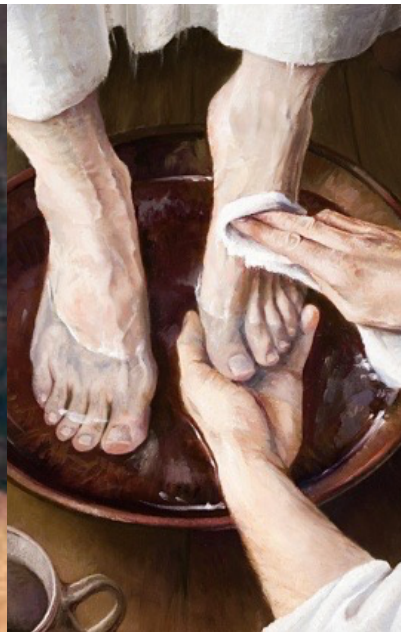
Inner Peace In Divine Love

The First Spiritual Exercises



As given by St Ignatius Loyola and adapted by Michael Hansen SJ

21 May – 18 June 2023

Introductory Session 5:00pm Sunday 21 May

Guided Spiritual Conversation each week in small groups

Closing Session **Sunday 18th June**

IHS

Australian Jesuit Tertianship

Jesuits/CLC Retreat in Daily Life

CVX CLC

The **First Spiritual Exercises** were created to help a person ask for and receive inner peace. In them, great gifts from God are sought.

The first great gift is the gift of unconditional love.

The inner peace that comes with this is utterly unmistakable from any other experience. I feel the love of God so overwhelmingly unconditional, so gently intimate, that I am left with a deep-seated peace – a serenity that will survive all sorts of trials, selfishness and loss.

I become aware of the many extraordinary gifts that the Creator has given me through love and I have the inner peace that I need for my life
journey.

Profound gratitude comes with this peace.

What are the First Spiritual Exercises?

The 'First Spiritual Exercises' are a set of prayer exercises, structured in a four week program, with a particular dynamic by St Ignatius. They are built around personal prayer at home and guided spiritual conversation in a small group.

What is expected of me?

This program is over four weeks during your daily life.

The weekly commitment is to prayer on four days, Monday to Thursday. These days are chosen because family and home commitments usually increase Friday to Sunday. So, exercise over four days and break for the next three days but include the Sunday Eucharist with its small weekend exercise. This will allow the seeds of the past week's exercises to sleep in you and germinate.

Participants pray the First Exercises individually at home during the week. The Exercises are simple and easy to follow.
In addition, participants meet weekly in small groups through the period of the First Spiritual Exercises with a guide, who leads the process of prayer, listening, sharing and discernment.

Do I need any qualifications to make the First Spiritual Exercises?

There is nothing in the First Spiritual Exercises, either of content or process that you cannot do. You do not need any special education or great holiness or perfect health. In Ignatian exercising one always applies the exercise to one's understanding or faith or well-being – to one's reality.
It's about a living relationship between you and God.

The only thing needed for you to begin is:

- the desire to exercise,
- the generosity to take the practical steps, and
- the faith to open yourself to God.

Where you are now is where God is waiting for you.

If you walk
in the way of God,
you will live
in peace forever.
Learn where there is wisdom,
where there is strength,
where there is understanding,
so that you may at the same time discern
where there is length of days, and life,
where there is light for the eyes,
and peace.

The Book of Baruch 3: 13-14