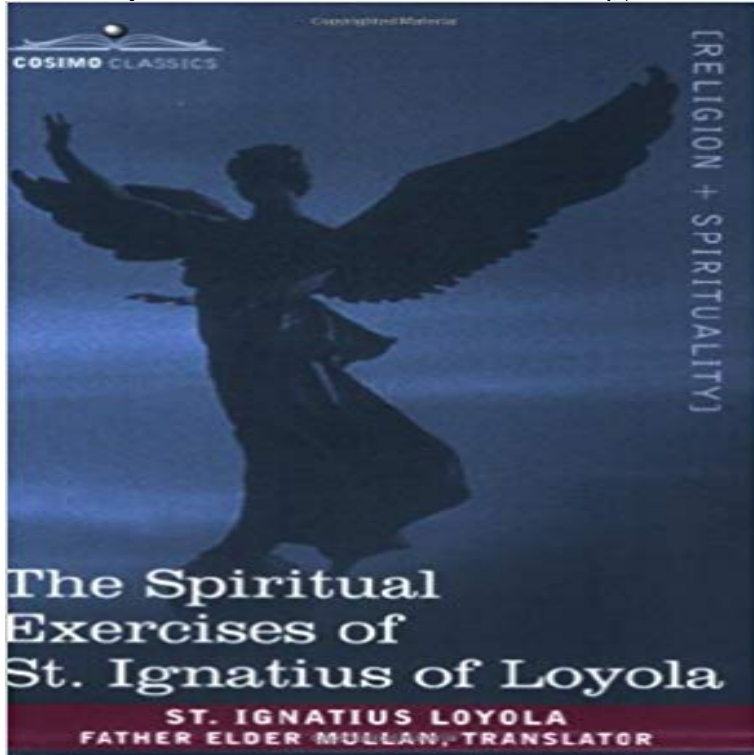


# The Spiritual Exercises of St. Ignatius of Loyola



St. Ignatius of Loyola wrote the Spiritual Exercises between 1522 and 1524, and today, nearly five centuries later, Jesuits in training are still required to study it and follow its precepts during their first year in the novitiate. Not designed to be read cover to cover in one sitting, this book is made up of daily meditations meant to be closely examined in isolation over a period of about four weeks, under the guidance of a spiritual director. Though The Spiritual Exercises have traditionally been read primarily by those training for the priesthood, in recent years increasing numbers of lay people and non-Catholics are discovering its joys and insights. This edition-edited by Father Elder Mullan (1865-1925) and published in 1914-is essential for anyone interested in strengthening his or her faith and relationship with God. Spanish priest and spiritual philosopher SAINT IGNATIUS OF LOYOLA (1491-1556) has been described by Pope Benedict XVI as a man of God, a man of profound prayer, and a faithful servant of the Church. The principal founder of the Society of Jesus, Ignatius was canonized in 1622. His writings include Letters and Instructions of St. Ignatius Loyola 1 (1524-1547).

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religion cannot long subsist without some spiritual exercises and PREFACE THE present translation of the Exercises of St. Ignatius has been Editorial Reviews. About the Author. Elder Mullan (1865 - 1925) Spiritual Exercises of St. Ignatius of Loyola - Kindle edition by St. Ignatius Loyola. Religion