

Just for Parents...

Today your children learned about Ignatian Spirituality

If you were to try to summarize Ignatian spirituality in one sentence, you would have to say, “Finding God in all things.” Saint Ignatius Loyola (1491-1556), founder of the Society of Jesus, was a very practical man when it came to prayer. He recommended to his brothers a daily method of examining their lives so that they might better serve the Lord. Saint Ignatius taught that the key to a healthy spirituality was twofold: find God in all things, and work constantly to gain freedom to cooperate with God’s will. We look at the texts of our lives to see where God is active.

One of Ignatius’s great contributions to Christian spirituality is his *Examen of Consciousness*. Ignatius was a very practical man when it came to prayer. He taught that the key to a healthy spirituality was twofold: find God in all things, and work constantly to gain freedom to cooperate with God’s will. With this in mind, he proposed a daily exercise, which he called the *Examen*.

Through this daily practice, people learn to discern God’s will and grow in the understanding of God’s beautiful creation. The *Examen*:

- is a methodical prayer that helps you meet Jesus in your daily life, as he encourages you to do God’s will.
- is a simple prayer, a prayer for busy people who are continually seeking to do the Lord’s will.
- helps you grow in spiritual sensitivity and helps you recognize and receive God’s care and assistance.

There are five simple steps to the *Examen*. This prayer can be made anywhere—on the beach, in a car, at home, in the library. The five steps are:

1. Look at your day with gratitude.
2. Ask help from the Holy Spirit.
3. Review your day.
4. Reconcile and resolve.
5. End with the Lord’s Prayer.

Ten Attributes of Ignatian Spirituality

1. is based in personal experienced makes this suited for all people
2. places great emphasis on discerning God’s presence in everyday life events
3. is about call and response. God calls and we respond.
4. places great emphasis on the affective life
5. emphasizes interior freedom
6. is a mind-set that is strongly inclined to reflection and self-scrutiny
7. is practical, and is a profound humanism-respecting lived experiences
8. places great value on collaboration and teamwork between God and man
9. is about reflective people engaging in God’s work in the world

10. expresses a deep commitment to social justice & giving of oneself to others.

Spirituality Resonance Inventory

Take the “Spirituality Resonance Inventory” below. Simply indicate how important each spiritual characteristic is for you. Add up your score to see how your personal spirituality resonates with Ignatian spirituality.

Spiritual Characteristic	Not Important - Very Important				
	1	2	3	4	5
My spirituality must be based in personal experience	1	2	3	4	5
My spirituality must have an emphasis on discerning God’s presence in everyday life	1	2	3	4	5
My spirituality is about call and response. God calls, I respond.	1	2	3	4	5
My spirituality must have an emphasis on the affective life; imagination, feelings, desires and so forth.	1	2	3	4	5
My spirituality must have an emphasis on interior freedom.	1	2	3	4	5
My spirituality must have an emphasis on daily reflection and self-scrutiny.	1	2	3	4	5
My spirituality recognizes the vast diversity of God’s work in the world.	1	2	3	4	5
My spirituality values connection and collaboration with others.	1	2	3	4	5
My spirituality must be engaged with God’s work in the world.	1	2	3	4	5
My spirituality must have an emphasis on radical generosity.	1	2	3	4	5

Inventory Key

Add up the total of all the numbers you have circled. If your total is:

- **Above 30** - your spirituality is resonant with Ignatian spirituality
- **Above 40** - your spirituality is strongly resonant with Ignatian spirituality. You might want to explore Ignatian spirituality in-depth, if you haven’t already done so.
- **Below 20** - your spirituality does not seem resonant with Ignatian spirituality, and so you probably shouldn’t spend undue time and energy with it.