



**Application**  
*Spiritual Exercises of St. Ignatius*  
*in*  
*Daily Life*

[www.soulsongjourneys.com.au](http://www.soulsongjourneys.com.au)

**Personal Details**

<b>Name:</b>		
<b>Address</b>		
<b>Suburb:</b>	<b>State:</b>	<b>Pcode:</b>
<b>Email:</b>		
<b>Phone</b>	<b>Mobile</b>	
<b>Skype:</b>		

*Please take time for prayer and reflection with the following questions and fill them out as succinctly as possible. Your answers will help your director with the discerning process.*

**Your application will be considered confidential and will be reviewed only by the director**

1. What experiences (if any) have you had with spiritual direction? (This can include a prayer partner, a directed retreat, or direction)?

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2. What have been your struggles in relationship to God?

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3. Who is God -- as God was presented to you or taught to you as a child?

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4. Who is God -- as you have come to know God through experience and searching?

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5. Who is God -- as I would like to know God?

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6. Describe the way you pray, how long you have been praying that way? (How familiar are you with scripture? Do you say set prayers? Pray the Rosary? Say prayers of petition and/or thanks? Talk with God? Listen?)

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7. Do you have support of family or friends? Do they understand about the commitment and will they give you what you need from them?

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8. Are there any special considerations in your life that might affect your retreat, which could become obstacles to your retreat process (e.g. situations that require your full energy at this time)?

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9. Spiritual Exercises in Everyday Life cannot be just another involvement. It may mean setting aside other activities or time commitments for this year. Are you truly able to make: the time commitment of one hour daily prayer, and a weekly spiritual direction appointment.

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10. What are your other commitments?

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11. Do you feel you have enough interior freedom to move out of the retreat if the timing is not right or the retreat is not appropriate for you?

12. In addition to filling out this application, please write and attach your faith autobiography. See instructions following.

## Financial Arrangements

A suggested cost is \$35 per week for the duration of the retreat which is 35 weeks. This allows for the cost of Spiritual Direction, access to the Soul Song Journeys website to download materials and resources for the retreat, and for supervision of your director.

Please let me know if you have any financial concerns and these can be negotiated. Payment can be made by direct deposit into my account – the details of which are below:

BSB            804 002  
Account       1156696  
Name           Mrs Dale U Keenan

## Communication

Retreatants are expected to speak to their spiritual director once a week for a 1 hour spiritual direction session and retreatants are asked to bear the cost of this communication if it is by phone. If you have a computer, and are connected to the internet, this option can be made completely free by downloading Skype onto your computer. You may need to purchase a set of earphones and/or a webcam if your computer does not have this as standard. You may also use Facetime which is on Apple products.

- I will communicate via the telephone
- I have a computer and a Skype address, and will communicate with Skype
- I have a computer and would like to know more about Skype
- I will communicate by FaceTime

## Self Evaluation And Discernment

After reading this application for Spiritual Exercises in Everyday Life, I have discerned that I am ready to make the retreat at this time. I have prayed and reflected on the application questions and have written my faith autobiography.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Faith Autobiography Worksheet

Please pray Psalm 139 before you begin writing your Faith Autobiography.

### Consider these Questions:

- What has brought me to this point, to this retreat?
- What and who are the significant people, experiences, and events that have lead me into a deeper relationship with God?
- How have I journeyed spiritually?
- How have the following influenced my relationship with God: my family of origin: my parents, my birth, my gender, my culture/ethnicity, my place in my family?
- When do I most feel God's presence? His absence? What is my response to those feelings?
- When do I feel most present to God? Most absent? What do I perceive is God's response?
- How do I feel God's presence in the struggles of my life? The good times?
- What qualities do I particularly like about myself? What are some I don't like?
- How do I connect with God? What is my relationship to God?
- Am I praying now? What has prayer been for me? If and when I experience dryness in prayer, how do I respond to that experience?
- How/where do I find God in the needs of others?

### About writing your story:

After prayerfully considering your history, record the most important parts -- the ones that shaped you spiritually and brought you to this point in your life.

