

## NURTURING IGNATIAN LIFE

Manresa Retreat House understands its mission is to help men and women grow spiritually through prayer, reflection, guidance and study in the Ignatian tradition. We seek to assist individuals in deepen their relationship with God in a variety of ways:

- In individually directed retreats
- In weekend or midweek conference retreats of three or four days
- In the Spiritual Exercises in Daily Life
- In retreats adapted for special groups or topics

That same spirituality is passed on here in other ways through:

- A two year Internship in Ignatian Spirituality
- Days of prayer
- Pilgrimages
- Weekday Morning Mass
- Lectio Divina
- Reading Seminars
- Spiritual Direction
- Workshops
- Prayer and Support Groups
- Scripture Study

The Manresa website has many links for exploring Ignatian resources.

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# Ignatian Spirituality

## An Introduction



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MANRESA JESUIT RETREAT HOUSE  
BLOOMFIELD HILLS, MICHIGAN*

## WHAT IS IGNATIAN SPIRITUALITY?

Ignatian spirituality is for ordinary people living ordinary daily life. Because it insists that God is present with us, this spirituality is a pathway to deeper prayer, good decisions guided by the fruits of discernment, and a life of service to others. It is rooted in developing a real and personal relationship with Jesus and living as his companion in service.

## ...A PERSON FOR OTHERS

Ignatian spirituality develops the individual commitment to become a person for others. Our response to Jesus' invitation to discipleship is working to bring forth the Kingdom of God, and is expressed as deep commitment to justice and a radical giving of oneself to others.

## ...NOTICING GOD IN ALL

Ignatian spirituality is grounded in the belief that God is active and involved in our lives. Gerald M. Hopkins' poetic verse, "The World is charged with the grandeur of God", would be an apt description of God's constant presence and interaction with all creation. God's fingerprints can be found everywhere: in our work and our relationships, in our family and friends, in our sorrows and joys, in the beauty of nature and in the ordinary moments of our lives. Ignatian spirituality is about "finding God in all things."

## ...ATTENTIVE TO GOD'S PRESENCE

This perspective of God-in-all greatly influences how we live and how we pray. The choices we make throughout the day either push us away from God or draw us more closely to Him. Indeed, as we pay attention to how we cooperate with God, we surface those habits, people, situations and conditions that limit positively responding to God. Ignatian Spirituality even provides tools, such as the Daily Examen and discernment guidelines, to help us constructively review the day and thus sharpen our awareness of God's ongoing, loving presence in our lives.

## ...LEGACY OF THE SPIRITUAL EXERCISES

Ignatian spirituality is clearly expressed in the Spiritual Exercises of St. Ignatius, which affirms:

- God's presence in our lives and world,
- the possibility of discerning God's presence and will in our lives,
- God's compassion for the suffering of the world and unlimited forgiveness,
- God's self-revelation in Christ Jesus,
- a following of Jesus in personal discipleship,
- a desire to share his companionship and work for the salvation of the world,
- an openness to share the sufferings of the Lord entailed in that following,
- awareness of God's unconditional love for us, and the loving gift of our whole selves to God in return.