



# Accompanying the Spiritual Exercises

(19th Annotation)

<https://soulspace.online/manresa/>

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# Plan

- **Presuppositions**
  - *you have prayed the Exercises*
  - *you have experience of accompanying*
  - *focus here is on moving into accompanying the exercises*
- **Saturday**
  - *Introductions & Prayer*
  - *Brief Overview of the Spiritual Exercises*
  - *Groups*
  - *Role of the Accompanier*
  - *Personal Prayer and Reflection*



# Programme

- **Sunday**
  - *Prayer*
  - *Accompanying the Weeks*
  - *Resources*
  
- **Next Saturday**
  - *Discernment & Spiritual Freedom*
  - *Discerning my accompanying 19th Ann.*
  - *Conclusions*



# Introductions

## In Groups

- **introduce self - key things that came from your answers to the preliminary questions**
  - *15 minutes (ie 3-4 minutes each)*



# Introductions

to everyone

your name

most significant thing from your sharing

your hope for this programme



# The Spiritual Exercises

## Intention & Method

- **Purposes**

- Intimacy with God / Jesus / Spirit
- Vocational choice
- Spiritual Discernment and Freedom
- Future ability to live in God

- **Method:**

- *Prayer exercises (personal reflection / personal discernment)*
- *Spiritual accompaniment (mutual discernment, guidance through process)*
  - *Primacy of relationship with God (formation, identity in relationship with God/Jesus)*
    - *Brings about growth in discernment*

How have I  
'known' these?

What am I drawn  
to in enabling  
these to be  
experienced by  
others...



# Spiritual Exercises

## Annotation 18 & 19

- 18: The Exercises are to be adapted to the capabilities of those who wish to engage in them...
- 19: A person taken up with public affairs or necessary business, and who is educated or intelligent, can set aside for the Exercises an hour and a half a day. ...

# The Shape of the Exercises

cycle / wheel

**Contemplating  
Love: energised  
for service**

**Fourth Week: Finding  
Life through Death**

- ❖ The grace of new life

**First Week: Facing Personal  
and Social Disorder &  
Redemption**

- ❖ The grace of forgiveness and healing

**The Hub:  
P & F - God's  
unconditional love  
and grace: God's  
desire for me**

**Third Week: Being with  
Christ in Suffering**

- ❖ The grace of self-sacrifice

**Second Week: Knowing Jesus**

- ❖ The grace of call and companionship, shared mission
- ❖ Faith sharpening: how deep is my response?





# The Shape of the Exercises

## The Centrality of P & F

- *I am held in gracious love*
- *All relates to this*
- *How do I discern God in life?*
- *Who am I? Who is God to me? Where am I going? What do I long for?*

How have I  
'known' these?



# For Reflection

- ***The Spiritual Exercises: Intention and Method***
  - How have I 'known' these?
  - What am I drawn to in enabling these to be experienced by others...
- ***The Centrality of the P & F***
  - How have I 'known' this?



# Key Annotations

## for the accompanier

### **1: method and purpose:**

spiritual exercises - activities, akin to physical exercises

to 'get rid of all disordered affections so... one might seek and find the divine will in regard to the disposition of one's life for the salvation of the soul'



# Key annotations

## for the accompanier

**2:** Give guidance to prayer *‘with only brief or summary explanations’*. This way the directee may *‘by themselves come upon things with throw further light on it or which more fully bring home its meaning’*. *‘... more gratification and spiritual fruit is to be found than if the director had explained and developed the meaning at length.*

*For it is not much knowledge but the inner feeling and relish of things that fills and satisfies the soul.’*

**3:** The exercises *‘use understanding to think things over and the heart/will in order to rouse the affections’*.  
i.e. the primacy of desire in transformation.



# Key annotations

## for the accompanier

**7:** important not to be hard or curt, but gentle and kind when a directee is desolate or tempted

**8, 9, 10 & 14:**

keep discerning;

offer insights from discernment guidelines as appropriate

(i.e. help them develop discernment)

