***Daily Grace:*** *(pray this daily!)*

*We ask for the Grace to discern how God is calling me / us and whether we are called to enter into this spiritual journey at this time.*

**Challenge: (Link: pp. 17-37)** This Red book is our gift to you. It is important for you to read and reflect on one page a day. For this month, pray over the first two “weeks”

**Link 1: Who is St. Ignatius? Link 2: Who am I?**

Also, note that the specific grace to ask for each week, the suggested daily scriptures, and weekly instructions are listed at the beginning of each week. You can find the suggested scripture readings for this month on p. 29, p. 39

**Examen of Consciousness** St. Ignatius offers this devotion to help review each day. An APP titled “Reimagining the Examen” is a wonderful APP to use. Try to get into the habit, and then develop your rhythm

Meditations: (can be found on the website) Within the next month, try to do each meditation at least once:

***\*The Principle and Foundation \*Finding God in All Things \* Life of St. Ignatius Loyola***

Jesuit Prayers: (can be found on the website) Pray when the Spirit leads you.

***\*Prayer for Beginning of a Retreat \*Anima Christi (Soul of Christ) \*Prayer for Generosity***

***\*Prayer for What I Want \*Prayer to Know God’s Will \*Call to Prayer (Link book)***

***\*Call of Mission (Link book)***

Background information: (can be found on the website)

***\*Who Can Benefit from the Examen and the Spiritual Exercises of St. Ignatius?***

***\*Spiritual Exercises of St. Ignatius Endorsed by Pope Emeritus Benedict XVI***

Educational & Prayer Guidelines (can be found on the website)

***\*Praying with Scripture***

Catholic Devotion: (can be found on the website)

***\*The Angelus***

Intentions: (can be found on the website)

***\*Papal Intentions***

***\*Prep Intentions***

**First Principle and Foundation**

***Daily Grace:*** *(pray this daily!)*

*We ask for the Grace to discern how God is calling me / us and whether we are called to enter into this spiritual journey at this time.*

We are created to praise, reverence, and serve God our Lord, and by this means to save our soul. All the other things on the face of the earth are created for us that they may help us in accomplishing the end for which we are created. From this it follows that we are to use them as much as they help us to this end, and to rid ourselves of them so far as they hinder us. 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; desiring and choosing only what is most conducive for us to the end for which we are created.





Creighton University; Online Ministries homepage includes Daily Reflections on the readings for each day’s liturgy, links to all of the happinings at World Youth Day in Poland (July/August, 2016), Audio retreats, and much more… <http://onlineministries.creighton.edu/CollaborativeMinistry/online.html>

A nice website including much of the goings on at the Vatican on Sept. 4th, 2016 (Mother Teresa’s Canonization. <https://www.ewtn.com/motherteresa/canonization.asp>

A blog from a young adult involved in LifeTeen about Mother Teresa…  
<http://lifeteen.com/blog/4-things-st-teresa-calcutta-taught/>

A website that continues to gather much about the spirituality of the Jesuits  
<http://www.ignatianspirituality.com/>