



The Spiritual Exercises of St. Ignatius of Loyola: Biographically Annotated

St. Ignatius of Loyola

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The Spiritual Exercises of St. Ignatius of Loyola, (composed from 1522-1524) are a set of Christian meditations, prayers and mental exercises, divided into four thematic 'weeks' of variable length, designed to be carried out over a period of 28 to 30 days. They were composed with the intention of helping the retreatant to discern Jesus in his life, leading then to a personal commitment to follow him. Though the underlying spiritual outlook is Catholic, the exercises are often made nowadays by non-Catholics. The 'Spiritual Exercises' booklet was formally approved in 1548 by Paul III. This is the annotated edition including an extensive biographical annotation about the author and his life

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