# Key annotations

## for the accompanier

**15:**

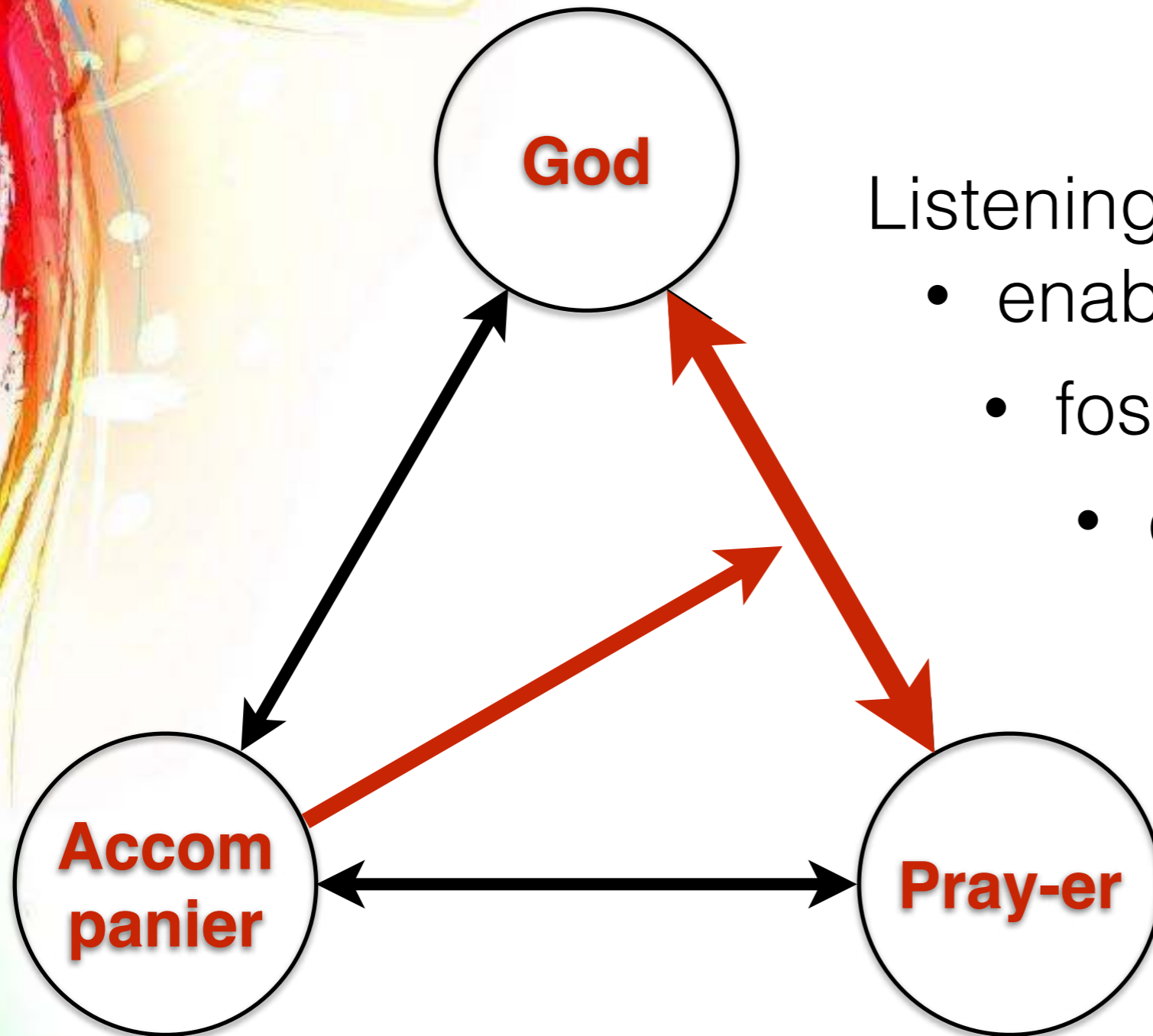
It is much better in the search for the divine will the Creator and Lord communicate himself to the faithful soul, inflaming that soul in his love and praise...

Hence [the accompanier] should not be swayed or show a preference for one side of a choice rather than the other,

but *remaining in the centre like the pointer of a balance*, should *leave the Creator to deal with the creature, and the creature with the Creator and Lord.*



