

Giving the Exercises of St. Ignatius
Two-Year Training Course for Spiritual Directors
Course Content and Reading Requirements
Year One – September 2026-May 2027

General 3-hour Class Schedule

Content 1	50 minutes
Break	10 minutes
Content 2 (with questions)	50 minutes
Break	10 minutes
Prayer Experience based on Exercises	30 minutes
Shared Group Reaction to Prayer and class	30 minutes

First Year Attendance Policy: Attendance is expected for all classes and both the opening and closing retreat. The opening and closing retreat are in person at St. Simon’s. The other classes are on zoom.

Year 1: Classes are from 9-12pm and 1:00-4:00pm, 2nd Saturday of each month

Date of Class	Thematic Content - AM	Thematic Content – PM
September 12	<ul style="list-style-type: none"> ● Opening Retreat ● Personal Stories – Hopes and Expectations ● Overview of program ● Summary of the Exercises 	
October 10	<p style="text-align: center;">Ignatius of Loyola and Ignatian Spirituality</p> <ul style="list-style-type: none"> ● Person and Autobiography of Ignatius of Loyola ● General structures of Ignatian Spirituality 	<p style="text-align: center;">Disposition Weeks</p> <ul style="list-style-type: none"> ● Freedom, Dispositions, Grace, Obstacles to entering the Exercises, Distinction of Counseling and direction ● Annotations #1-20 ● First Principle and Foundation
<p>Have read for October class: <i>Like the Lightning</i>, Chapters 1, 2, 4 & Appendix 2 (185); <i>The Call to Discernment</i>, chapters 1 & 2; and <i>Spiritual Exercises #1-23</i>.</p>		
November	Ignatian Prayer	Annotation 18-20; First Week

14	<ul style="list-style-type: none"> ● Examen (versions) ● Forms of the Exercises (18th, 19th, & 20th) ● Meditation, Ignatian Contemplation, Colloquy, Review, Repetition, Application of Senses 	<ul style="list-style-type: none"> ● Trust – images of God ● Review of Life – my response to grace ● Creation, Sin, Redemption
<p>Have read for November class: <i>Like the Lightning</i>, Chapters 3, 5, 8, 9, & 10; <i>the Call to Discernment</i>, Chapters 3–5 & 24-25; and <i>Spiritual Exercises</i> #24-90.</p>		
December 12	<p>Rules of Discernment of Spirits, First Week</p> <ul style="list-style-type: none"> ● Consolation and Desolation, <i>Rules for First Week</i> ● Reasons for Desolation ● Spoiled, secret lover, general 	<p>Discernment</p> <ul style="list-style-type: none"> ● What have I done for Christ? ● What am I doing for Christ? ● What will I do for Christ? ● Guided Meditation
<p>Have read for December class: <i>Call to Discernment</i>, Chapter 6; <i>Ignatian Discernment of Spirits</i>, Ideas 1 – 8; & <i>Spiritual Exercises</i> #313-327.</p> <p>Mid-Term Essay due (3 pages typed).</p>		
January 9	<p>Following Christ, Second Week</p> <ul style="list-style-type: none"> ● Finding Christ in healing, forgiveness, wounded ● <i>Call of the King, Two Standards,</i> ● <i>Three Classes of Persons, degrees of humility</i> 	<p>Rules Discernment of Spirits – Second Week</p> <ul style="list-style-type: none"> ● <i>Rules for the Second Week</i> ● Characteristics of True Consolation ● Angel of Light (deception) ● Decisions after consolation – caution
<p>Have read for January class: <i>Like the Lightning</i>, chapters 11-12; <i>the Call to Discernment</i>, Chapters 7 – 12; <i>Ignatian Discernment</i>, Ideas 9 – 12; and SpEx 101-168 & 328-336.</p>		
February 13	<p>Election</p> <ul style="list-style-type: none"> ● 3 Modes of Discerning God’s will ● Reflection on emotions ● Weighing Pros and Cons – reason ● Confirmation 	<p>Third Week – The Passion of Christ</p> <ul style="list-style-type: none"> ● Where is Christ suffering in my life and world? ● Compassion in my life and world ● <i>Principles of Catholic Social Teach</i>

