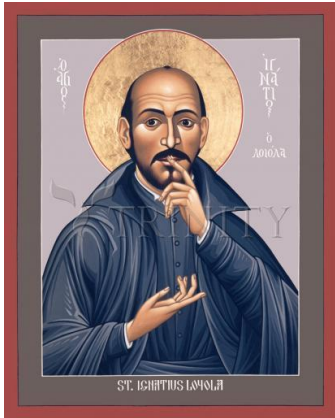


Spiritual Exercises of St. Ignatius



Are you taking time to grow spiritually?

Do you find it difficult to take time away for a retreat?

The Spiritual Exercises are a compilation of meditations, prayers and contemplative practices developed by St. Ignatius of Loyola to help people deepen their personal relationship with God.

For centuries the Exercises were most commonly given as a "long retreat" of about 30 days in solitude and silence. Today there has been a renewed emphasis on the Spiritual Exercises as a program for lay people. The most common way of going through the Exercises now is a "retreat in daily life" (RIDL) which involves a longer program of daily prayer and meetings with a trained spiritual director.

RIDL is a way for busy people to grow deeply in their relationship with, and commitment to, Jesus Christ.

This form of retreat involves giving time each day to prayer, committing to the method of the Exercises for one hour each day.

RIDL will be offered at various locations, days and times in Oklahoma, October to May under the guidance of the Ignatian Associates Chapter Oklahoma City. Small groups of 8-10 persons will be led through 32-34 weekly sessions in-person or virtually by an experienced Spiritual Director/ Facilitator.



Cost: This is a ministry of prayer. Offerings for weekly group meetings and twice monthly spiritual direction will be discussed at registration. A financial hardship will not be an obstacle to apply.

PRAY

Persons making RIDL will have a personal Spiritual Director who will meet with them in private sessions every other week.

In the tradition of Ignatian spirituality, the retreat focuses on the life, teachings, death and resurrection of Jesus through a prayerful encounter with Scripture. The Ignatian principle of "finding God in all things" lies at the heart of the retreat.

Time is needed to prepare for this prayer experience and to be evaluated as to a personal readiness for this commitment.

If you feel the Lord calling you to this kind of spiritual journey, please contact the persons on the back page of this brochure to schedule an initial confidential interview.

Interviews will take place July 1st to August 31st.

**What others have said
about what they are most
grateful for from the
Retreat in Daily Life...**

*"For my closer relationship with
Christ and knowing the true love of
God. He is everywhere."*

*"My prayer and spiritual life has
grown beyond what I could have
ever imagined."*

*"Feeling more loved by a more loving
God."*

*"A closer relationship with God, Jesus
& Holy Spirit."*

*"The experience of Jesus and his
humanity in a way I had never
experienced. This has changed so
much in my prayer life"*

*"The encounter with my Lord!!
Because before this experience I did
not know the living God that I know
today. "*



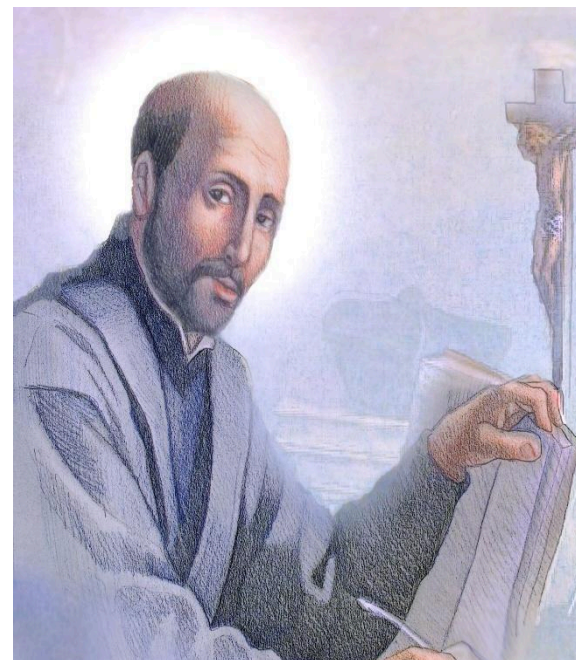
Soul of Christ Prayer

*Jesus, may all that is you
flow into me
May your body & blood
be my food and drink.
May your passion & death
be my strength & life.
Jesus, with you by my side enough has been
given.*

*May the shelter I seek
be the shadow of your cross.
Let me not run from the love which you offer.*

*But hold me safe
from the forces of evil.
On each of my dyings
shed your light & your love.*

*Keep calling to me
until that day comes,
When with your saints
I may praise you forever.
Amen.*



*The Spiritual Exercises of
St. Ignatius*

St. Ignatius loved the Anima Christi prayer.

Register Before August 31

For registration information contact:

(405) 250-1016, OR

(405) 760-4640 OR

ignatianassociatesokc@gmail.com

[com](http://www.ignatianassociatesokc.com)

Para español, llamar (580)

254-1472,

ignatianassociatesokc@gmail.com



**RETREAT IN
DAILY
LIFE**