

## Jesuits: Ignatian Spirituality

### Exploring the Jesuit and Catholic dimensions of the university's mission

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Spirituality, and especially Ignatian spirituality, is a vast topic. Loyola Press offers a lively web site on the topic with links to many useful resources, <http://ignatianspirituality.com/>.

A number of books present Ignatian spirituality in ways that do not dumb down the issues and are worth reading:

- *Listening to the Music of the Spirit: The Art of Discernment*, by David Lonsdale, S. J. (Ave Maria Press, 1992)
- *The Way of Ignatius Loyola, Contemporary Approaches to the Spiritual Exercises*, edited by Philip Sheldrake, S.J. (Institute of Jesuit Sources, St. Louis, 1991).
- *What is Ignatian Spirituality?*, by David L. Fleming, S.J. (Loyola Press, 2008).
- *Inner Compass: An Invitation to Ignatian Spirituality*, Margaret Silf (Chicago: Loyola Press, 1999)
- *Letting God Come Close: An Approach to the Ignatian Spiritual Exercises*, by William A. Barry, S.J. (Loyola Press, 2001)
- An unusual but fresh approach interprets Ignatian spirituality as a theory of communication, *Directions for Communication*, by Willi Lambert (Crossroad Publishing Company, 2000).

The central text in Ignatian spirituality, of course, is the small book that Ignatius put together during his "pilgrim years," when he was slowly learning to understand himself and the life to which God was calling him and how to help others engaged in a similar search. He called the book "Spiritual Exercises." There are many editions but a reliable one is *The Spiritual Exercises of Saint Ignatius: A Translation and Commentary*, ed. George E. Ganss, S.J. (Institute of Jesuit Sources, 1992). Versions are also available online. Paul Mariani, poet and biographer, has written an intimate and thoughtful account of the experience of making the full Spiritual Exercises, *Thirty Days: On Retreat with the Exercises of St. Ignatius* (Viking Compass, 2002).

Ignatian spirituality offers foundational principles that are especially useful for thinking about human development and education. In an article in *America*, Timothy Muldoon '92 offers Ignatian Spirituality as a valuable resource for the young adults of "Generation X" and "Y" who are currently making their way through higher education ("[Why Young Adults Need Ignatian Spirituality](#)," 26 Feb., 2001). He has adapted the structure and themes of the Spiritual Exercises for young adults: *The Ignatian Workout: Daily Spiritual Exercises For a Healthy Faith* (Loyola Press, 2004).

Three web sites offer resources for exploring Ignatian spirituality in practice:

- [Sacred Space](#) is a website run by the Irish Jesuits. They invite you to make a "sacred space" in your day and spend ten minutes praying here and now, as you sit at your computer, with the aid of passages and reflections they provide.
- Creighton University's [Collaborative Ministry Office](#) offers daily reflections on Scriptural passages written by members of the Creighton community; weekly reflections on the liturgical reading from the upcoming Sunday; and the opportunity to make a 34-week version of the Spiritual Exercises on-line.
- The U.S. Jesuit Conference web site offers a variety of largely informational resources about Ignatian spirituality at their web site: <http://www.jesuit.org/>

A succinct summary of Ignatian spirituality by Charles Jackson, S.J., can be found at <http://www.jesuit.org/wp-content/uploads/Ignatian-Spirituality.pdf>.

A very useful collection of materials from a variety of contemporary sources is *An Ignatian Spirituality Reader*, ed. Gerore W. Traub, S.J. (Loyola Press, 2008).

A lively, personal, user-friendly, and often very funny guide to Jesuits, Ignatian spirituality, and their relevance to contemporary culture is by James Martin, S.J., *The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life* (Harper One, 2010).