

DYNAMIC OF DESIRE IN THE SPIRITUAL EXERCISES

Preparatory Prayer

- + That all my intentions, actions and operations may be ordered purely to the service and praise of the Divine Majesty

First Week

- + Shame and confusion as I consider the effects of even one mortal sin and the many sins of my life
- + A growing and intense sorrow and tears for my sins
- + An interior knowledge of and abhorrence for my sins
- + A perception of the disorder of my actions...to put myself in order
- + Knowledge of the world, detesting it and ridding myself of all that is worldly and vain
- + A deep sense of the pain of loss of the damned, so that fear of such a loss would deter me from serious sin

Kin'dom

- + Not to be deaf to Christ's call but prompt and diligent to accomplish His holy will

Second Week

- + An intimate knowledge of Jesus, God become human for me, that I may love him more intensely and follow him more closely

Two Standards

- + Knowledge of the deceits of the devil and help to guard myself against them
- + Knowledge of the true life exemplified in Jesus and the grace to imitate Him

Three Classes

- + The grace to choose what is more for the glory of the Divine Majesty and the salvation of my soul

Three Degrees of Humility

- + Progression from not offending, toward indifference, toward identification with Jesus

Third Week

- + Sorrow, regret and confusion because the Lord is going to His suffering for my sins
- + Sorrow with Christ in sorrow, anguish with Christ in anguish, tears and deep grief because of the great affliction Christ endures for me

Fourth Week

- + To be glad and rejoice intensely because of the great joy and glory of Christ

Contemplation to Attain Divine Love

- + Intimate knowledge of the many blessings received, that filled with gratitude, I may in all things love and serve the Divine Majesty