

## Graces of the Journey

You are invited to:

Encounter the living God and God's presence in creation, your personal life stories and current life circumstances.

Better discern your deepest desires to understand God's call and presence in your life and in the world.

Become *Contemplatives in Action*, experiencing more deeply the vision of "finding God in all things."

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Nothing is more practical  
than finding God, that is, than

*falling*

*in*

*love*

in a quite absolute, final way.

—Pedro Arrupe, S.J.

Sacred Heart  
Jesuit Retreat House

## The Spiritual Exercises in Everyday Life



Encountering God . . .

Encountering you!

## WHAT ARE THE SPIRITUAL EXERCISES IN EVERYDAY LIFE?

The Spiritual Exercises grew out of Ignatius Loyola's personal experience as a lay person seeking to grow in union with God and to discern God's will. He kept a journal as he gained spiritual insight and deepened his spiritual experience. Eventually Ignatius gathered these prayers, meditations, reflections, and directions into a carefully designed framework of a journey which he called "spiritual exercises."

For centuries these Exercises were most commonly given over a thirty-day period in solitude and silence. But Ignatius found that many people could not, because of family or business reasons, take thirty days off, leave home, and go away for a retreat. So he created an adaptation of the Exercises, which would be extended over a period of seven to eight months. This journey with the Lord helps us to grow in spiritual freedom and the ability to find intimacy with God in the midst of our everyday busy lives.

## WHO WILL BENEFIT FROM THE SPIRITUAL EXERCISES?

- ◆ Those who desire to grow in their relationship with God.
- ◆ Those who have a desire to live life at a deeper level.
- ◆ Those who seek to understand more clearly God's movements in their lives.
- ◆ Those who want to discern the next step in their lives.
- ◆ Those who are in transition.

## WHAT WILL BE REQUIRED OF ME?

- ◆ One hour of prayer each day
- ◆ A short period of reflection on my prayer experience, taking note of the insights I have received
- ◆ Share with my director what has occurred in my prayer
- ◆ Meeting once per week with my director, personally or via Skype.

