



# The Ignatian Adventure: Experiencing the Spiritual Exercises of St. Ignatius in Daily Life

*Kevin O'Brien*

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There is no better guide than St. Ignatius Loyola if one desires to discover how faith and everyday life can thrive together. In *The Ignatian Adventure*, Kevin O'Brien, SJ, follows St. Ignatius's lead and offers today's time-strapped individual a unique way of "making" the Spiritual Exercises in daily life.

The first part of O'Brien's book provides helpful background information, including a brief history of St. Ignatius, an explanation of the Spiritual Exercises and their purpose, and a description of different ways to make the Exercises. The book's core offers 32 weeks of prayer and meditations to draw participants into a deeper encounter with God.

But what truly sets this book apart from other 19th annotations is how O'Brien has woven throughout the chapters his own personal accounts of living out the Exercises in everyday life. Through his deeply moving stories, readers discover how the Exercises intersect with the real world.

*The Ignatian Adventure* is an ideal resource for spiritual directors, but its user-friendly, down-to-earth style also makes it perfect for any individual seeking a deeper life of prayer.

## **The Ignatian Adventure: Experiencing the Spiritual Exercises of St. Ignatius in Daily Life Details**

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## **From Reader Review The Ignatian Adventure: Experiencing the Spiritual Exercises of St. Ignatius in Daily Life for online ebook**

### **Tim Muldoon says**

I use Kevin O'Brien's book as part of a group that offers the Spiritual Exercises to people through the Center for Ignatian Spirituality at Boston College. It's an accessible, substantial treatment of the Exercises which can also be used by individuals seeking to deepen their prayer life.

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### **Lauren Fraser says**

I used this book as my guide through the 19th annotation of the Ignatian Spiritual Exercises. I appreciated the suggested scriptures, anecdotes, and guidance throughout the 32 weeks.

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### **Tom LA says**

St. Ignatius is the founder of the Jesuit movement. He was in a war, got hit by a cannonball, almost died, and then during his recovery decided to go away and live in a cave to meditate about God and prayer. What he came up with after that period of introspection was the Spiritual Exercises, a very practical and original approach to catholic spirituality.

Although the Spiritual reflections on the life of Christ and his Exercises were intended not to be read but rather prayed for 30 days with the guidance of a spiritual director, St. Ignatius of Loyola realized that not everyone would be able to devote 30 days to nothing but prayer. In the 19th of his introductory annotations, he encouraged making the Exercises in the course of daily life.

Kevin O'Brien, S.J. (a former lawyer) has adapted the Spiritual Exercises, which he calls an adventure, to the everyday life of the 21st-century adventurer.

I've been using this book for my evening prayer for the last 2 years, and I still haven't finished it, because more or less one paragraph is one evening: it includes a suggested Scripture reading, some reflections to make around it, and how to focus your prayer (within St Ignatius's overall structure).

In addition, I've been following the Jesuit's Examen structure for my prayers, and I've found it to have incredible power. For example, starting with giving thanks for all the little things where you have found God during your day can change your mental disposition in an instant. Also, I realize in amazement that I am getting better at identifying "negative thoughts" or whatever else they are called by the Jesuits, when they come in my brain, even at a subconscious level. "Oh shit! Look what I thought in that moment there today! That is wrong, it's a negative thought about myself, and I need to correct it".

Prayer is not easy, it doesn't come out "well" every single time, for anyone, but it gives me incredible strength, because wherever I am mentally, or emotionally, it brings me back to my center, it acts as a powerful internal clean-up and it greatly enhances my awareness, despite my chaotic and busy life.

Also, the more I am brought to some passages of the New Testament, the more I feel like whatever has produced that literature is nothing less than genius. The "Word of God", like St. Ambrogio taught St. Agustin, has many layers of meaning, and sometimes the most important one is the allegorical, the metaphorical one.

Whatever you have faith in, whatever values you choose to follow in your life, the Bible deserves to be read and studied. Catholic theology teaches how to read and interpret the Bible, too. Over time, some truths have become more prominent in the doctrine and some have taken a secondary place. Especially the New Testament is to be seen as the peak, the coronation of all the books of the Bible.

It's such a treasure.

In sum, this is an excellent work for a spiritual retreat to do by yourself. Highly recommended.

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### **Holly Booth-Novotny says**

This was the first time I used this resource to accompany someone through the Nineteenth Annotation of the Spiritual Exercises. Aside from two theological errors toward the beginning, this was a really wonderful resource. The retreatant had a beautiful experience and the The Ignatian Adventure made my job as spiritual director very straight forward- listen and pray!

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### **April Gutierrez says**

An excellent resource when traveling through the spiritual exercises with a spiritual director, resource for Campus Ministers especially with CLC (small faith groups) or retreat ministries.

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### **Philip Yoder says**

Very Powerful. Ignatius' "imagining" practices are new and strange to me, but none the less powerful. I think he was quite the genius and I think there is something in here for the future of spirituality.

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### **Erin Garlock says**

As a spiritual director, this is a book I will recommend to those who are interested in a 19th Annotation retreat.

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