

## Praying with The Spiritual Exercises

Manresa offers several ways of praying and reflecting on the meditations and themes of the Spiritual Exercises of St. Ignatius in the midst of your daily life. Each experience requires a significant commitment of time for daily prayer on specific Scripture selections and weekly meetings with a director via Zoom, FaceTime, phone or in person. Choose the format that works best for you:

**Eight Weeks** — Pray daily for 30 minutes for eight weeks using retreat content offered online.

**12 Weeks** — Pray daily for 30 to 45 minutes for 12 weeks using a prayer workbook/ journal with daily scripture passages, notes and guide questions.

**30 Days** — Pray daily for 30 to 45 minutes aided by 30 sequential reflections for prayer and meditation found in a book or online.

**10 Months (19th Annotation Retreat)** — A daily commitment of 60 to 90 minutes of prayer and reflection centered on the themes of the Exercises for approximately nine or ten months.



We're here to help you on your spiritual journey. Visit our website for more information and call us with any questions you may have.



1390 Quarton Road, Bloomfield Hills, MI 48304 | 248.644.4933 Ext. 0 | [manresa-sj.org](http://manresa-sj.org)

# Manresa Jesuit Retreat House

## After the retreat, there's more!



We're so glad you made a Conference Retreat at Manresa. We hope your time here was one of peaceful reflection, quiet moments of solitude and enriching prayer that left you with a deeper sense of God's presence in your life.

We want to continue to partner with you as you take the next steps in your spiritual life. We know it can be difficult to maintain the sense of focus and devotion to silence and prayer after a retreat. We offer the following ideas to keep you moving forward and going deeper in your spiritual formation in Christ.

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# Take the Next Step



## Enlist the Help of a Spiritual Director

Begin the practice of meeting with a spiritual director – someone you can talk with confidentially about your prayer and spiritual life. Your director can help you explore those everyday things of life that can affect your relationship with God, freeing you to fully experience God's loving presence. Ann Dillon, Manresa's Director of Ignatian

Formation, can provide you with a list of directors trained in the Ignatian tradition of spiritual direction. Contact her at 248.644.4933 Ext. 107.

## Register for a Program

Manresa offers a variety of programs beginning in September and January that help to explore aspects of finding God in our daily life. Our slate of programs has included Praying with Art, Scripture studies, Christian Yoga, Lectio Prayer Group, film and book studies, grief groups and classes on Examen and Discernment. Our bimonthly publication, *Manresa Memos*, presents all our offerings throughout the year. You can sign up to receive it online or by mail at [manresa-sj.org/publication-form](http://manresa-sj.org/publication-form).

## Read

Manresa maintains a book store from which you can purchase books to help you better understand the basics of Ignatian Spirituality. To get started, we recommend:

- *What is Ignatian Spirituality* by David Fleming, SJ
- *Making Choices in Christ* by Joseph Tetlow, SJ
- *The Jesuit Guide to Almost Everything* by James Martin, SJ



## Individually Directed Retreat

Individually Directed Retreats are a time of sacred silence, an invitation to step away from the pressures and demands of daily life, and an opportunity for sustained personal prayer. You are accompanied by a trained spiritual director who will meet with you daily during the retreat.

Although retreats are available throughout the year as space and staff allow, we designate specific blocks of time May through August specifically for IDRs. These designated sessions allow for retreats of four to eight days (minimum of four consecutive 24-hour periods/ maximum of eight consecutive 24-hour periods).



## Sunday Afternoon Reflections

Offered during Advent and Lent, Sunday Afternoon Reflections include two talks, time for private prayer/devotion, Sunday Mass and dinner to round out the day, which begins at 2:00 PM and ends at 7:00 PM.

## A Day to Call Your Own

Each month Manresa offers this one-day retreat that allows you to step away from the cares of your world and into the peace and quiet of our house and grounds where you can reflect, pray, walk, read or just be. We provide a simple lunch, a room and our beautiful grounds for your use between 8:00 AM and 3:30 PM. Pre-registration is required.

## Pray

Begin praying the Examen of Consciousness on a daily basis. Examen is a prayerful review with God of one's past 24 hours. In as little as 10-15 minutes in the middle of the day or at its end, this practice can help you discern the influence of God's Holy Spirit at work in your life as well as other spirits that can move you away from God.