

I. AN INTRODUCTION TO THE SPIRITUAL EXERCISES

A. What Are the Spiritual Exercises?

B. Some Ideas about the Human Person St. Ignatius Uses

1. Man is a union of body and soul.
2. The soul has “powers” of reason and will, directed to spiritual things; the body has powers of “sense,” “appetite” and “passion,” directed to material things.
3. The “senses” can get us in trouble, attracting us to material goods to the neglect of higher spiritual goods. Imagination is part of senses. Senses and imagination can be used for good.
4. The “passions” also get us in trouble, impelling us to do things we regret.
5. “Reason” is a good thing, the highest power in us, which allows us to consider spiritual things and which directs the will and can train the passions to behave well.

C. The Need for Prayer in Our Lives

II. CONNECTING PRAYER WITH DAILY ACTIONS

A. All Thinking: Space Cadet

B. All Doing: Meaningless Existence

C. What Are the Practical Things a Person Can Do?

III. CONTENT OF THE FIRST WEEK: CREATION AND SIN

A. God’s Act of Creation: Gen 1:1-3

B. God Creates and Blesses Man: Gen 1:26-31

C. God’s Plans Ruined: Gen 3:8-20

D. My Own Personal Sin

(...but things will get better, next week...)