

Catholic Faith Formation
– August 1, 2021

ST. IGNATIUS DE LOYOLA IGNATIAN YEAR 2021-22

IGNATIAN YEAR 2021-22

- The opportunity of the Ignatian Year 2021-2022(1)



**ST. IGNATIUS DE LOYOLA
IGNATIAN YEAR 2021-22**



WHO WAS ST.
IGNATIUS DE
LOYOLA

IgnatiusSoo



PONDERING THE PANDEMIC IGNATIUS IN ISOLATION



SPIRITUAL EXERCISES ST. IGNATIUS DE LOYOLA

ROMEREPORTS.COM

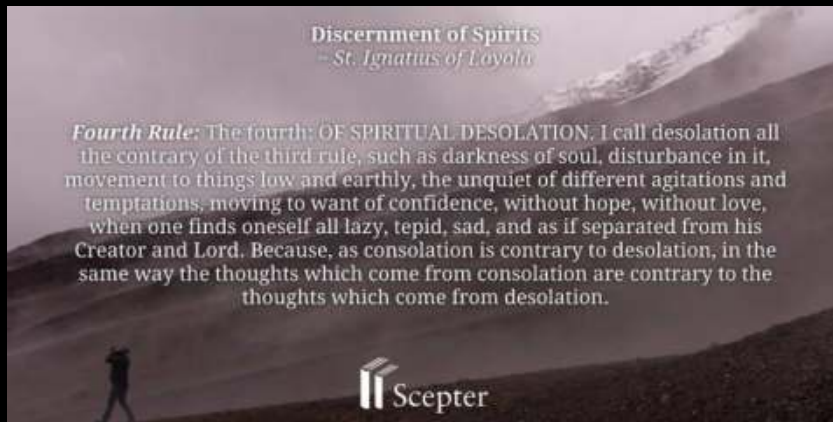
Centro
di
Spiritualità Ignaziana



14 RULES FOR THE DISCERNMENT OF SPIRITS – A GUIDE

St. Ignatius' Rules for Discernment of Spirits

“be a discerning presence”



AIR

1. Aware

2. Identify

3. Respond

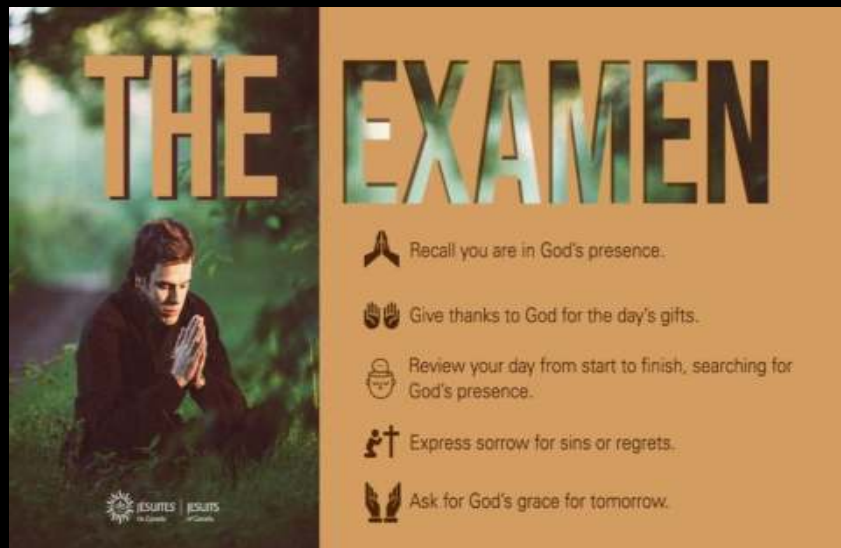
“Beloved, do not believe every spirit, but test the spirits to see whether they are from God” (1 John 4:1).



