

## SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA 2022-2023

Week	Dates		Page	
	<b>Sept 20</b>	<b>Orientation/Group Meeting #1 - Ignatius &amp; Prayer</b>		
		Pre-Reading	1-37	
		<b>Preparation Days</b>		
1	Sept 25	God's Unconditional Love for Me	38	
2	Oct 2	God's Ongoing Creation	45	
3	Oct 9	The Intimacy of Prayer	49	
	<b>Oct 11</b>	<b>Group Meeting #2 - Principle &amp; Foundation</b>		
4	Oct 16	God's Invitation to Greater Freedom	57	
5	Oct 23	The Principle & Foundation	63	
6	Oct 30	God's Call to Me	71	
		<b>Week 1</b>	<b>79</b>	
7	Nov 6	The Reality of Sin	90	
	<b>Nov 8</b>	<b>Group Meeting #3 - Sin &amp; Sinfulness</b>		
8	Nov 13	My Own History of Sin & Grace	97	
9	Nov 20	The Causes & Consequences of Sin	102	
10	Nov 27	God's Merciful Love for Me	112	
		<b>Week 2</b>	<b>121</b>	
11	Dec 4	The Contemplation on the Incarnation	129	
12	Dec 11	The Birth of Jesus	137	
	<b>Dec 13</b>	<b>Group Meeting #4 - Meditation &amp; Contemplation</b>		
	Dec 18-24	<b>REPETITION/BREAK</b>		
13	Dec 25	The Childhood of Jesus	143	
14	Jan 1	The Hidden Life of Jesus	147	
15	Jan 8	The Call of Christ, Our King	153	
16	Jan 15	Jesus' Public Ministry Begins	162	
	<b>Jan 17</b>	<b>Group Meeting #5 - The Two Standards</b>		
17	Jan 22	Meditation on Two Standards	168	
18	Jan 29	The Call & Cost of Discipleship	176	
19	Feb 5	Three Ways of Loving	183	
20	Feb 12	Jesus' Public Ministry	188	
	<b>Feb 14</b>	<b>Group Meeting #6 - Discernment</b>		
	Feb 19-25	<b>REPETITION/BREAK</b>		Ash Wednesday - Feb 22
21	Feb 26	The Kingdom of God	196	
22	Mar 5	Jesus as Human & Divine	200	

		<b>Week 3</b>	<b>211</b>	
23	Mar 12	The Road to Calvary	216	
	<b>Mar 14</b>	<b>Group Meeting #7 - Praying the Passion</b>		
24	Mar 19	The Arrest of Jesus	222	
25	Mar 26	The Suffering & Death of Jesus	227	
26	Apr 2	The Paschal Mystery	230	
		<b>Week 4</b>	<b>233</b>	
27	Apr 9	The Resurrection of Jesus Christ	240	Easter - April 9
	<b>Apr 11</b>	<b>Group Meeting #8 - Resurrection/The Love of God</b>		
28	Apr 16	The Risen Life	244	
29	Apr 23	The Contemplation of the Love of God	248	
30	Apr 30	Life in the Spirit	256	
31	May 7	Gathering the Graces	259	
	<b>May 9</b>	<b>Group Meeting #9 - The Gifts of the Exercises</b>	262	
32	May 14	Looking Ahead with Hope		