.

The *Spiritual Exercises* originated as a 30-day "away" retreat and is still offered in that form. St. Ignatius realized that many people, particularly lay people, cannot get away from their responsibilities for 30 days, and so, adapted the *Exercises* to accommodate the life situations of those invited by God to a deeper, more intimate relationship. One of those adaptations is the "Retreat in Daily Life," also known as the "19th Annotation". It is the full *Spiritual Exercises* given over the course of about 10 months as the retreatant continues to live their life in the world.



### Who is this for?

The *Exercises* are for anyone who desires a deeper, more intimate relationship with God through Jesus Christ. People who are discerning vocations, making a major decision in their life, in the midst of a life transition, or re-affirming their present vocation or calling are also often drawn to the *Exercises*.

### What can I expect?

Your journey through the *Exercises* will require:

- a prayer commitment of 45-60 minutes each day, plus 15 minutes for journaling
- 15 minutes of reflective prayer (called the Examen) each evening,
- a weekly 1-hour meeting with your *Exercises* facilitator (Online sessions are available.)
- participation in a faith sharing conference about once a month.

We will officially begin the retreat with a 1-day Orientation Retreat (usually the first weekend after Labor Day in September) focused on an introduction to St. Ignatius of Loyola, the *Spiritual Exercises* and Ignatian forms of prayer that you will be using throughout the *Exercises*. We will formally end our time together with a 1/2-day Closing Retreat (around mid-June). Please see the insert for specific dates. The actual completion of your personal *Exercises* journey may end sometime after the Closing Retreat.



### How do I get started?

If you are interested in the *Exercises*, please contact Tammy Ichinotsubo-Ezzi or visit our websites (see below) for an application. After submitting the application, you will be contacted to schedule a discernment interview. The purpose of the interview is to jointly, with the interviewer, discern if you are truly being invited by God to make the *Exercises* and if this is the right time for you to embark on the *Exercises* journey.

### For more information, including a current schedule, the retreat fee, and application:

Visit our websites: [www.enkindlingtheheart.com](http://www.enkindlingtheheart.com); [www.takelordreceive.com](http://www.takelordreceive.com). You will find a link to the application which can be downloaded, completed, and returned via email attachment or printed and mailed.

If you have any questions, please contact Tammy Ichinotsubo-Ezzi at [tammyiezzi@enkindlingtheheart.com](mailto:tammyiezzi@enkindlingtheheart.com) or [info@takelordreceive.com](mailto:info@takelordreceive.com) or at (424) 305-0607



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