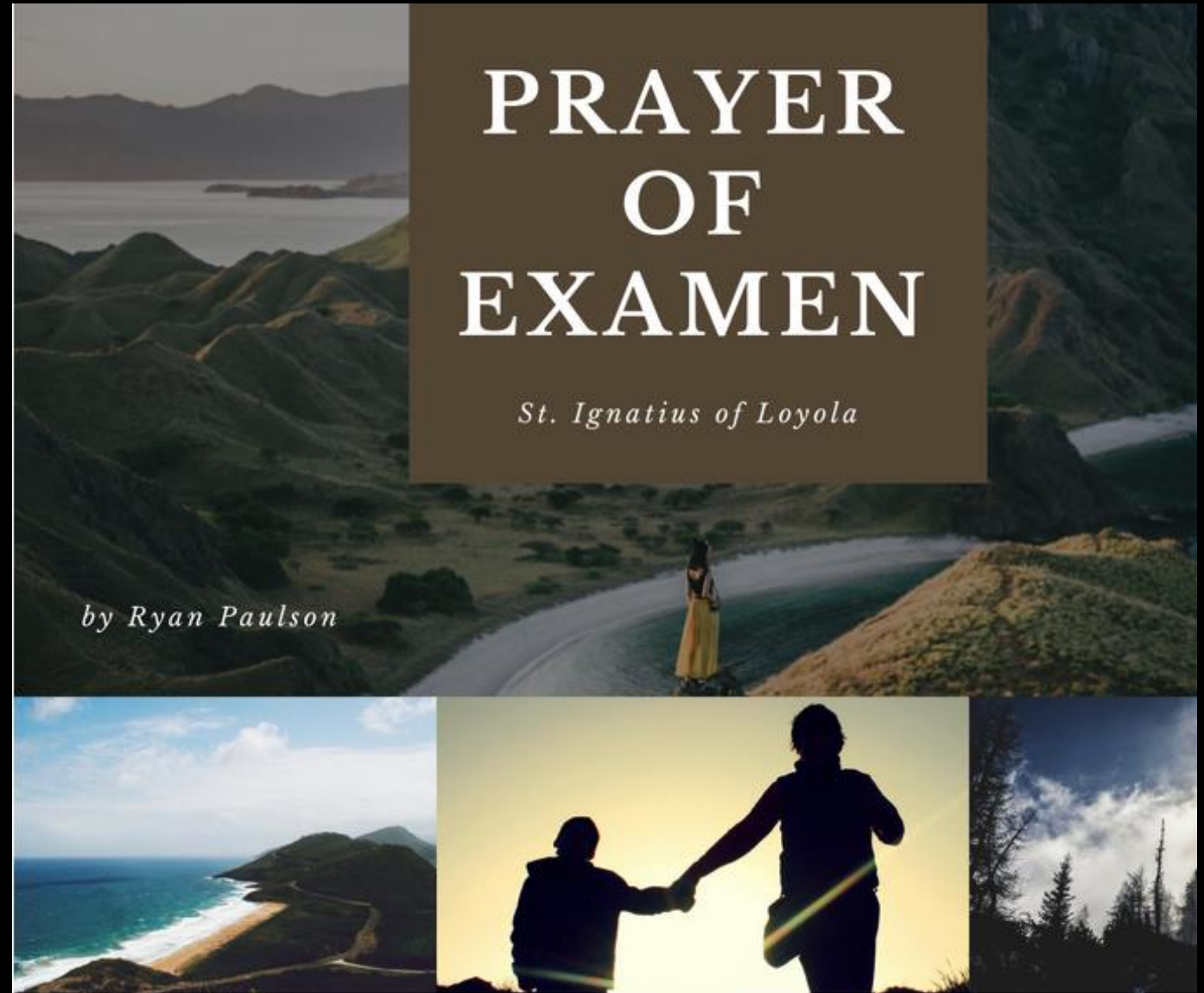
4TH RULE – SPIRITUAL DESOLATION

- The fourth is of spiritual desolation. I call desolation all the contrary of the third rule, such as darkness of soul, disturbance in it, movement to low and earthly things, disquiet from various agitations and temptations, moving to lack of confidence, without hope, without love, finding oneself totally slothful, tepid, sad and as if separated from one's Creator and Lord. For just as consolation is contrary to desolation, in the same way the thoughts that come from consolation are contrary to the thoughts that come from desolation.

EXAMEN ST. IGNATIUS DE LOYOLA



A REFLECTION



THE EXAMEN PRAYER

5 STEPS



The Daily Examen Prayer

- **First Point.** The first Point is to give thanks to God our Lord for the benefits received.
Second Point. The second, to ask grace to know our sins and cast them out.
Third Point. The third, to ask account of our soul from the hour that we rose up to the present Examen, hour by hour, or period by period: and first as to thoughts, and then as to words, and then as to acts, in the same order as was mentioned in the Particular Examen.
Fourth Point. The fourth, to ask pardon of God our Lord for the faults.
Fifth Point. The fifth, to purpose amendment with His grace.

CANNONBALL MOMENTS



THE 14 RULES OF DISCERNMENT OF SPIRITS

- *St. Ignatius Rules of Discernment Concrete Guidance to Become a True, Free Child of God*
- *Ignatian Discernment of Spirits: By Fr. Mark Bentz, STL*
- *14 Rules for the Discernment of Spirits – St. Ignatius de Loyola*
- *Discernment of Spirits – IgnatianSpirituality.com*

PRAYER FOR THE IGNATIAN YEAR

Loving God,

We come before You asking for Your special grace as we go through the year dedicated to the memory of the conversion of Saint Ignatius.

We remember the battle of Pamplona, the bravery of Ignatius, his recklessness, his ability to relate to his comrades.

We remember his wound; his broken dreams; his apparent failure; the vulnerability of his health; his return to Loyola and the long days of soul searching to try to find his way in life, finally surrendering his life to You as he listened to Your voice speaking to him through his reading, his dreams, his prayers and his imagination.

We remember his journey to Manresa; his inner struggles; his desire to reach out to others, helping souls to discover the consolation of Your Risen Son.

We ask, Lord, that You renew, also today, Ignatius' spirit in us.

May we grow closer to his total trust in the Holy Spirit, following Him faithfully, neither running ahead or falling behind.

May we make our own his ability to discern, his courage, his vulnerability, his search for companionship; his openness to young people and his desire to share with them his wisdom.

May we learn from his fearlessness in going forward even if it meant, sometimes, making mistakes.

Grant, Lord, that we may be on fire with his apostolic zeal and full of love for this beautiful but broken world.

Help us, Lord to set aside our narrow views, our preconceptions of ourselves, of each other, of our world and to see everything with new eyes.

Help us to live ever more deeply the Ignatian charism of seeing all things new in Christ, of seeing Your grace at work, even in darkness and suffering.

May this Ignatian Year help us to know Jesus poor and humble, to love Him more dearly, and follow Him more closely.

We ask the intercession of Our Lady of the Way. May she help us journey with Your Son, Jesus, putting our hand in His, stepping out, every day, into the world with a sense of adventure, of love and hope.

Amen.