

Ignatius' Gifts to Spiritual Directors

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Mount Carmel Monastery, Niagara Falls

Spiritual Exercises

- Primarily a Handbook for the Spiritual Director
- Directee should be accompanied by the Director
- Director must have also experienced the Sp. Exercises
- Director must have some knowledge of the Discernment of Spirits and be able to notice these movements within a directee

Specifically For Spiritual Directors

- Guidelines for Directors
- Gratitude and Generosity
- Discernment
- Naming our Desires
- Gospel Contemplation
- Examen – Finding God in all Things



Director – Directee Relationship

- Three persons in the relationship, Directee, Director, God
- Flexibility with the directee – according to their capability and needs
- Gentleness and compassion when in desolation
- Help them to discover their image of God and self



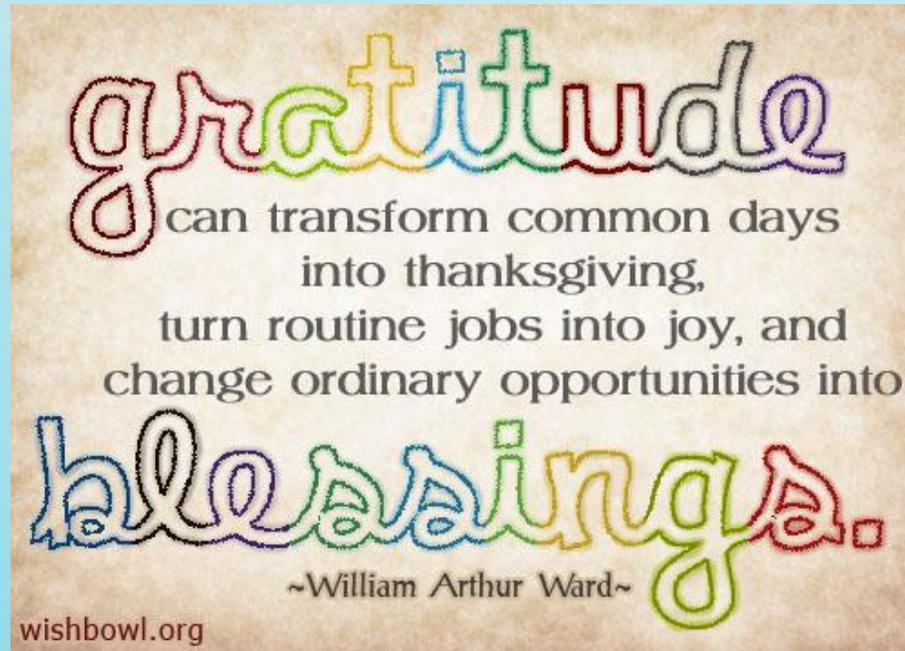
Discernment

- Consolation
- Desolation
- Discerning a Decision



Gratitude

- Gratitude runs throughout the Spiritual Exercises



Gratitude

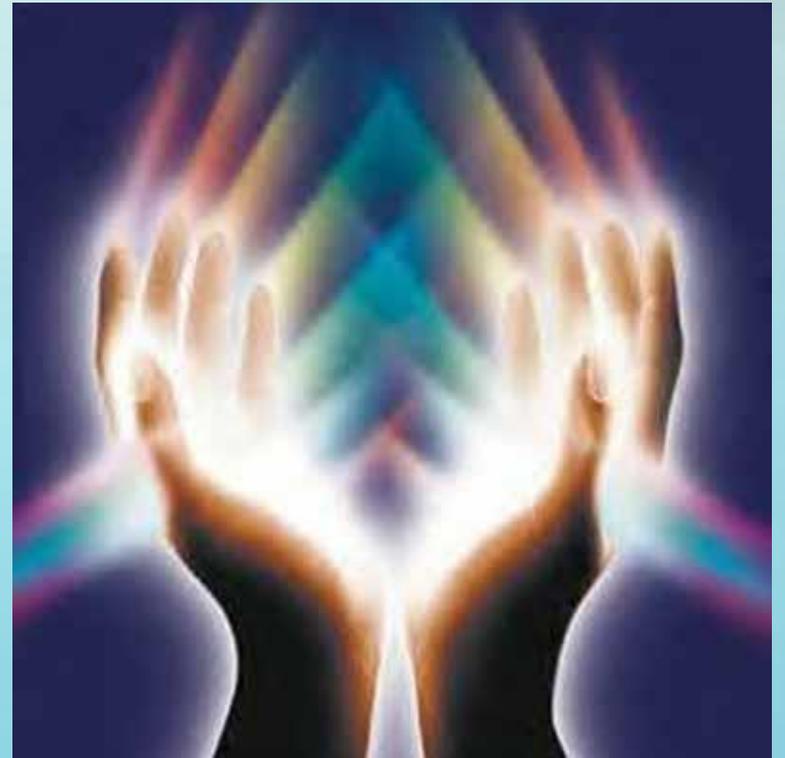
- Biblical Examples – Zaccheus, Samaritan woman, 10 lepers, etc.
- Gratitude is a focus on our gifts and blessings
- Positive psychology – “self-actualizing people are grateful people”
- Ignatius saw gratitude as a spiritual path to loving God and others– a way to holiness
- “A spirituality of gratitude must lead us beyond the subjective well-being espoused by positive psychology to a holiness that is at once earthy and mystical” – Wilkie Au

