

IGNATIAN SPIRITUALITY REFLECTION

by Moses Tsang

Who is Saint Ignatius of Loyola?

He was a Spanish Catholic priest and theologian, who founded the religious order of the **Society of Jesus/Jesuit**. He envisioned the purpose of the Society of Jesus to be missionary work and teaching.

As a former soldier, Ignatius paid particular attention to the spiritual formation of his recruits and recorded his method in the **Spiritual Exercises**. In time, the method has become known as Ignatian spirituality.

Ignatius of Loyola was beatified in 1609 and canonized saint, on 12 March 1622. His feast day is celebrated on 31 July. He was declared **patron saint of all spiritual retreats** by Pope Pius XI in 1922.



1491-1556

Who is Saint Ignatius of Loyola?

1. **Military** career;
2. Religious **conversion** and **visions**;
3. Period of **studies**;
4. Foundation of **Jesuit order**.



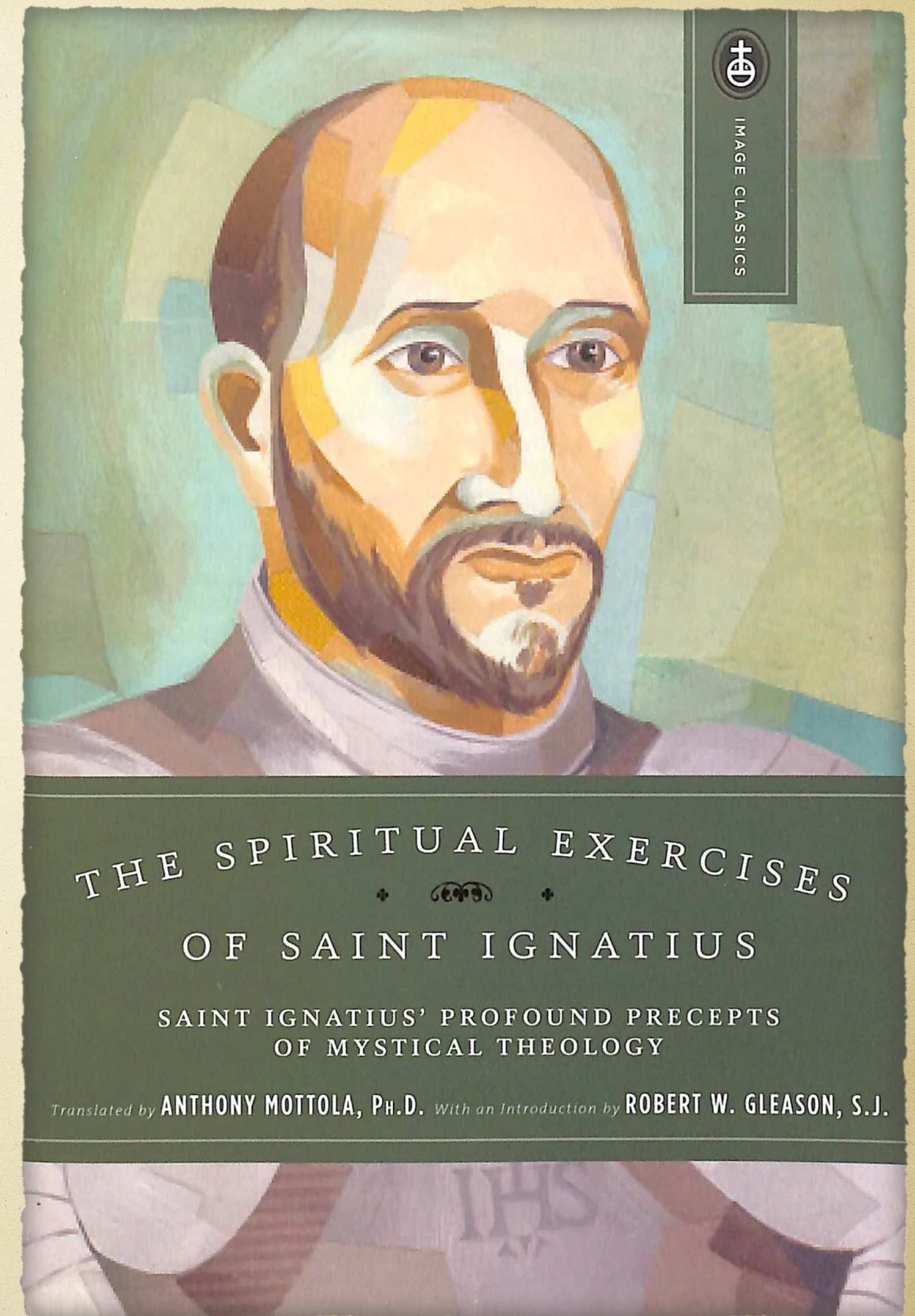
The Story of Saint Ignatius of Loyola

CHIVALRY
PILGRIMAGE
CANONBALL
SAINTS
DISCERNMENT
SPIRITUALITY
HUMILITY
SERVE



Spiritual Exercises

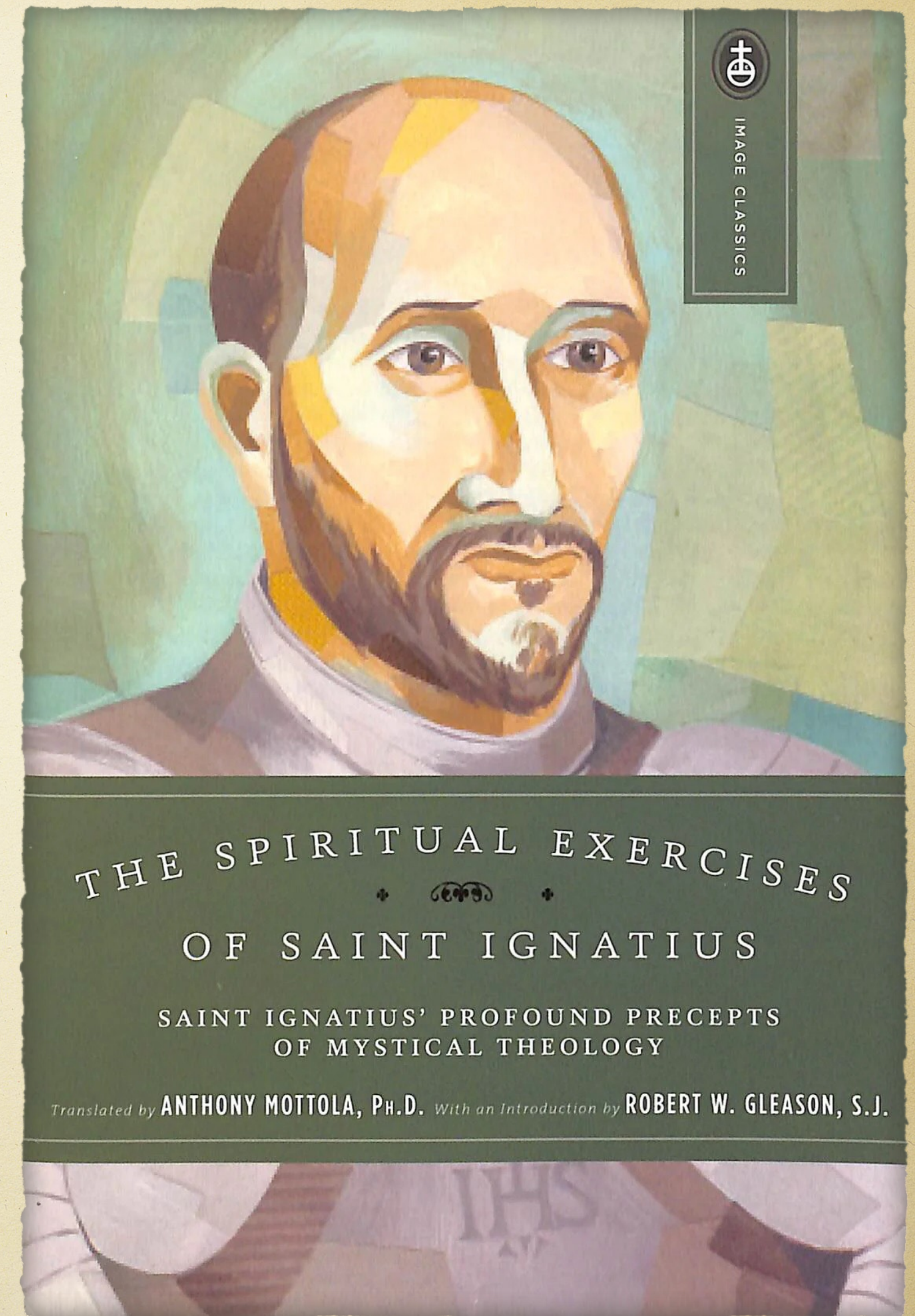
This is not a book,
this is a “**spiritual
manual**”.



1. First Principal and Foundation

For this it is necessary to make ourselves indifferent to all created things in all that is allowed to the choice of our **free will** and is not prohibited to it; so that, on our part, **we want not health rather than sickness, riches rather than poverty, honor rather than dishonor, long rather than short life, and so in all the rest.**

