

The First Spiritual Exercises

Four Guided Retreats in Daily Life



About the Retreats

The First Spiritual Exercises are made over four weeks in daily life.

When the book of *The Spiritual Exercises* was published in 1548, Ignatius gave instructions to give his Exercises in two ways: The Full Spiritual Exercises, and The First Spiritual Exercises. The Full Spiritual Exercises are made as a 30 day enclosed retreat, or as a 30 week retreat in daily life. The First Spiritual Exercises are made over four weeks in daily life. The First Spiritual Exercises comprise four retreats, each of which is created for the gift of inner peace and a particular desire. (Michael Hansen *The First Spiritual Exercises*, p.ix)



The Retreats

Inner Peace in Divine Love

Inner Peace in Darkness and Light

Inner Peace in Friendship with Jesus

Inner Peace in Service of God



THE RETREAT

- 21-25 days in daily life
- Daily Prayer Mon-Thur
- Sunday Eucharist
- Prayer handbook provided



THE PROCESS

- Individual-group experience
- 45 mins daily prayer at home
- Weekly 1.5h group meeting with sharing



THE COMMITMENT

- daily personal prayer and journal writing
- 5 weekly group meetings



THE COST

- Participants pay \$35 for the retreat which includes Prayer Handbook

THE RETREATS

Inner Peace in Divine Love

This retreat expands the spiritual exercise called the Contemplation to Attain Divine Love in the Full Spiritual Exercises. In content, it explores a lover's relationships, where each desires to give and receive from the other. It begins with the receiver's experience of love and moves into the gifts of God's love.

Inner Peace in Darkness and Light

This retreat is for those living in some form of darkness, a serious disorder in life, suffering, sinfulness, chronic illness, or lack of freedom. In content, it begins with love, covers the first week of the Full Spiritual Exercises on mercy, gives parallel exercises for healing and ends with the freedom exercises known as the Foundation.

Inner Peace in Friendship with Jesus

This retreat deepens a friendship with Jesus. Since Ignatius builds the life, death, and resurrection of Jesus into the Full Spiritual Exercises, he does not do so in the First Spiritual Exercises. Yet, he lived in deep friendship with Jesus, as his companion, disciple and mystic.

Inner Peace in Service of God

This retreat begins with profoundly beautiful ways of praying using breath and body. Then it considers service through the Beatitudes, new commandments, virtues, senses, gifts of the Spirit and works of mercy. It uses the three methods of prayer at the end of the Full Spiritual Exercises.



More Information

For more information about booking a retreat for a parish group, prayer group, or if you would like to undertake a retreat on an individual basis, contact Dale or Robyn. See details below.

YOUR SPIRITUAL DIRECTORS

are qualified Spiritual Directors and Givers of the Ignatian Spiritual Exercises

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