<p>Have read for February class: <i>Like the Lightning</i>, chapter 13; <i>the Call to Discernment</i>, Chapters 16 & 18-20; and SpEx #169-189 & 190-209.</p>		
<p>March 13</p>	<p>Fourth Week – The Resurrection</p> <ul style="list-style-type: none"> ● Resurrection Accounts ● <i>Contemplation to Love as God loves</i> ● How is Christ coming to new life in me and the world? 	<p>Thinking with the Church</p> <ul style="list-style-type: none"> ● <i>Thinking with the Church</i> ● Fasting and Alms ● <i>Suscipe</i> Prayer ● Meditation on 4 areas of contemplating love
<p>Have read for March class: <i>Like the Lightning</i>, chapter 14; <i>the Call to Discernment</i>, chapters 21-23; and SpEx #218-237, 210-217 & 337-370.</p>		
<p>April 10</p>	<p>Psychological Issues and Concerns</p> <ul style="list-style-type: none"> ● Projection and Self awareness ● Dangers of the Director ● Cultural/Ethnic and Special Perspectives (feminist, orientation, economic class) ● Professional Boundaries 	<p>Spiritual Companionship</p> <ul style="list-style-type: none"> ● Holy Listening ● Evocative questions ● Role of feelings and emotions ● Final reflections
<p>Have read for April class: <i>Like the Lightning</i>, Appendix 1: The Ignatian Exercises, pp 163-183 Final Essay due (3 pages typed).</p>		
<p>May 8</p>	<p>End of Year Retreat</p> <ul style="list-style-type: none"> ● Selection of a Directee ● Resources to prepare as a director ● Evaluation 	

Year 1 Required Texts:

Brackley, Dean SJ, *The Call to Discernment in Troubled Times*, Crossroad Publishing Company, 2004.

Fleming, David SJ, *Like the Lightning: Dynamics of the Spiritual Exercises*, St. Louis: Institute of Jesuit Sources, 2004.

Thibodeaux, Mark E., *Ignatian Discernment of Spirits for Spiritual Direction and Pastoral Care*, Loyola Press, 2020.

Choice between either version of the Spiritual Exercises of St. Ignatius Loyola

Fleming, David SJ, *Draw Me into Your Friendship: the Spiritual Exercises – a Literal Translation & a Contemporary Reading*, St. Louis: Institute of Sources, 1996.

Or

Ganss, George SJ, *the Spiritual Exercises of St. Ignatius: A Translation and Commentary*, St. Louis: Institute of Jesuit Sources, 1992.

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Giving the Exercises of St. Ignatius
Two-Year Training Course for Spiritual Directors
Course Content and Reading Requirements
Year Two – September 2027-May 2028

Year 2: Classes are from 9-12pm on the second Saturday of each month.
 Monthly supervision sessions are by personal appointment.
 Group supervision/mentoring is from 1-4pm every Saturday class session.

Date of Class	Thematic Content
September 11, 2027 Opening Retreat 9am-4pm	<p>Opening Retreat</p> <ul style="list-style-type: none"> ● Summer Sharing ● A map and overview of the Spiritual Exercises – Graces (Appendix 1 of <i>Like the Lightning</i>) ● Review of goals and structure of Year 2 program ● Verbatim and Supervision structures <p>Have read for September class: <i>Orientations for Spiritual Growth</i>: “Preparatory Phases: the Disposition Days”, Chapters 1-4. “Prayer Units”, Chapter 20 & “To You From Ignatius”, Chapter 21. <i>Ignatian Adventure</i>: Pp 13 – 18; 23-29; 40, 47, 53, 61-62, & 65.</p>
October 9, 2027	<p style="text-align: center;">Week 1</p> <ul style="list-style-type: none"> ● Structure and dynamics, disposition of directee, Identify the grace of the first week ● Sin and guilt in the context of God’s love ● Principle & Foundation, Examen ● Cases from Directees – verbatim <p>Have read for October class: <i>Orientations for Spiritual Growth</i>, “First Principle and Foundation”, Chapters 5-6 & “First Week”, Chapters 7-9. <i>Ignatian Adventure</i>, Pp. 67 – 68, 71, 73, 75, 79-82, 94-95, 99-100, 101-102, 106-107, & 116.</p>
November 13, 2027	<p>Discernment of Spirits – Week I</p> <ul style="list-style-type: none"> ● Rules of the First Week ● Consolation, Desolation, Tactics of the Evil Spirit ● Cases from Directees – verbatim <p>Have read for November class: <i>Orientations for Spiritual Growth</i>, “Guidelines for Discerning Spirits”, Chapter 29: Only the First Set of Rules for Discernment</p>

