

SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA 2024-2025

Week	Dates		Page	
	Sept 24	Orientation/Group Meeting #1 - Ignatius & Prayer		
		Pre-Reading	1-37	
		Preparation Days		
1	Sept 29	God's Unconditional Love for Me	38	
2	Oct 6	God's Ongoing Creation	45	
3	Oct 13	The Intimacy of Prayer	49	
	Oct 15	Group Meeting #2 - Principle & Foundation		
4	Oct 20	God's Invitation to Greater Freedom	57	
5	Oct 27	The Principle & Foundation	63	
6	Nov 3	God's Call to Me	71	
		Week 1	79	
7	Nov 10	The Reality of Sin	90	
8	Nov 17	My Own History of Sin & Grace	97	
	Nov 19	Group Meeting #3 - Sin & Sinfulness		
9	Nov 24	The Causes & Consequences of Sin	102	
10	Dec 1	God's Merciful Love for Me	112	
		Week 2	121	
11	Dec 8	The Contemplation on the Incarnation	129	
12	Dec 15	The Birth of Jesus	137	
	Dec 17	Group Meeting #4 - Meditation & Contemplation		
	Dec 22-28	REPETITION/BREAK		
13	Dec 29	The Childhood of Jesus	143	
14	Jan 5	The Hidden Life of Jesus	147	
15	Jan 12	The Call of Christ, Our King	153	
16	Jan 19	Jesus' Public Ministry Begins	162	
	Jan 21	Group Meeting #5 - The Two Standards		
17	Jan 26	Meditation on Two Standards	168	
18	Feb 2	The Call & Cost of Discipleship	176	
19	Feb 9	Three Ways of Loving	183	
	Feb 16-22	REPETITION/BREAK		
	Feb 18	Group Meeting #6 - Discernment		
20	Feb 23	Jesus' Public Ministry	188	
21	Mar 2	The Kingdom of God	196	Ash Wednesday - Mar 5
22	Mar 9	Jesus as Human & Divine	200	

		Week 3	211	
	Mar 16-22	REPETITION/BREAK		
	Mar 18	Group Meeting #7 - Praying the Passion		
23	Mar 23	The Road to Calvary	216	
24	Mar 30	The Arrest of Jesus	222	
25	Apr 6	The Suffering & Death of Jesus	227	
26	Apr 13	The Paschal Mystery	230	
		Week 4	233	
27	Apr 20	The Resurrection of Jesus Christ	240	Easter - Apr 20
	Apr 22	Group Meeting #8 - Resurrection/The Love of God		
28	Apr 27	The Risen Life	244	
29	May 4	The Contemplation of the Love of God	248	
30	May 11	Life in the Spirit	256	
31	May 18	Gathering the Graces	259	
	May 20	Group Meeting #9 - The Gifts of the Exercises		
32	May 25	Looking Ahead with Hope	262	