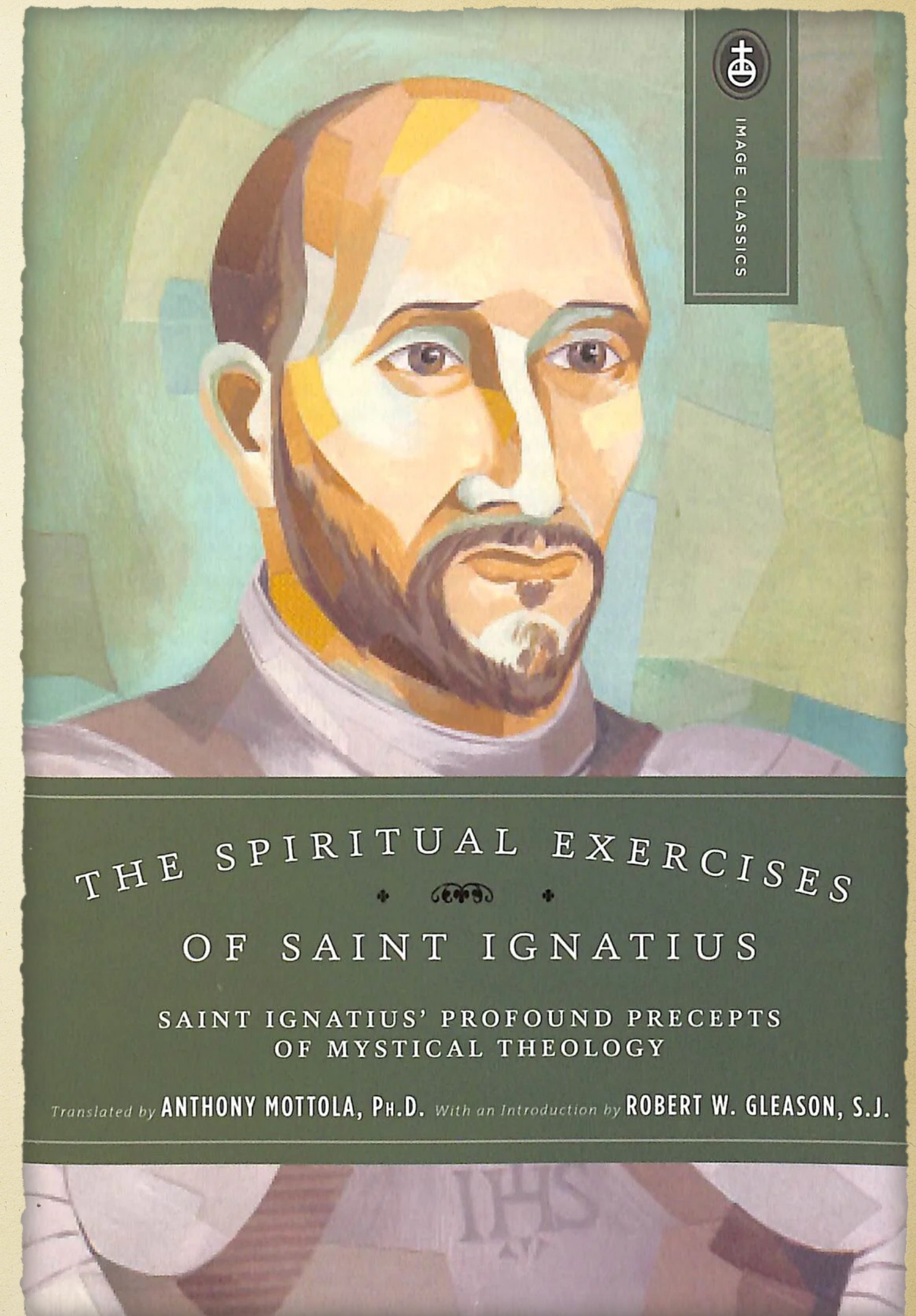
~Spiritual Exercises 23



Reflection

“For you were called for freedom, brothers. But do not use this freedom as an opportunity for the flesh; rather, serve one another through love.”

