

	<u>First Week</u>	<u>Second Week</u>
EFFECT	PURGATION	LOVE
Theme	Sin and Creation, pp25 - 34 (also, Confession)	The Incarnation, pp43-45, 47-58, 60-68 (Decisions)
Knowledge Gained	- To know God the Father - To know the gravity of sin	- To know Jesus Christ more intimately - To know how to make good decisions, both to choose your state in life and to make lesser decisions
Desire	To begin to desire the Principle and Foundation	To desire to follow Jesus Christ more closely
Hatred	To detest sin in all of its manifestations	To detest the work of Satan
Contemplation ("to see")	Contemplate Sin and God's Goodness in Creation	- Contemplate God's Plan within the Trinity - Contemplate Christmas - Contemplate Christ's Childhood - Contemplate His Public Life up to the point of the Last Supper - Contemplate the Two Standards
Meditation ("to consider")	Meditate on the Principle and Foundation (p12)	- Meditate on the Call of the Earthly King - Meditate on the Three Classes of Men - Meditate on the Three Kinds of Humility - Meditate on the Two Standards - Meditate on which state in life to choose, or purify your intention if you have already chosen - Meditate on how to change your life for the better
Tasks	- Do Penance - Examine conscience - Come to know your Root Vice and general vices - Make a General Confession	- Decide on your state in life - Decide on what steps to take to reform your life - Discern spirits
Tools	- Ignatian Method of Prayer (pp25-28, 54-55, 61-63) - Particular Conscience Examen (pp15-17) - General Conscience Examen (pp18-24) - Thirty Day Retreat ("Introductory Observations") - Recollection/Silence/Solitude ("Additional Directions" pp35-37)	- All that St. Ignatius has to say about making decisions and discerning spirits (pp59-78, 141-150) - Spiritual Direction (Introductory Observations, etc.) - Rules for the Distribution of Alms (pp151-153) - "Reform of Life" (not exactly found in his directions) - A specific, personal virtue/vice, for the particular examen

	<u>Third Week</u>	<u>Fourth Week</u>
EFFECT	DEBT of GRATITUDE	JOY and CONFIRMATION
Theme	The Passion, pp81-87 (Christian Sorrow)	Resurrection, Mission, pp95-96 (Christian Joy)
Knowledge Gained	To know the great love Christ has for me in His passion	To know the security and joy I can have in Christ
Desire	To desire to make whatever sacrifice He wills for your good and the good of other souls, out of love and gratitude	To desire fidelity
Hatred	To hate my ingratitude and sin, which are the causes of the passion	To hate infidelity
Contemplation ("to see")	- Each step along the way of the passion, beginning with the Last Supper	- Appearances after the Resurrection, including the Ascension
Meditation ("to consider")	- The great love of Christ - The great ingratitude found in the hearts of men and women - The beauty of consoling the heart of Christ	- The victory Christ has won (- The work of the Holy Spirit) (- The work of the Church and her Saints)
Tasks	- Renew and strengthen resolve to follow through on decisions - Feel contrition, love, desire to make reparation	- Renew and strengthen resolve to follow through on decisions - Feel joy, love, security, confidence
Tools	- Some Notes Concerning Scruples (pp154-156)	- Rules for Thinking with the Church (pp11, 157-161)

Terminology:

(1) *examen* – an old, specific word for ‘examination of conscience’ following the Ignation method; (2) *root vice* – pride, vanity or sensuality [see 1 Jn 2:16]; that unworthy thing which motivates a person’s actions when he is not conscious of it; (3) *contemplation* – a kind of prayer that uses the imagination to “look” at the reality; (4) *meditation* – a kind of prayer that uses reason to consider an idea; (5) *principle and foundation* – the one, overriding purpose in life: to glorify God by cooperating with God’s grace in the work of saving souls, rooting out vice and developing virtue; (6) *purify your intention* – to consciously decide to perform an action for the sake of the glory of God and not for your own selfish, vain or sensual ends; (7) *colloquy* – a conversational prayer where the content of the meditation is summarized and discussed with one of the Persons of the Trinity or with a Saint, especially the Blessed Mother; (8) *discernment of spirits* – a process by which a person seeks to understand the origin of his or her thoughts, being inspirations from God, temptations from the devil or one’s own considerations