

Spirit ^{OF} Christ

CATHOLIC COMMUNITY



June 11, 2026



Announcements



- 1) Next class is 6/25/2026**
- 2) Website will have up to date syllabus and google calendar.**
- 3) Catholic Inventory**



Loving and merciful God, we thank you for planting the gift of faith in our hearts. We lift up to you all those in the OCIA process. Strengthen their faith and open their hearts to the fullness of Your love. Help them to persevere through any difficulties and bless them with the guidance of the Holy Spirit as they learn to walk with You day by day. We ask this through Jesus, who is the Way, the Truth, and the Life. Amen.



Introduction to Ignatian Spirituality

- Ignatius of Loyola, 1491-1556
- Spanish Basque soldier
- Society of Jesus (Jesuits, SJ)
- ***Revolutionized the Church***
- Key work: “Spiritual Exercises”
- Feast day: 31 July

Ignatian Spirituality is ... MARTIAL

- Brisk, crisp, focused
- Language, illustrations, style
- ***Highly amenable everywhere at every time***

MEDITATION ON TWO STANDARDS

The one of Christ, our Commander-in-chief and Lord;
the other of Lucifer, mortal enemy of our human
nature.

-- Fourth Day of the Second Week



Ignatian Spirituality is ... IMAGINATIVE

- Use all one's intellectual gifts to know, love, & serve God
- Our minds as battlegrounds □ *discern each thought* which enters
- Awareness, Understanding, Action

“... for, as a captain and chief of the army, ... looking at the forces or defenses of a stronghold, attacks it on the weakest side, in like manner the enemy of human nature, ... looks in turn at all our virtues ... and where he finds us weakest and most in need ... there he attacks us and aims at taking us.”

– Rule 14, “Rules for Perceiving & Knowing in Some Manner the Different Movements Which Are Caused in the Soul”



AMDG



Ignatian Spirituality is ... PRACTICAL

- His context: TUMULT! HERESY! APOSTASY! NEW LANDS!
- *How, then, are we to live?*
- Daily practice: morning resolution, day-time checks, nightly Examen

“Man is created to praise, reverence, and serve God our Lord, and by this means to save his soul. And the other things on the face of the earth are created for man and that they may help him in prosecuting the end for which he is created. From this it follows that man is to use them as much as they help him on to his end, and ought to rid himself of them so far as they hinder him as to it.”

– Principle and Foundation for the Spiritual Exercises

“For the Greater Glory of God!”

A Brief Practice of Ignatian Spirituality, by Ben Colwell

Begin by asking for God's presence in this moment. Ask God to allow you to see your day through his eyes.

Next, take some time to thank God for his gifts and for his love.

Next, review your day. Recall as many moments as you can, as many feelings as you can, and as many actions as you can from the day.

Next, reflect on these moments, feelings, and actions and ask yourself where you felt closest to God in those things.

Next, reflect on these moments, feelings, and actions, and ask yourself where you felt furthest from God.

Next, think about your day tomorrow, reflect on what you need to do and accomplish. Think about as many specifics as you can, and ask God to be with you in all of those moments.

Lastly, thank God again for the time to reflect on his presence in your life, and sit silently for a moment allowing God to leave anything in your heart or mind he desires.



Contemplation to Gain Love (“Suscipe”)

*Take, Lord, and receive all my liberty, my memory, my intellect,
and all my will -- all that I have and possess.*

Thou gavest it to me: to Thee, Lord, I return it!

All is Thine, dispose of it according to all Thy will.

Give me Thy love and grace, for this is enough for me.

-- End of the Fourth Week

Sources

- B. Colwell, “OCIA Syllabus: Introduction to Ignatian Spirituality”
Objective, Terms & Definitions, Topics, Examen Example, Resources
- Illustrations of St Ignatius. Source: https://en.wikipedia.org/wiki/Ignatius_of_Loyola
 - “Saint Ignatius” by Peter Paul Rubens
 - “Ignatius in His Armor, ca. 16th c.”
 - “Ignatius”, ca. 16th c.”
 - “Ignatius Loyola as Superior General by Francisco Zurbaran”
 - “Visions of Ignatius, 1617–18, by Peter Paul Rubens”
- Excerpts from the Spiritual Exercises. Source: <https://sacred-texts.com/chr/seil/>
 - “First Principle and Foundation”
 - “Rules for Perceiving and Knowing in Some Manner the Different Movements Which Are Caused in the Soul”
 - “Contemplation to Gain Love”
- Mosaic outside the cave at Manresa, 1912, “Six Catholic Princes Who Performed the Spiritual Exercises,” Source: <https://takayamaukon.com/2018/08/24/lord-takayama-was-a-prayer-warrior-armed-with-the-holy-rosary/>

PART 1: TRUTH AND GOD

Christianity invites us to follow the evidence wherever it leads.

The search for truth ultimately leads us not just to ideas, but to God Himself.

WHY WE'RE CATHOLIC



OUR REASONS FOR FAITH, HOPE, AND LOVE

TRENT HORN

Ch. 1 - Why we believe in Truth

- If religion is about reality, then its claims can be investigated and tested.

Ch. 2 - Why we believe in Science

- Faith is not believing without evidence. Faith is trusting what evidence points toward.

Ch. 3 - Why we believe in a Creator

- The universe appears to have both a beginning and a design, which points to a Creator.

Ch. 4 - Why we believe in God

- God is fundamentally different from every created thing because He is the source of all existence.

Ch. 5 - Why we believe God Conquers Evil

- God's ability to bring good out of suffering points to His wisdom and love.

Closing Prayer

