I. Scenarios for Using The Methods Proposed In the Spiritual Exercises

Talks on the

Spiritual Exercises of

St. Ignatius of Loyola

Fourth Talk July 24, 2013

 A. Discernment of Spirits

 Consolation

 Desolation

 B. Working Retreat (a “Retreat at Home”)

Sleep, Meditation, Normal Day, Examen, Use of Four-Week Structure

 C. Daily Meditation

 D. Examen

II. Content of the Fourth Week: Contemplating the Resurrection

 A. From an Ancient Homily

 B. The Appearance to Mary

 C. The Moment of the Resurrection

 D. Mt 28:1-10: He always does things in unexpected ways

 E. Jn 21:1-3,14-18: St. Peter the Rock and the Shepherd

III. OPTIONAL: Reforming Your Life