Your autobiography should be more than facts and dates. As you pray and write, include the meaning of your experiences. (See the next page for a visual way to prepare/pray with your faith journey before you write)

## Submitting your Application

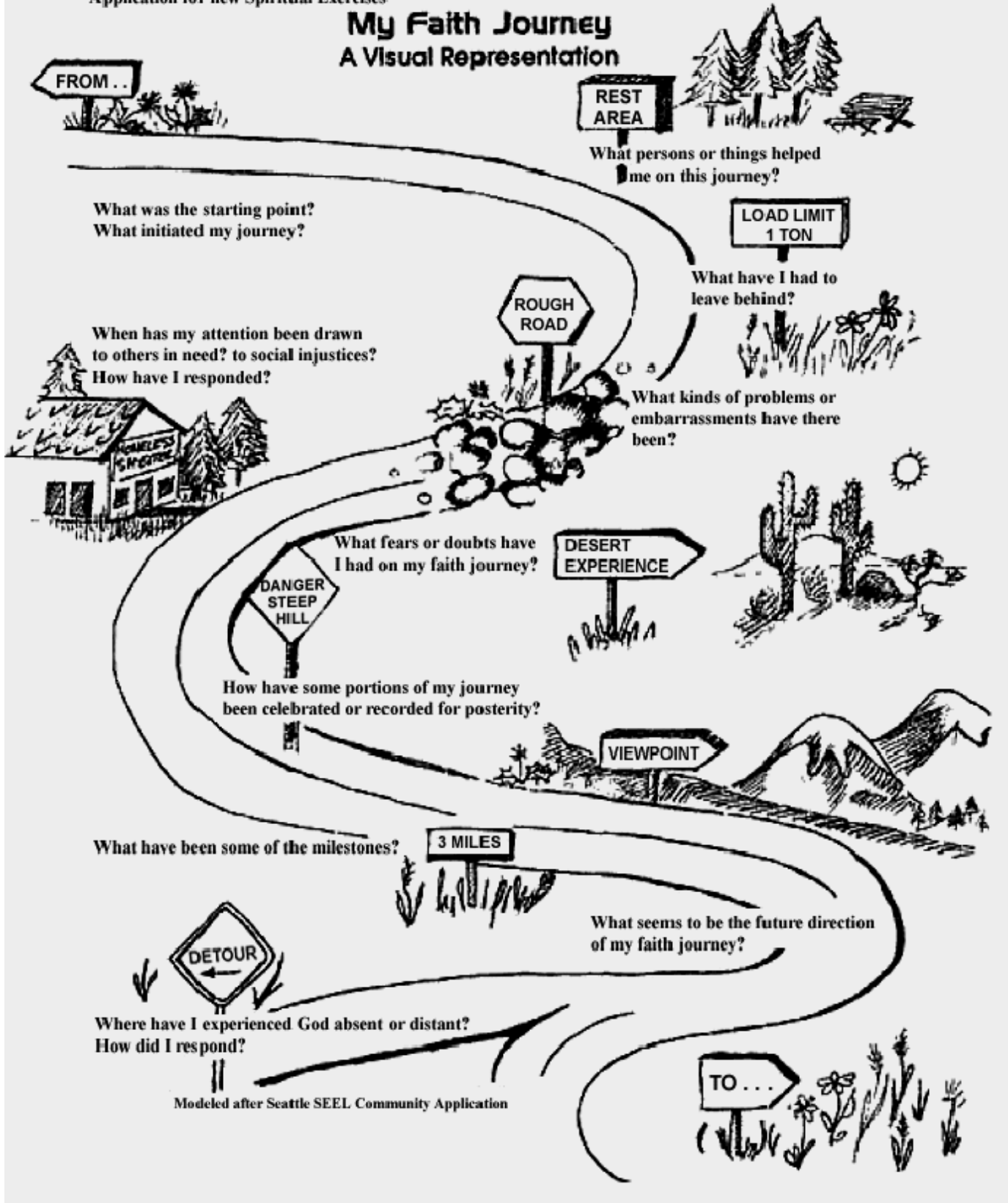
Please scan and send your application and faith autobiography to:

[dale@soulsongjourneys.com.au](mailto:dale@soulsongjourneys.com.au)

OR post to

**Dale Keenan**  
**21/78 Cairns Street**  
**KANGAROO POINT Q 4169**

# My Faith Journey A Visual Representation



Faith Autobiography – Visual