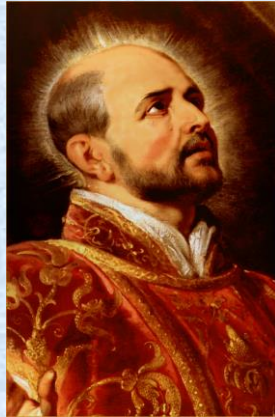


Ignatian Spirituality



The Spiritual Exercises of St. Ignatius of Loyola are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius to help people deepen their relationship with God. In their most pure form, they are offered as a “long retreat” of about 30 days in solitude and silence, where the retreatant enters into particular prayers, mostly scripture based, and meets with a spiritual director once a day.

Ignatius recognized however that not everyone is ready or able to participate in this way. An adapted version is referred to as the Retreat in Daily Life. The full exercises offered in this way are commonly known as the 19th annotation and span around 32 – 35 weeks. The retreatant commits to daily prayer and weekly meetings with a spiritual director to process their encounter of “seeing God in all things” through the Exercises.

Yet another form of the Exercises is referred to as the 18th annotation. While not the full exercises, these adapted versions find expression in many forms; 2 – 8 day silent retreats, liturgical year retreats (for example, Advent or Lent), shorter retreats in daily life, evenings of reflection, etc. These opportunities immerse the retreatant in the spiritual movements, or particular movements of the spiritual exercises, offering them a more intentional experience.

To learn more about Ignatian Spirituality, follow this [link](#).