Reflection on Gratitude

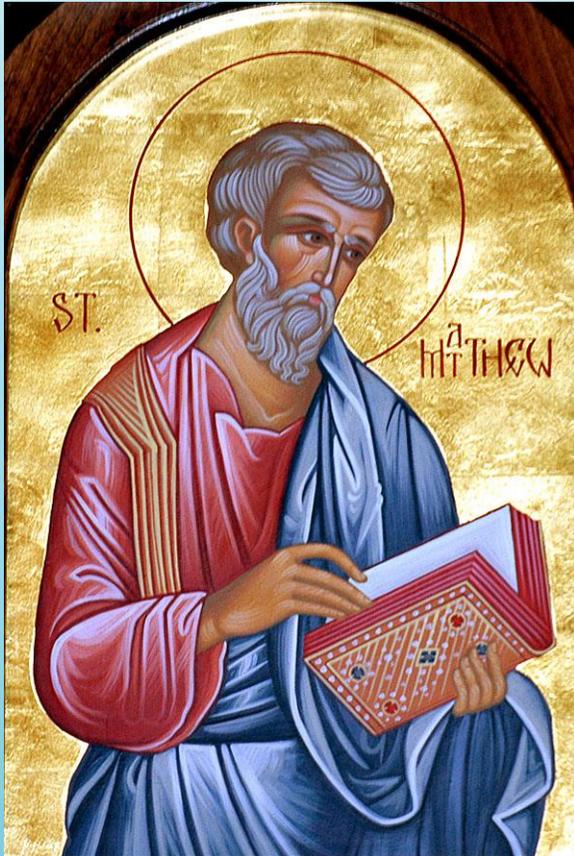
- Psalm 139:13-14
- Part of receiving the grace of gratitude is the ability to say “yes” to the self that is wondrously and uniquely fashioned by God.
- How would you assess your relationship to yourself?
- Where is there peaceful acceptance and gratitude for who and how you are?
- Where are you challenged to grow in self-acceptance?
- Regarding your limitations: Which are rooted in reality and invite your acceptance? Which allow for some improvement and invite efforts to change?

Naming our Desires

- 1 John 5:15
- Asking for a grace
- What is deep in the core of our being?
- Naming our deepest desire can lead us to spiritual intimacy as our desires are linked God's desires



Gospel Contemplation



- A turning of the imagination over to the Holy Spirit
- Ignatius encourages a minimum of explanation by the director
- A way to discover our desires as we feel a real contact with Jesus
- Entry into the life of Jesus

Colloquoy

- A conversation with Jesus as a friend
- Helps to develop a personal relationship with the Trinity



Generosity of Spirit

- a favorable interpretation to another's statement [22]

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- * Openess and generosity on the part of the directee [5]

- * Take, Lord, Receive Prayer



Adaptations to the Spiritual Exercises

- Critiques by Feminist Theologians
- Liberation Theology
- Teilhardian Theology
- Ecological Perspectives

Examen

“Everyday is a Messenger of God”

- Russian Proverb

Each moment contains a hundred
messages from God – To each cry of
“O Lord” He answers “Here I am”

- Rumi

