

The Ignatian Spiritual Exercises: How One Benefits from Such Retreat

Carmen Arellano, Loyola University Chicago School of Education

This presentation describes what the 19th Annotation of the Ignatian Spiritual Exercises consists of and how one might fully benefit. First, a thorough explication will be provided about the Spiritual Exercises as a spiritual retreat and not a religious experience. The Exercises help to develop a personal relationship with God and integrate personal prayer with life circumstances. When meeting for a weekly group meeting, one makes a commitment to not preach to others, but to allow God's Spirit to move each person from within. It is important to listen to the experience of others and provide non-verbal attentiveness. Second, an overview of the books--"Love," "Forgiveness," "Birth," "Surrender," and "Freedom"--used in the Exercises will be provided. Third, participants will experience the small part of the Exercises for themselves. This session will close with discussion and journaling.