



Choosing Christ in the World

The Spiritual Exercises in Daily Life

The Spiritual Exercises of St. Ignatius Loyola

The Spiritual Exercises are a compilation of meditations, prayers and contemplative practices developed by St. Ignatius of Loyola to help people deepen their personal relationship with God. When praying the Spiritual Exercises, persons come to learn more about themselves and how God is moving in their lives.

One reason the Spiritual Exercises are given is to help people develop their attentiveness, their openness, and their responsiveness to God. All of the techniques learned are geared to nurturing the habits of spiritual discernment among those who are ready to see God at work "in all things", including their own lives. The Exercises were, and still are, often taken by persons who are discerning a life choice or decision.

St. Ignatius believed that *stretching oneself spiritually* is as important as an athlete's conditioning routine. The Exercises are like a handbook with a series of exercises developed to help one stretch and grow spiritually. When a person desires to achieve a goal—whether it's a 5K or a Triathlon or climbing a mountain, they most certainly need to establish an exercise routine to try to make their goal.

For centuries, the Spiritual Exercises were most commonly given as a "long retreat" of about 30 days in solitude and silence. The 19th Annotation of The Spiritual Exercises were designed to be done while continuing daily responsibilities. Just like exercising in daily life, the Spiritual Exercises can be prayed and practiced in daily life. In fact, the most common way of going through the Exercises now is to pray them in daily life. This simply involves a longer program of daily prayer and meetings with a spiritual director.

This form of retreat involves giving time each day to prayer, committing to the method of the Exercises for one hour each day, meeting weekly with your group and twice monthly with your Spiritual Director. It is the way for busy people to grow deeply in their relationship with, and commitment to, Jesus Christ.

For some, this commitment may initially seem overwhelming. We encourage you to prayerfully sit with this opportunity for a few days. Ask the Lord if He may be calling you into a deeper relationship with Him. If you are drawn to this at all, please reach out to Elizabeth for more discussion. There is a discernment process and practice, and you will need time to do that.

**For more details or to set an appointment
please e-mail or text Elizabeth Garrett right away.**

**Appointments to discuss the details of discerning
praying the Spiritual Exercises for 2021-2022 year
are currently available the week of August 8th—14th**

Registration Deadline is September 1st

Discernment will need to be finished prior to this date.



Infinitely Rooted
Spiritual Direction ~ Prayer ~ Retreats

Elizabeth Garrett
Spiritual Director

elizabeth@infinitelyrooted.com

479-236-4011