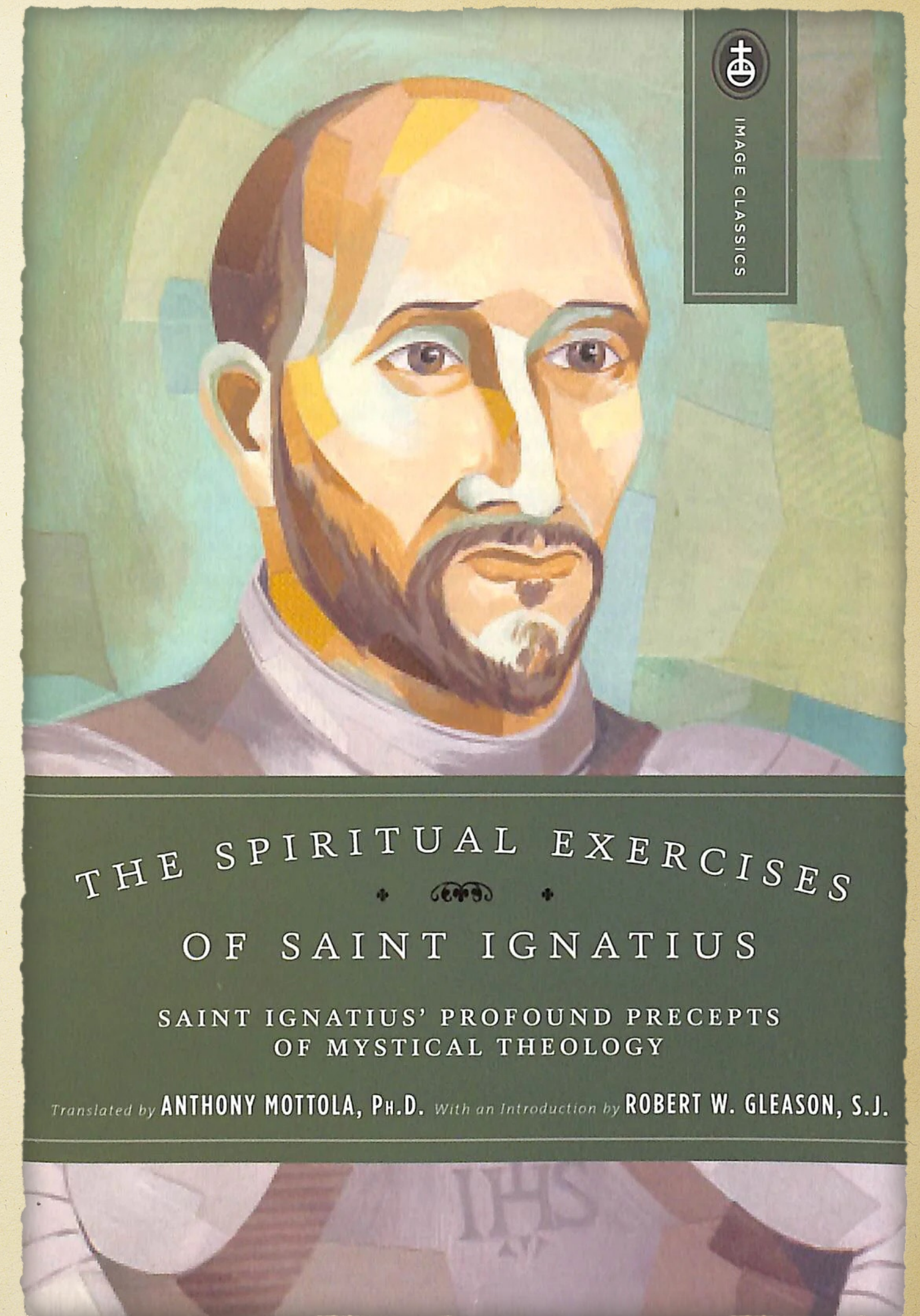
Galatian 5:13



2. Generosity

Dear Lord teach me to be generous; teach me to **serve** you as you deserve, to give and **not to count the cost**, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward, save that of knowing that I do your will. Amen.

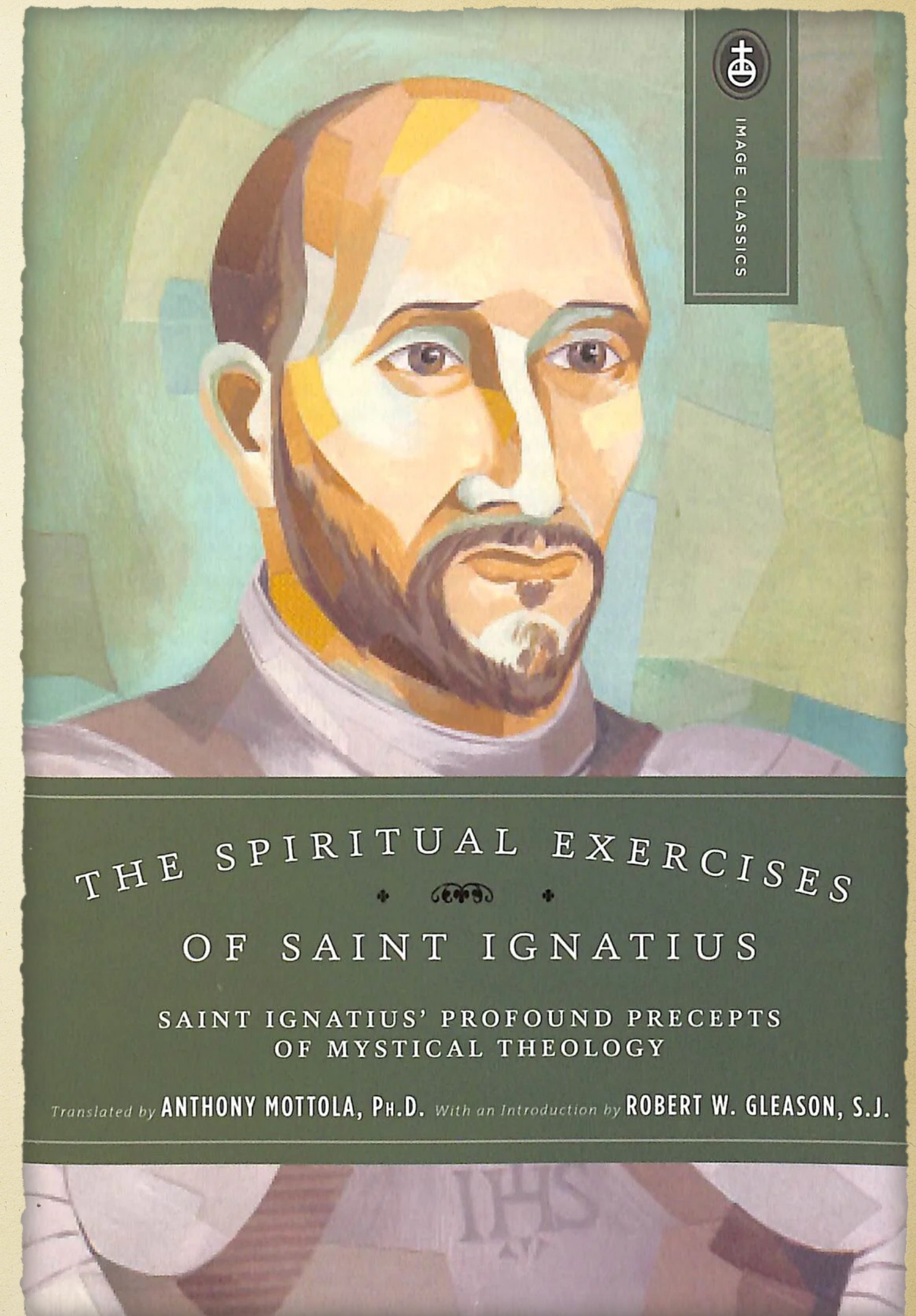
~Prayer of St. Ignatius



Reflection

“To the weak I became weak, to win over the weak. I have become all things to all, to save at least some.”

