INTRODUCTION TO IGNATIAN SPIRITUALITY  Select Bibliography

Timothy M. Gallagher, An Ignatian Introduction to Prayer (2007). This is a very user- friendly book which will help you pray the Scriptures in a manner suggested by St. Ignatius. It is a series of guided meditations on scenes from Scripture with some questions for personal reflections at the close of each meditation. It follows the spiritual journey of Ignatius' Spiritual Exercises without going into all detail!

Timothy M. Gallagher, The Examen Prayer (2006). St. Ignatius considered the daily practise of this prayer to be so important for Jesuits that he said they might, through pressure of the daily grind, have to put aside other forms of prayer, but never this one!
The Examen is a prayer for busy people, people on the go. It is a valuable method of prayer to help us makes sense of the hustle and bustle of our lives and, in the Ignatian maxim, "Find God in all Things". The value of this book is not only that it introduces us to the Examen but Gallagher draws on the personal stories of others to show how helpful they found this practice in their lives. It is a very accessible and practical book, introducing us to a central aspect of Ignatian spirituality.

Brian Grogan, S.J., Finding God in All Things (1996). This is an excellent, simple introduction to some of the ideas that Ignatius held most dear and desired to share with others. Grogan shows how God is involved in all the details of our lives; how uniquely important we are to God, even at times when we don't feel it! God desperately desires to be our companion in Jesus Christ — we are invited to be "Companions of Jesus" — just like the first Jesuits! Each chapter concludes with some helpful questions for personal reflection.

Gerard W. Hughes, S.J., The God of Surprises (1985). Even though this book first appeared twenty-four years ago, it still remains a classic. It has been reprinted many times and has been translated into at least twelve different languages. I always recommend this book to the searcher — the searcher for the true self, for meaning and direction in one's life, for where God is to be found. It is steeped in Ignatian spirituality but in a very accessible and attractive way. It has proved popular among many Christian denominations, not just Roman Catholic.

Stefan Kiechle, S.J., The Art of Discernment — Making Good Decisions in Your World of Choices. We all have the experience of having to make difficult decisions in life — decisions that may dictate how we live the rest of our lives. St. Ignatius offered help to make such all- important decisions in his Spiritual Exercises. Stefan Kiechle, a German Jesuit, gives a clear explanation of this process of decision-making. Kiechle's exposition is helped by his use of personal stories, taken from his practice of spiritual direction.

Tim Muldoon, The Ignatian Workout - Daily Spiritual Exercises for a Healthy Faith (2004). Following the metaphor of gym workouts, this imaginative book shows how Ignatian spirituality is relevant for today's young adults. It presents a daily programme of "workouts" to achieve spiritual fitness, tailored to people with busy schedules. It follows the format of the Spiritual Exercises but in an informal, highly accessible way.

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This book is easily accessible, up to date, and the 70 chapters are short.  
Each chapter has a Key Phrase and a question for Pondering. These can help you to appropriate the contents and to refer the material to yourself. For Ignatian Spirituality is not so much about Ignatius as about yourself.


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**The Writings of Saint Ignatius of Loyola.** A CD-ROM containing the complete writings in their original languages, with English translations of the *Spiritual Exercises*, the *Constitutions*, the *Autobiography*, the *Spiritual Diary* and the *Directives Concerning the Spiritual Exercises*. Published by The Institute of Jesuit Sources, St Louis, Missouri, USA. [www.jesuitsources.com](http://www.jesuitsources.com) – ijs@jesuitsources.com. Texts fully searchable.


**Ignatian Spirituality and The Way 1961-2002.** A CD published by the British Jesuits, which lists all articles in THE WAY and THE WAY SUPPLEMENT for those years, and gives the text of those dealing directly with Ignatian Spirituality.


**Munitiz, J A and Endean P., SJ: Saint Ignatius of Loyola: Personal Writings.** London: Penguin Classics, 2004. We recommend that you buy this as a textbook. It contains Ignatius’ *Autobiography*, *Spiritual Diary*, *Spiritual Exercises* and a selection of *Letters*. The Introductions and Notes are excellent, as is the bibliography.


**Studies in the Spirituality of Jesuits (SSJ).** Published by the American Jesuits since 1969. Deals with some 150 topics of current importance as Jesuits and their collaborators try to understand how best to proceed in a changing world.


**Jesuit websites**, of which there are some 800!