

## **The Principle and Foundation of the Spiritual Exercises of Saint Ignatius of Loyola**

God has created human beings to praise, reverence, and serve God, and by doing this, to save their souls. God created all other things on the face of the earth to help fulfill this purpose. From this it follows that we are to use the things of this world only to the extent that they help us to this end, and we ought to rid ourselves of the things of this world to the extent that they get in the way of this end. For this it is necessary to make ourselves indifferent to all created things as much as we are able, so that we do not necessarily want health rather than sickness, riches rather than poverty, honor rather than dishonor, a long rather than a short life, and so in all the rest, so that we ultimately desire and choose only what is most conducive for us to the end for which God created us. (St. Ignatius of Loyola, *Spiritual Exercises*, n. 23)

- **Challenge for the week leading up to talk two - Silence and Discipline**
- **Silence:** Instead of turning on the radio, one can say one's prayers in the car or on the train beforehand. One can also listen to Good Catholic Podcasts or do spiritual reading.
- **Discipline the Heroic Minute** - do your best to have a set time to go to bed and a set time to wake up in such a way that you can pray early in the morning. It involves the following common-sense elements
  - **Set an appropriate wake-up time:** If you are sleep deprived and try to get up earlier than you need to, it makes the heroic minute that much harder
  - **Live an analogous heroic moment at night:** We need to get to bed on time in order to wake up well rested. Watching TV past midnight will only make responding to the alarm the next day more excruciating
  - **Know and troubleshoot your vulnerabilities:** Those who can't resist the snooze button need to put an alarm clock on the other side of the bedroom so they must get out of bed and shut it off. Some people also find it helpful to make their bed – or put water on their face- before silencing their alarm
  - **Wake up out of love for God without exaggerating the difficulties:** Anyone who has ever commuted in the early hours of the morning knows that many people get up early in the morning to drive to work. What gets them out of bed is their love for their families. Our Love for God can inspire us in the same way.

### **Other Resources**

#### **Books:**

Francis De Sales, *Introduction to the Devout Life*

Gabriel of Saint Mary Magdalen, *Divine Intimacy*

Thomas Dubay, *Prayer Primer*, Ignatius Press

Peter Kreeft, *Prayer for Beginners*, Ignatius Press

Harold Burke-Sivers, *Behold The Man: A Catholic Vision of Male Spirituality*, Ignatius Press.

Roger J. Landry, *Plan of Life: Habits to Help You Grow Closer to God*, Pauline Books & Media

Paul Scalia, *That Nothing May Be Lost: Reflections on Catholic Doctrine and Devotion*

Richard Heilman, *Church Militant Field Manual: Special Forces Training For the Life in Christ*,

Deus Vult Publications

Donald Haggerty, *Conversion: Spiritual Insights for an Essential Encounter With God*: Ignatius Press

Manual for Men, TAN Books & Media

Reginald Garrigou-Lagrange, *Knowing the Love of God*, Ignatius Press.

Archbishop Thomas J. Olmstead, *Into the Breach - An Apostolic Exhortation to Catholic Men*  
Archdiocese of Phoenix, AZ: <https://intothebreach.org/wp-content/uploads/2015/10/INTO-THE-BREACH-ROMAN-CATHOLIC-DIOCESE-OF-PHOENIX.pdf>

### **Podcasts and Online Resources:**

The Art of Manliness: <http://artofmanliness.com/>

Saint Kateri Tekakwitha Parish, Lagrangeville, New York: <http://www.saintkateriparish.com>

Knights of Columbus, Lagrangeville Council: <http://lagrangekofc.com/>

Vatican – The Holy See: <http://www.vatican.va>

The United States Conference of Catholic Bishops (USCCB): <http://www.usccb.org/>

Word on Fire – Bishop Robert Barron: <http://www.wordonfire.org>

Catholic Bytes: <http://www.catholicbytes.com/>

New York Catholic Radio: <http://www.newyorkcatholicradio.org/>

EWTN Devotions – Prayer & The Spiritual Life: [http://ewtn.com/devotionals/prayer\\_saint.asp](http://ewtn.com/devotionals/prayer_saint.asp)

EWTN Podcast: <http://ewtn.com/podcast/>

Keep The Faith (MP3's of Archbishop Fulton Sheen, Fr. George Rutler, Msgr. William Smith and Others): <http://www.keepthefaith.org/>

Catholic Answers: <http://www.catholic.com/>

Patrick Madrid: <http://patrickmadrid.com/>

DynamicCatholic.com: <http://dynamiccatholic.com/>

DiscerningHearts.com (On Prayer and the Spiritual Life): <http://www.discerninghearts.com/>

Formed.org – Augustine Institute: <https://formed.org/>

Lighthouse Catholic Media (MP3's, CD's and Talks): <http://www.lighthousecatholicmedia.org>

St. Paul's Institute for Biblical Theology (Scripture): <http://www.salvationhistory.com>

The Thomistic Institute (Dominican Province of St. Joseph): <https://thomisticinstitute.org/>

Pints with Aquinas: <http://pintswithaquinas.com/>

Franciscan University of Steubenville Conferences: <https://steubenvilleconferences.com/>

New Saint Thomas Institute: <http://newsaintthomas.com/>

Dr. Taylor Marshall Blog: <http://www.taylormarshall.com/>

Those Catholic Men: <https://thosecatholicmen.com/>

Fr. Richard Heilman – Roman Catholic Man: <http://www.romancatholicman.com>

Sensus Fidelium: <https://sensusfidelium.us/>