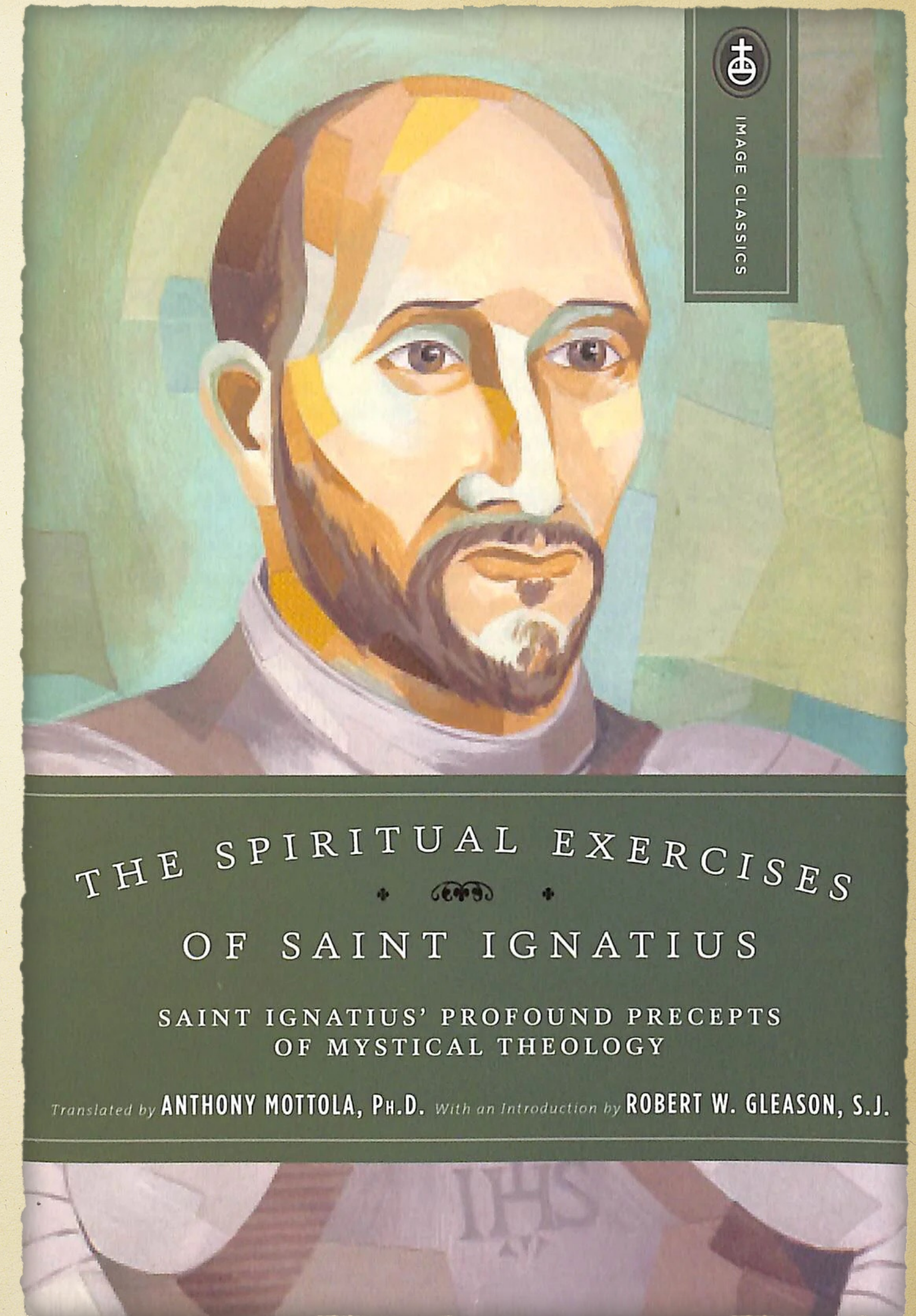
1 Corinthians 9:22



3. Magis (更)

Those who will want to be more devoted and signalise themselves in all service of their King Eternal and universal Lord, not only will offer their persons to the labor, but even, acting against their own sensuality and against their carnal and worldly love, will **make offerings of greater value and greater importance.**

