

July 31, 2024

Daily Reflections



Center for Spiritual Development

CONNECTIONS

By Julie Mussché

A Quote

“Go forth and set the world on fire.”

ST. IGNATIUS OF LOYOLA

Reflection

Today celebrates the Memorial of Saint Ignatius of Loyola, Priest. The road my personal reflections took me down was to the broad reach and expressions of Ignatian Spirituality. As a spiritual director or companion, practices, concepts, and spiritual disciplines such as the spiritual exercises, discernment, the examen, consolation and desolation, and the foundational context of God in all things and experiences are well integrated in the ministry. In my meanderings, my psyche moved back to Le Puy and the image of the Sisters of St. Joseph “family tree.” Considering that roots of that tree were nurtured by Ignatian spirituality in the founding by Father Jean-Pierre Médaille, SJ, it made me

Glory be, a pretty big tree it is! If you are so inclined, do a search on the influence of Ignatian spirituality, and you will be provided a general feel for the extent of shared tradition. For further exploration of Ignatian spirituality in general, go to **<https://www.loyolapress.com/catholic-resources/ignatian-spirituality/introduction>**

Through the story of St. Ignatius's life, we behold the promise of redemption within the reality of human brokenness, the power of Grace and metanoia to move one to wholeness, and the resounding influence of Ignatian spirituality and practices on generations and globally. At its heart, Ignatian spirituality emerges from the Gospel, and is about deepening connections and relationship with God and each other, and living out God's plan for us as agents of his love in the world. Happy Feast Day!



Sisters of St. Joseph Family Tree
Photo by Julie Mussché

For Pondering

- Have you ever had occasion to engage in Ignatian spiritual practices?
When and how?
- What have been the fruits of those practices?
- If perhaps you are not familiar with Ignatian prayer or practices, the daily Examen might be a place to start. Go to **www.ignatianspirituality.com**

for some options.

For Prayer

*Take, O Lord, and receive my entire liberty,
my memory, my understanding and my whole will.
All that I am and all that I possess, Thou hast given me:
I surrender it all to Thee to be disposed of according to Thy will.
Give me only Thy love and Thy grace;
with these I will be rich enough and will desire nothing more.
Amen.*

ST. IGNATIUS OF LOYOLA SUSCIPE PRAYER

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