

## ST. IGNATIUS OF LOYOLA

Ignatius of Loyola was a Basque nobleman and soldier wounded in battle in 1521.

During his lengthy recovery he experienced a profound conversion which ultimately led to him founding the Jesuits.

AMDG

AD MAJOREM DEI GLORIAM

His dedication in leading others to God resulted in a handbook for Spiritual Directors called the Spiritual Exercises.

He recorded his process of conversion for all people to find God in all things.



### SPIRITUAL EXERCISES CALENDAR

#### APPLICATION:

All application materials should be submitted by July 15th.

#### DECISION

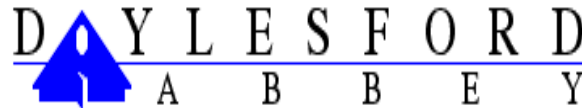
A committee of directors will advise you by August 15th.

#### BEGIN THE EXERCISES

The Exercises begin in September and complete in the Easter season.

#### FOR A DEEPER PRESENTATION

of the Spiritual Exercises please visit our webpage at [www.daylesford.org](http://www.daylesford.org)



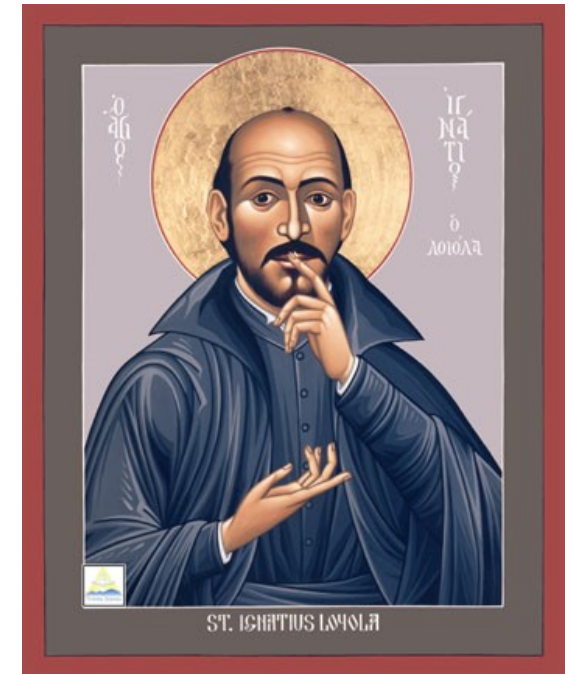
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spiritualexercises](http://www.daylesford.org/ministries/spiritualexercises)

DAYLESFORD  
ABBAY

## SPIRITUAL EXERCISES



“GO FORTH AND  
SET THE WORLD  
ON FIRE.”

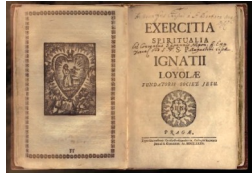
*ST. IGNATIUS OF LOYOLA*

## WHAT ARE THE SPIRITUAL EXERCISES?

The Exercises are not instructions or sermons: they are guidelines to lead a person into a deeper relationship with God.

They are not reserved for those in religious life but are intended for all God's children.

There are no writing assignments but journaling is required. Like all exercise they require discipline and commitment.



Ignatius divided his Exercises into “weeks” that are like stages to be adapted for you by your spiritual director.

In the 1st Week Ignatius establishes the Principle and Foundation – uncovering one's ultimate purpose. One also explores God's profound love for us despite our failings.

In the 2nd Week we are moved to respond to God's love with greater generosity.

The 3rd Week is the passion of Jesus. Dying to ourselves with Christ develops strength and courage to do God's will.

The 4th Week concerns Christ's appearances following his resurrection. We are empowered to assume our mission.

## FORMAT

We offer the 19<sup>th</sup> Annotation – a 30-week format - where you meet with a spiritual director for an hour each week.



*Nothing is more practical than finding God,  
than 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 do with your  
evenings, how you spend your weekends,  
what you read, whom 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.*

*Fr. Pedro Arrupe, S.J.*

## FREQUENTLY ASKED QUESTIONS

### WHAT WILL BE REQUIRED OF ME?

You are asked to pray one hour a day and meet with your spiritual director for one hour each week. You will also be asked to journal your moments in prayer. You also want to be willing to accept the challenges God may present to you as you experience the Exercises.

### QUALIFICATIONS

Applicants should be in spiritual direction for a year. It is best to have a desire to pray with scripture. It is best to have a desire to grow closer to God. You should have a willingness to share your life experiences and emotions with a spiritual director.

### WHAT IS THE STIPEND FOR?

Your stipend compensates your director and contributes to the support of the abbey. We offer the 19<sup>th</sup> Annotation on a sliding scale of \$900 -\$1200. If you feel called to participate we want you to be with us regardless of your offering.

### HOW DO I APPLY?

You may download the application from our webpage. You may request that an application be mailed or emailed to you.

### WHEN DO I START?

Mid-September is when we begin the Exercises. Times of life transition can be particularly good. The Exercises are always vocational. God has a mission for everyone.