

Ignatian Spirituality

St. Ignatius of Loyola is the founder of the Society of Jesus (The Jesuits) and the creator of a set of spiritual exercises which have brought peace and deepened spiritual meaning to many generations of Christian practitioners. Along with Saints Peter Faber and Francis Xavier, Ignatius created in the Jesuit order a community of religious leaders who were formed by prayer, devotion, and study. There are many Jesuit universities throughout the world providing excellent education grounded in service to the world.

Ignatian Spirituality refers to several types of formation which Ignatius perfected as the Father General of the Jesuits. The practices most commonly practiced to this day are the Ignatian Spiritual Exercises, a set of prayer practices, devotions, and meditations which can be done regularly. Perhaps the best known of the Spiritual Exercises is the Daily Examen, a daily devotion with readings and exercises around a theme like *gratitude* or *mercy*. (There's an app for that! Try "Reimagining the Examen" at your friendly local app store, like Google Play or the Apple Store.)

There is an Ignatian Spirituality in Kansas City which does guided retreats and prayer groups. There are also Ignatian Spirituality resources online and lots of great books to help you learn these prayer and devotional practices (see below for a few).

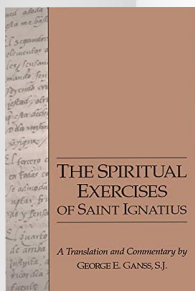
Here is a form of the **Ignatian Daily Examen** from ignatianspirituality.com:

1. **Become aware of God's presence.**
2. **Review the day with gratitude.**
3. **Pay attention to your emotions.**
4. **Choose one feature of the day and pray from it.**
5. **Look toward tomorrow.**

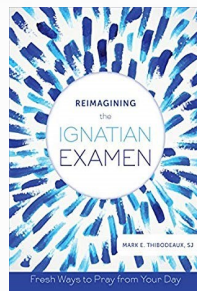
Resources:

ignatianspirituality.com

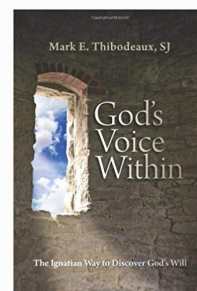
ignatiancenterkc.com



George E. Ganss,
The Spiritual Exercises of Saint Ignatius



Mark E. Thibodeaux,
Reimagining the Ignatian Examen



Mark E. Thibodeaux,
God's Voice Within