# Role of the Accompanier



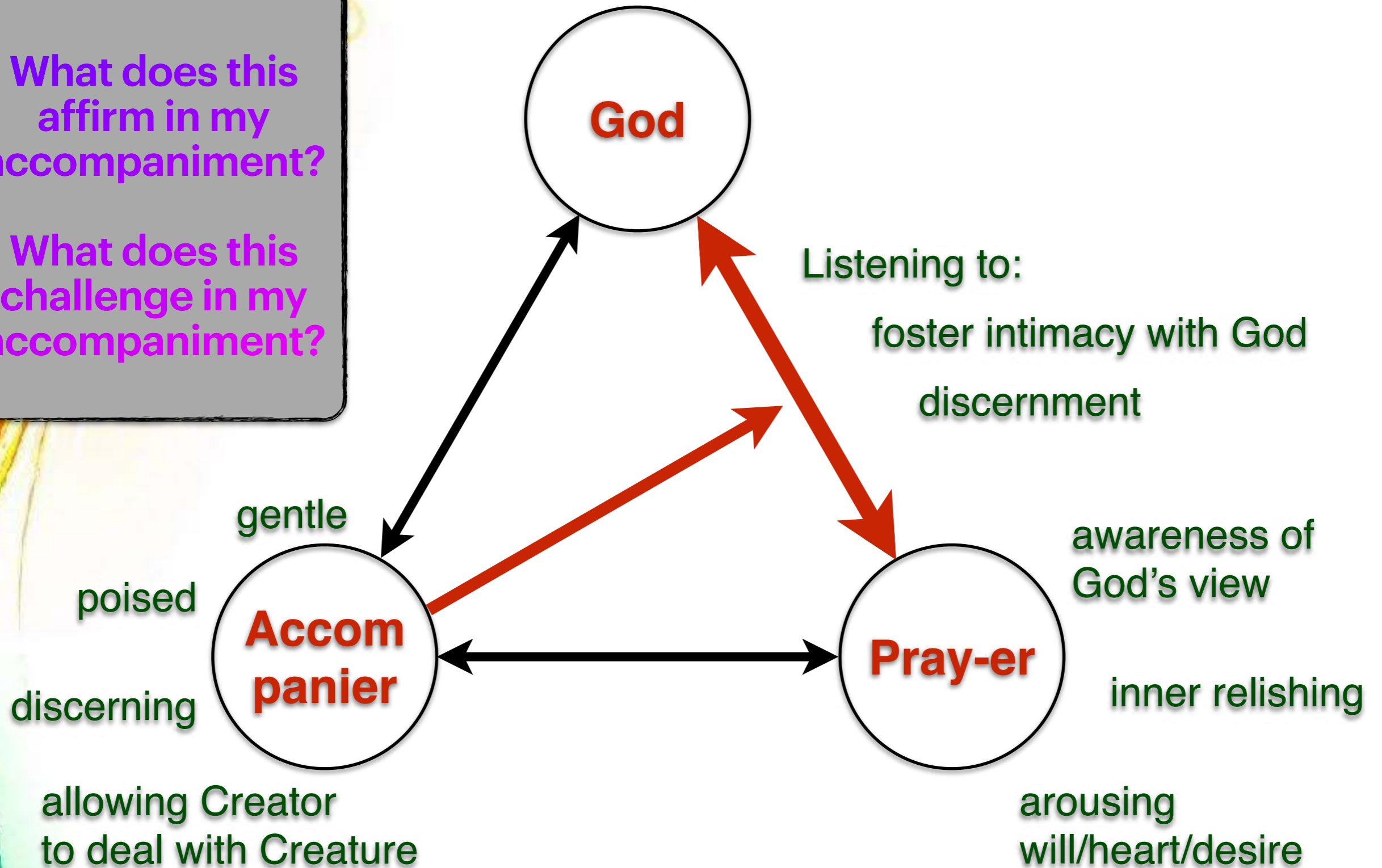
Listening to:

- enable process of Sp Exx
- foster intimacy with God
- discernment

# Role of the Accompanier

What does this affirm in my accompaniment?

What does this challenge in my accompaniment?







# Praying

## with my accompaniment

- in the light of your reflections on the role of the accompanier of the exercises:
- take time to be still and present to God
- bring yourself as an accompanier
- have a conversation with Jesus: telling him about what excites you, what challenges you, your hopes, fears ..., noticing / listening to his response to you



# Prayer of Peter Faber

## for detachment

*Cast from me every evil  
that stands in the way of my seeing you,  
hearing, tasting, savouring, and touching you;  
fearing and being mindful of you;  
knowing, trusting, loving, and possessing you;  
being conscious of your presence  
and, as far as may be, enjoying you.  
This is what I ask for myself and earnestly desire  
from you.  
Amen.*



# Follow up...

homework!

- **look at resources on accompanying 19th Annotation**
- **Veltri - [http://orientations.jesuits.ca/or2a\\_bintro.html](http://orientations.jesuits.ca/or2a_bintro.html)**
- **O'Brien - *The Ignatian Adventure***
  - *What questions about accompanying someone through the process emerge for you?*