

Goal of the Spiritual Exercises: MAKE THE GLORY OF GOD THE ONLY THING YOU LIVE FOR

Prerequisites: 1. GOD'S GRACE, 2. Desire, 3. Knowledge, 4. Detachment, 5. Discernment, 6. Decisions

Obstacles: 1. Ignorance, 2. Insensitivity, 3. Vices, 4. Sins

Sub-Goal 1: Gain God's Grace

Means: 1. Sacraments, 2. Spending time in prayer (give Him an opportunity to act in your life!),
3. **Petitions to God in prayer (see various meditations)**

Sub-Goal 2: Desire God's Glory Above All Else

Means: 1. Petitions, 2. **Meditations on "Principle and Foundation," "Two Standards," "To Gain Love," Creation, Incarnation, Passion, Resurrection and Ascension, Church**

Opposed to This: Insensitivity

Means for Overcoming Insensitivity: **Contemplation, Meditation, and a willed movement of sentiment**

Sub-Goal 3: Gain Knowledge of God's Will

(God's Will is always that you pursue those things which lead to virtue and root out vice)

Means: 1. Speak with a good spiritual director, 2. Read solid, orthodox spiritual books, 3. Have conversations with friends who are seeking authentic holiness, 4. Attend **conferences, retreats** and talks given by learned speakers

Opposed to This: Ignorance

Means for Overcoming Ignorance: *same as those just mentioned*

Sub-Goal 4: Detachment from All Disordered Possessions and Tendencies

Means: 1. **Petitions found in the meditation pp64-65, especially the Note**, 2. Close analysis of my sins, 3. A heart firmly established in the principle and foundation, 4. **Meditations from the first and second weeks especially**, 5. Working in a way diametrically opposed to one's vices (e.g. if greedy, giving things away when it hurts)

Opposed to This: Vices

Means for Overcoming Vices: 1. **General Examination of Conscience**, 2. **Particular Examination of Conscience**

Sub-Goal 5: Discern One's State in Life or Reform One's Life

Means: 1. Practice of the **Discernment of Spirits**, 2. Avoid falling into scrupulosity (see **Notes Concerning Scruples**), 3. Always seek the principle and foundation, 4. Choosing a state in life, following the **rules laid out in the Third Week**, 5. Follow **"Directions for the Amendment and Reformation of One's Way of Living in His State of Life"**

Sub-Goal 6: Make Concrete Decisions, Which Are Resolutions to Carry Out

Means: 1. Use **what is said in the Third Week about when to make decisions and the reformation of one's way of living**, 2. Make a concrete plan for which virtues in particular to pursue, 3. Periodically renew those decisions (during an annual retreat, for example)

Opposed to This: Sins

Means for Overcoming Sins: 1. Confession, 2. Spiritual Direction, 3. Spiritual reading, 4. Diligent effort, 5. Perseverance and patience