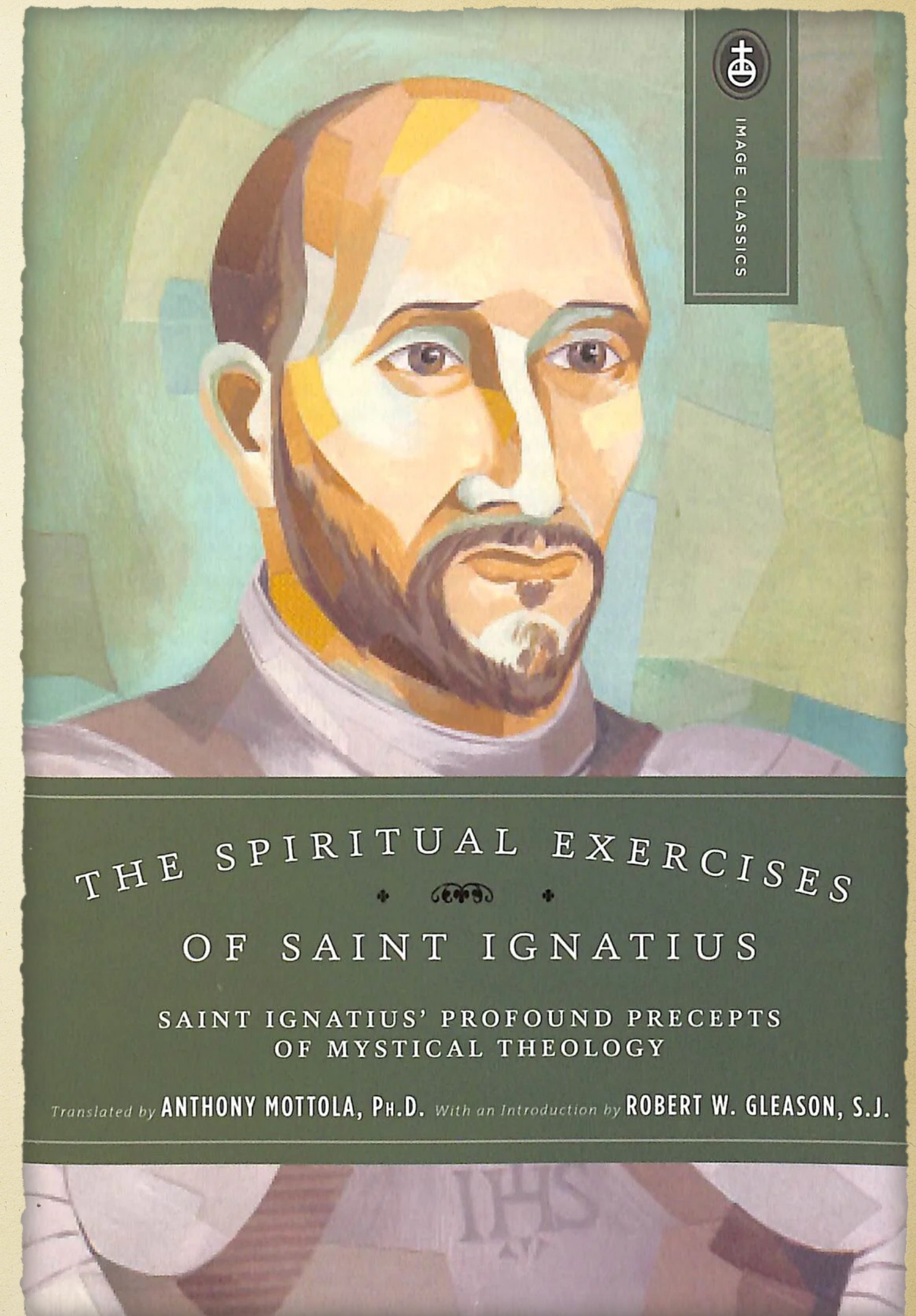
~Spiritual Exercises 97



Reflection

“He must increase; I must decrease.”