	<i>Ignatian Discernment of Spirits</i> , Chapters 13-14, & 16. Accompanying someone through desolation, difficult consolation, and consolation
December 11, 2027	<p style="text-align: center;">Week 2</p> <ul style="list-style-type: none"> ● Structure and dynamics, Knowing and following Jesus. ● Call of the King, 2 standards, 3 classes of persons, 3 degrees of humility ● Election – making a good decision, Confirmation ● Cases from Directees – verbatim <p>Have read for December class: <i>Orientalions for Spiritual Growth</i>, “Second Week”, Chapters 10-14; “The Kingdom Exercise and the Use of Myth in Spiritual Direction”, Chapter 26; & “Decision-Making and the Five Steps”, Chapter 27. <i>The Ignatian Adventure</i>: Pp. 133-134, 141, 143, 145-146, 147-148, 151, 157-158, 166-167, 172-173, 180, 187-188, 192, 200-201, 204-205, 207-212.</p>
January 8, 2028	<p style="text-align: center;">Discernment of Spirits – Week 2</p> <ul style="list-style-type: none"> ● Water falling upon a sponge/rock ● Deception Under the Guise of the Good ● Cases from Directees – verbatim <p>Have read for January class: <i>Orientalions for Spiritual Growth</i>, “Second Set of Guidelines”, Chapter 29. <i>Ignatian Discernment of Spirits</i>, Chapters 15 & 17. Accompanying someone through false consolation and consolation without previous cause.</p> <p>First paper due – information will be provided</p>
February 12, 2028	<p style="text-align: center;">Week 3</p> <ul style="list-style-type: none"> ● Passion of Christ ● Consolation – finding Christ in the poor ● Cases from Directees – verbatim <p>Have read for February class: <i>Orientalions for Spiritual Growth</i>, “Third Week”, Chapters 15-17 & “Confirmation and the Process of Discerning Decisions”, Chapter 28. <i>The Ignatian Adventure</i>: Pp. 220-221, 226, 231, 234.</p>
March 11, 2028	<p style="text-align: center;">Week 4</p> <ul style="list-style-type: none"> ● Resurrection Accounts, experiencing the resurrection ● Contemplation on Divine Love ● Cases from Directees – verbatim <p>Have read for March class: <i>Orientalions for Spiritual Growth</i>, “Fourth Week”, Chapters 18-19.</p>

	<i>The Ignatian Adventure</i> : Pp. 244-245, 248, 252-254, 260, 263.
April 8, 2028	<p style="text-align: center;">April's class</p> <ul style="list-style-type: none"> ● Guest Speakers ● Concluding the Exercises, ● Special Cases, questions ● Next steps for the Directee <p>2nd Paper due – info will be provided</p>
May 13, 2028 9-4pm Closing Retreat	<p style="text-align: center;">Closing Retreat with Directees</p> <ul style="list-style-type: none"> ● Sharing of stories ● Invitation to draw others into the Exercises ● 30 Day Retreat Opportunities ● Dinner/social together

Year 2 - Required Texts

O'Brien, Kevin, SJ, *The Ignatian Adventure*, Revised and Updated, Chicago, Loyola Press, 2011.

Thibodeaux, Mark SJ, *Ignatian Discernment of Spirits for Spiritual Direction and Pastoral Care*, Loyola Press, 2020.

Veltri, John, S.J., *Orientations for Spiritual Growth - Vol 2: A and B.*

For Those Who Accompany Others on the Inward Journey,

Go to: http://www.julianmaddock.info/texts/veltri/o2/or2a_bintro.html

Note: This text is available through the class.

Veltri, John, S.J., *Orientations for Spiritual Growth – Vol. 1 – Collections of Helps for Prayers.* 1993 (Retreat Center of Guelph, Ontario, Canada)

Privately published on line by Julian Maddock –

Go to

http://orientations.jesuits.ca/veltri_orientations.html or

<http://www.julianmaddock.info/texts/veltri/o1/veltri.htm>

Recommended Texts

Dyckman, Katherine M., SNJM; Garvin, Mary, SNJM; Liebert, Elizabeth, SNJM;

The Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women, Second Edition, New York: Paulist Press, 2022.

English, John J., S.J., *Spiritual Freedom*, 2nd Ed., Chicago: Loyola Press, 1995.

Savary, Louis M, *The New Spiritual Exercises: In the Spirit of Pierre Teilhard de Chardin*,
New York: Paulist Press, 2011.