

Contents of the Book

“The Spiritual Exercises of St. Ignatius”

1. INTRODUCTION, pp1-12

Introductory Observations, pp1-10

- #1 Definition of “Spiritual Exercises”
- #2-3 What Is Done in Meditation
- #4 The Four Weeks of the Exercises
- #5 The Proper Dispositions: generosity and desire for God alone
- #6-11 How to Handle Consolation and Desolation and Temptations in General
- #12-13 Fidelity to the Length of Time Used for Meditation
- #14-15 Avoiding Hasty Vows and Decisions
- #16 Combat Attachments with the Opposite Efforts
- #17-18 Adapting the Exercises to the Condition of the Exercitant
- #19 Doing the Exercises without Leaving the World
- #20 Reasons for and Advantages of Solitude and Silence

The Presupposition of Charity, p11

THE PRINCIPLE AND FOUNDATION, p12

2. FIRST WEEK pp13 - 39

Meditations, pp25 - 34

Methods

- a. Particular Examen, pp15-17
for working against a particular vice
- b. General Examen, p23
what we normally call an examination of conscience
- c. Ignation Method of Meditation, p25-28
- d. Penance, pp37-38

Ideas

- a. What Constitutes Sin, pp18-22
- b. Setting a Mood, pp35-37
- c. The Value of Penance, pp38-39

2. SECOND WEEK pp47-78

-- Insertion between Weeks:

Meditation on the Kingdom of Christ, pp42-45 --

Meditations, pp(43-45,) 47-58, 60-68

Methods

- a. Application of the Senses, pp54-55 (The Fifth Contemplation)
- b. Adapting the Week, pp67-68

c. Two Ways of Making a Choice about My State in Life, pp75-77

d. Directions for Reforming My Life, p78

Ideas

- a. Three Kinds of Humility, pp69-70
- b. Introduction to the Consideration..., p59
- c. Introduction to Making a Choice about My State in Life, p71
- d. Matters about Which a Choice Should Be Made, pp72-73
- e. Three Times when a Good Choice Can Be Made, p74

4. THIRD WEEK pp79-91

Meditations, pp81-87

Methods

- a. How to get the most out of this week (Notes), pp82-83, 84-85, 87-88
- b. Fasting, pp89-91

5. FOURTH WEEK pp95-98

Meditations, pp95-96

Methods

How to get the most out of this week (Notes), pp97-98

6. VARIOUS APPENDICES pp99-161

Meditations

- a. Contemplation to Attain the Love of God, pp99-103
- b. The Mysteries of the Life of Our Lord
a summary of the Gospel, broken up into points

Methods

- a. First Method of Prayer, pp107-109
careful consideration of well-known formulae
- b. Second Method of Prayer, pp110-111
careful consideration of the words of a well-known prayer
- c. Third Method of Prayer, p112
using rhythm, quietly being present
- d. Rules for the Discernment of Spirits I, pp141-146
- e. Rules for the Discernment of Spirits II, pp147-150
- f. Rules for the Distribution of Alms, pp151-153
- g. Notes Regarding *Scruples*, pp154-156
- h. Rules for Thinking with the Church, pp157-161