

WHAT ARE THE IGNATIAN SPIRITUAL EXERCISES?



The Spiritual Exercises grew out of Ignatius of Loyola's personal experience as a

man seeking to grow in union with God and to discern God's will. He kept a journal as he gained spiritual insight and deepened his spiritual experience. He added to these notes as he directed other people and discovered what "worked." Eventually Ignatius gathered these prayers, meditations, reflections, and directions into a carefully designed framework of a retreat, which he called "spiritual exercises."

Ignatius wrote that the Exercises: "have as their purpose the conquest of self and the regulation of one's life in such a way that no decision is made under the influence of any inordinate attachment."



CENTER
for
SPIRITUAL GROWTH

AT ST. DAVID'S EPISCOPAL CHURCH

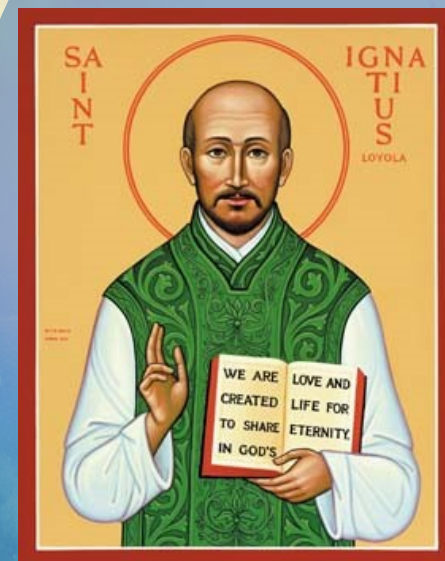
763 S. VALLEY FORGE ROAD

WAYNE, PA 19087

WWW.STDAVIDSCHURCH.ORG | 610-688-7947



IGNATIAN



SPIRITUAL
EXERCISES

WITH AMY NOBLES DOLAN

A SPIRITUAL DIRECTOR THROUGH THE ST.
DAVID'S CENTER FOR SPIRITUAL GROWTH

WHAT IS INVOLVED WITH THE IGNATION SPIRITUAL EXERCISES?

We can tone our spiritual “muscles” just as we work with our physical muscles as we exercise our bodies. The Ignatian Spiritual Exercises are a 30-week intensive through which we explore our relationship with God and the choices we are making in life.

For the period of the Exercises, you commit to one-hour of prayer and meditation with provided materials six days per week. On the seventh day, you will meet with your spiritual director, Amy Nobles Dolan, for an hour to review your prayer times and to receive the materials for the coming week.



WHEN IS THE ‘RIGHT TIME’ TO EMBARK ON THE EXERCISES?

Ignatius of Loyola (1491-1556) wrote the Exercises to help people grow in relationship to God and to discern God’s will for them in their lives. They are profoundly helpful at any time, but especially when you are:

- Seeking greater meaning in your day to day life
- Facing a major decision such as
 - A job change
 - A career change
 - Relocation
 - A relationship change
- Seeking healing from an emotional or spiritual wound (old or new)
- Navigating a spiritual or health crisis

WHY DO THE EXERCISES WITH AMY NOBLES DOLAN?



- Amy received certification to lead the Ignatian Exercises in 2019 from Moravian Seminary.
- Amy’s own experience with the Exercises (in 2014) was the single most transformative spiritual “moment” of her life and she is eager to continue to share them with others.

Please email centerforspiritualgrowth@stdavidchurch.org for more information on this exceptional opportunity.