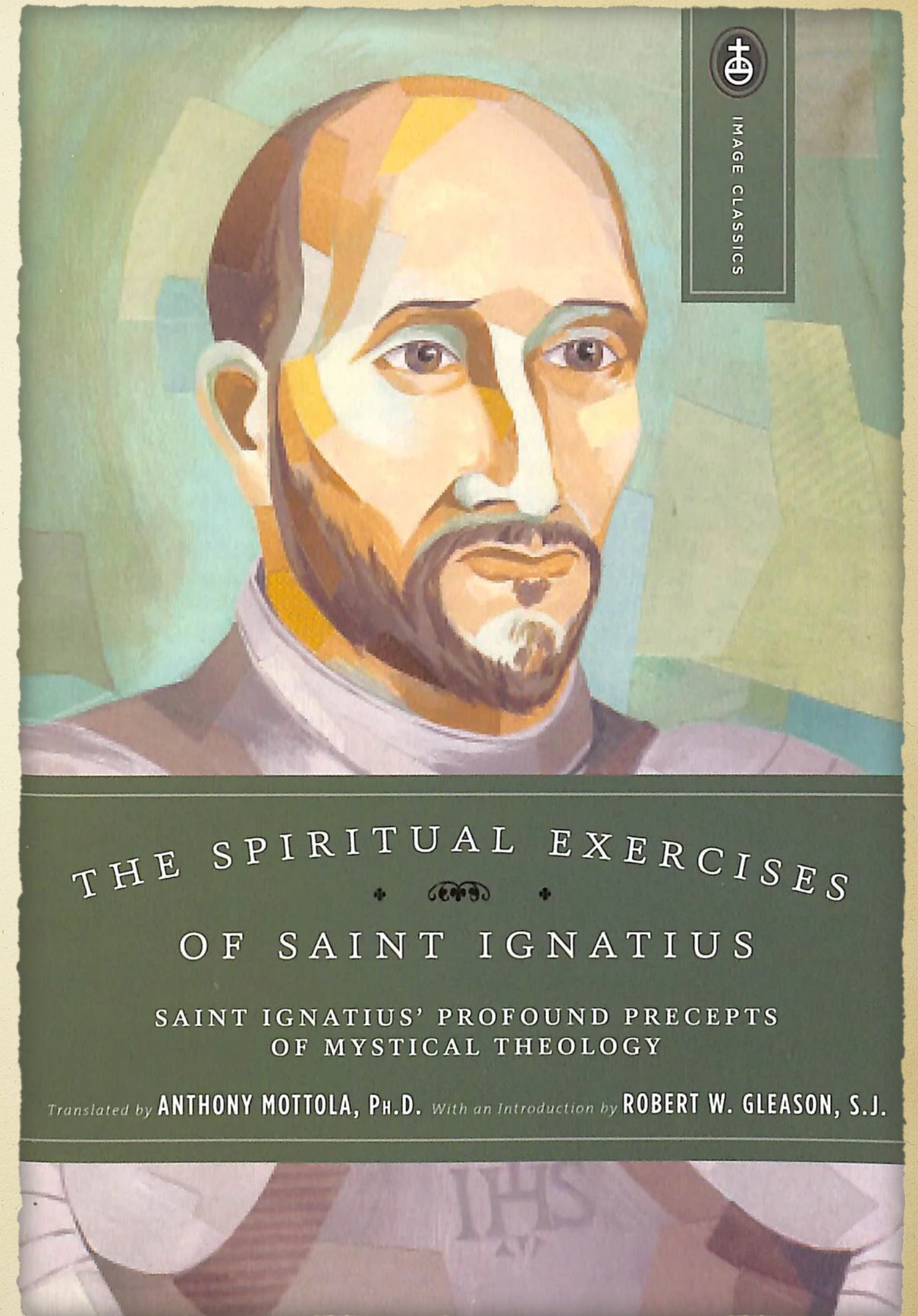
John 3:30



4. Examen (意識省察)

- I. **Thanksgiving**;
- II. **Request** for enlightenment;
- III. **Review** of failings as well as grace;
- IV. **Request** for pardon;
- V. **Resolve** and mend my ways.

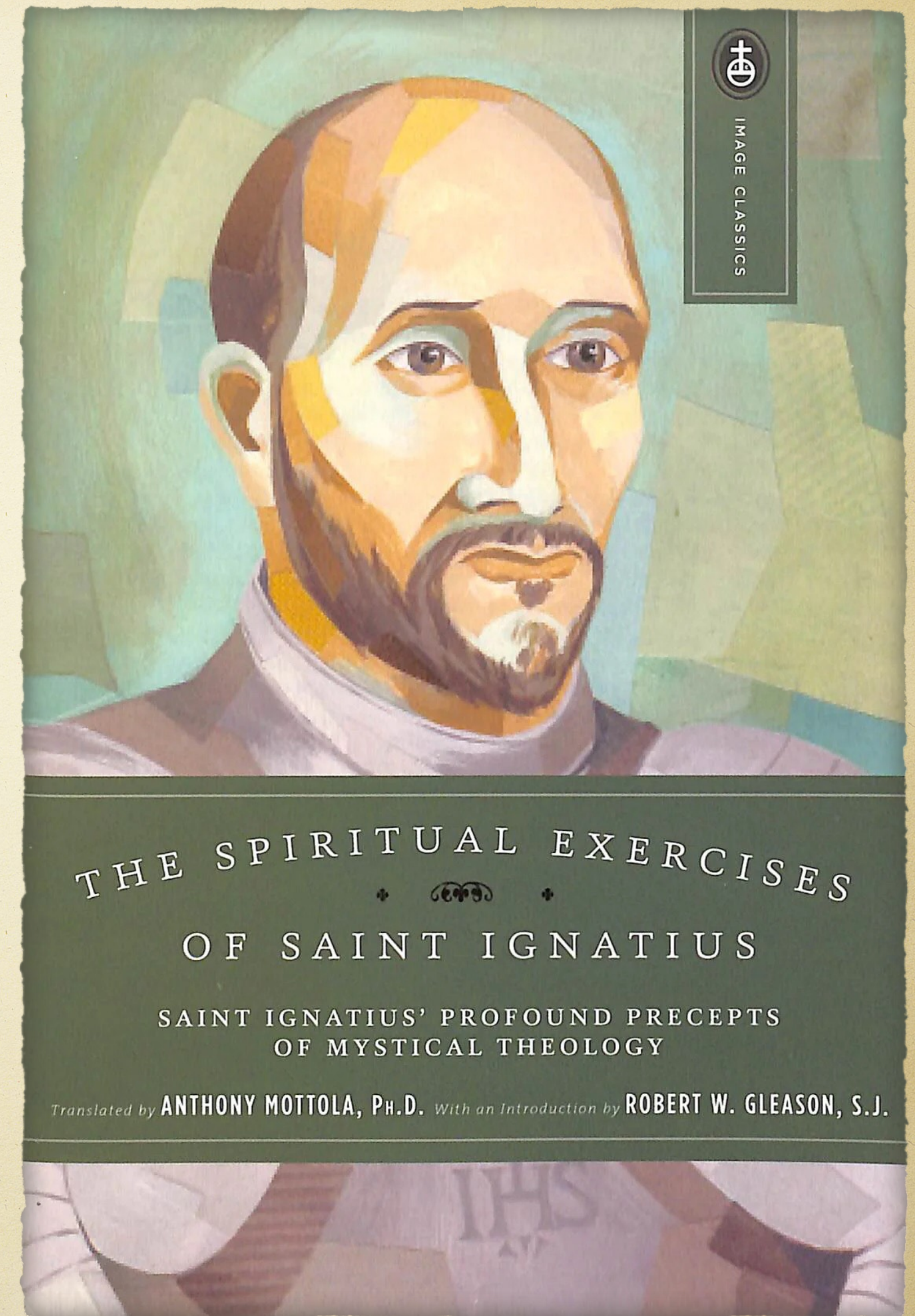
~Spiritual Exercises 43



Reflection

“God, examine me and know my heart, test me and know my concerns. Make sure that I am not on my way to ruin, and guide me on the road of eternity.”

