

Loyola Institute for Spirituality

www.loyolainstitute.org

Ignatian Spiritual Formation Program

"The Ignatian Spiritual Formation Program courses during the first year helped me to deepen my relationship with God through prayer, growing spiritual maturity, and discernment."

- ISFP Program Graduate



The Ignatian Spiritual Formation Program (ISFP) provides an opportunity to form lay leaders and LIS Associates, who will be lay collaborators working with LIS and/or local faith communities in spiritual ministry. ISFP is not a training program for certifying spiritual directors. Rather, it strives to make spiritual experiences and formation opportunities as practical and accessible as possible for people involved in spiritual ministries.

The formation program consists of three phases:

Phase I: Studies in Ignatian Spirituality provide a basic understanding of Ignatian spirituality through classes.

Phase II: An experience of the Spiritual Exercises of St. Ignatius based on the 19th Annotation format fosters a transformative personal relationship with Christ and a deep desire to serve others.

Phase III: A Practicum component provides advanced spirituality courses and hands-on experiences with supervision to prepare Associates for spiritual ministry as graduates of LIS.

Phase I of the program (*Studies in Ignatian Spirituality*) is open to everyone who desires personal spiritual formation and growth for ministry to others. ***Interested persons either may apply for Phase I, which includes all the course offerings, or may register for any courses of interest.*** After completing Phase I, those who would like to continue with the Formation Program can apply for **Phase II** (*Spiritual Exercises*) and **Phase III** (*Practicum*).

For a printable program brochure please [click here](#).



SP1-01: Ignatian Prayer

September 11, 18, 25, October 2, 9, 16, 2014

Prayer is essential to deepening one's personal relationship with God. This course explores some key elements and concepts in prayer such as desire, grace, imagination, and the affects. We will also look at obstacles to growth in prayer and the spiritual journey. Participants will have opportunities to experience different methods of Ignatian prayer, such as the *Lectio Divina*, Ignatian Meditation and Contemplation, and the Examen Prayer (Finding God in all things).



SP1-02: Biblical Foundations in Spirituality

October 30, November 6, 13, 20, December 4, 11, 2014

This course is an introduction to the Old and New Testament and explores its importance in personal spirituality and growth. The relevance of scripture in Ignatian spirituality and in prayer and daily Christian living is highlighted. Participants are invited to a prayerful, meditative reading of scripture.



SP1-03: History of Christian Spirituality

January 8, 15, 22, 29, February 5, 12, 2015

This course explores the nature, origin, and historical development of Christian spirituality, while examining in greater depth some of the most significant Christian spiritualities. Participants will have the opportunity to gain greater understanding of the past, present, and future development of their own spiritualities.



SP1-04: Human Development & Spiritual Maturing

February 26, March 5, 12, 19, 26, 2015

This course fosters deeper understanding of the impact of human growth and personal development on spiritual maturing. We will consider how appropriation of our desires, affects and imagination promotes healing, inner freedom and wholeness. Sessions will include opportunities for integrating the human and the holy through reflective exercises and practical applications.



SP1-05: Ignatian Discernment

April 10, 24, May 1, 8, 15, 22, 2015

This course explores the subject of discernment and its impacts on the spiritual life and daily living. The introductory treatment of Ignatian discernment entails examining the concepts of

consolation and desolation, spiritual movements and counter-movements, discerning our interior experiences. The major principles of Ignatian discernment will be explored.

Phase I

The Studies in Ignatian Spirituality are offered as evening courses. These offerings explore the various areas of spirituality within an Ignatian framework. They emphasize practical knowledge and incorporate the following methods:

1. Input and process following an adult education model;
2. Personal integration through experiential and theological reflection;
3. Case studies and role modeling when appropriate; and
4. Handouts, resources and reading materials as needed.

The sessions and workshops are taught by LIS staff or other qualified instructors. **All offerings will be held at the Loyola Institute for Spirituality in Orange, CA and are from 7:00 p.m. to 9:30 p.m.**

Courses and descriptions are listed below.

For more information, please contact Br. Charlie Jackson, S.J., at 714-997-9587 or jackson@loyolainstitute.org.

Phase II: Spiritual Exercises in Daily Life (19th Annotation Retreat)

Phase III

The Spiritual Exercises of St. Ignatius Loyola is offered to second-year participants pending application and acceptance into Phase II of the Ignatian Spiritual Formation Program. The 9-month "Retreat in Everyday Life" (or "19th Annotation Retreat") involves daily prayer and reflection, weekly spiritual direction, and six Wednesday evening faith-sharing sessions. As part of the preparation for the Spiritual Exercises, candidates should be in spiritual direction with one of the available spiritual directors.

SPIRITUAL COMPANIONING

SP3-01: 6 weekly evening sessions (15 hrs.)

Dates: Tuesdays, Sept. 9, 16, 23, 30, Oct. 7, 14, 2014 @ 7:00 – 9:30 p.m.

Cost: \$150

This third-year course introduces a contemplative, discerning model for spiritual companionship. It aims to develop the basic skills necessary in spiritual guidance such as empathic listening and evocative responses. This course involves reading, intensive small group works and spiritual accompaniment, with a focus on evaluating and enhancing the quality of the spiritual guidance process.

DISCERNMENT OF SPIRITS

SP3-02: 6 weekly evening sessions (15 hrs.)

Dates: Tuesdays, Nov. 4, 11, 18, 25, Dec. 2, 2014 @ 7:00 – 9:30 p.m.

Cost: \$150

This advanced discernment course explores the theoretical foundation and practical applications of the Ignatian Rules for the Discernment of Spirits. This course involves a deeper exploration into the experience of consolation and desolation, especially the more subtle spiritual movements using the Second Week Rules. It includes intensive reading, discussion, case studies and practical application to the spiritual companionship process.

IGNATIAN LEADERSHIP

SP3-03: 6 weekly evening sessions (15 hrs.)

Dates: Tuesdays, Jan. 6, 13, 20, 27, Feb. 3, 10, 2015 @ 7:00 – 9:30 p.m.

Cost: \$150

This third-year course focuses on deepening leadership skills for ministry in Ignatian spirituality. This involves reading and discussion of the key characteristics of an Ignatian style of leadership. It also includes activities designed to develop practical skills, including leading prayer services, facilitating faith-sharing groups, making presentations, and similar activities.

STRUCTURE AND DYNAMICS OF THE SPIRITUAL EXERCISES

SP3-04: 6 weekly evening sessions (15 hrs.)

Dates: Tuesdays, April 14, 21, 28, May 5, 12, 19, 2015 @ 7:00 – 9:30 p.m.

Cost: \$150

This advanced course examines the theoretical foundations, structure, and movements of the four weeks of the Spiritual Exercises, including the key meditations and annotations. This course is essential for facilitators of the Exercises to develop the necessary theoretical understanding to effectively direct other people through the Spiritual Exercises with discerning freedom and prudence. The course involves intensive reading and discussion.

PRACTICUM IN SPIRITUAL MINISTRY**SP3-05:** Throughout the third year

Supervision by Sr. Barbra Ostheimer, S.N.D. & LIS Staff

Cost: \$150

This year-long *practicum* experience consists of engaging in ministerial opportunities, such as directing retreats, days of prayer, workshops, presentations, spiritual companionship, etc., under the direction and mentoring of the LIS staff. This ongoing practicum, which constitutes practical application of the third-year experience, helps to deepen the participant's skills, experience and affirms the call to spiritual ministry.