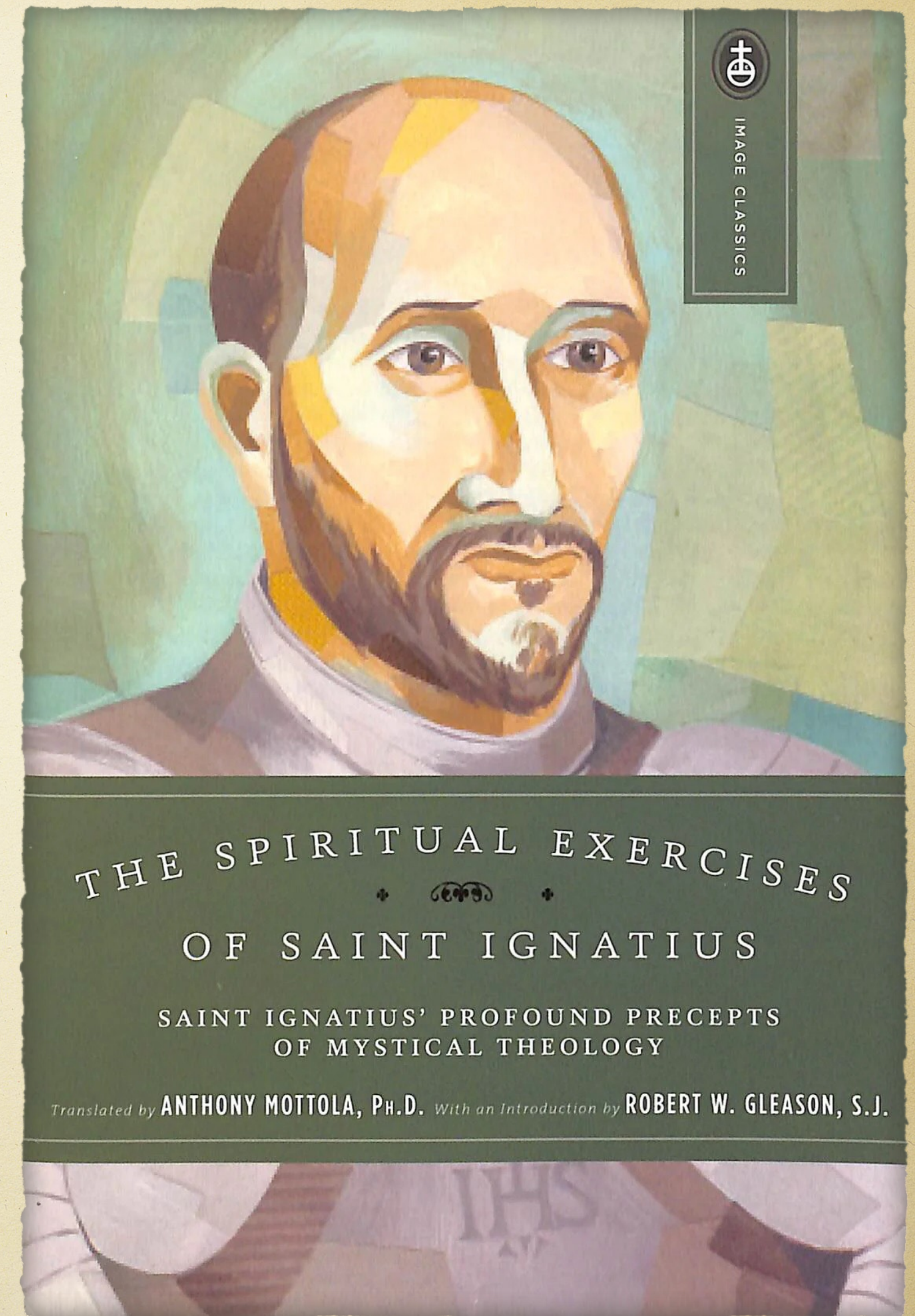
Psalms 139:23-24



5. Love

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.

Spiritual Exercises 234



Reflection

“And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing. If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing.

1 Corinthians 13:2-3

209b

奉獻身心

Andante solenne

German

1 我 主 天 主！ 納 我 自 由，
2 將 我 所 有 任 憑 支 配，

能 力 意 志 懇 請 收 受； 我 心 我 靈 承
從 祢 聖 意 力 行 不 背； 期 望 我 主 寵

恩 隆 厚， 報 本 思 源 虔 心 奉 求。
愛 扶 祐， 我 心 已 足 再 無 他 求。

Conclusion: Finding God in All Things

The spiritual path laid out by Ignatius helps us discern God's presence, to find God in all things, reaching out to a diverse, grace filled yet imperfect world. We bring this spirituality into the wider human context as we strive for social justice, peace and dialogue. Being a contemplative in action means that our active life feeds our contemplative life and our contemplative life informs our active life.

Reflection

**“I can do all things through him who
strengthens me.”**

Phillipians 4:13



AD MAJOREM
DEI GLORIAM

For the Greater Glory of God

Wright