

## **SD Training Notes**

**October 9, 2015**

Need: required texts

Binder

Notebook

Must have Spiritual Director

Must be a Pray-er

Must be a Listener

Must be able to fail

Good website:

[www.ignatianspirituality.com](http://www.ignatianspirituality.com)

Irish Jesuits, Creighton University

Spirituality = how you live what you believe

What is spiritual direction?

Jerimiah 29:11 "I have a plan for you..."

**REMEMBER:** God has our best interests at heart.

God has a reason for what He does.

Everything is going to be okay.

**HWK:** Read 1<sup>st</sup> two chapters of Barry/Connolly

Read handouts

**Saturday October 10**

Saturday schedule:

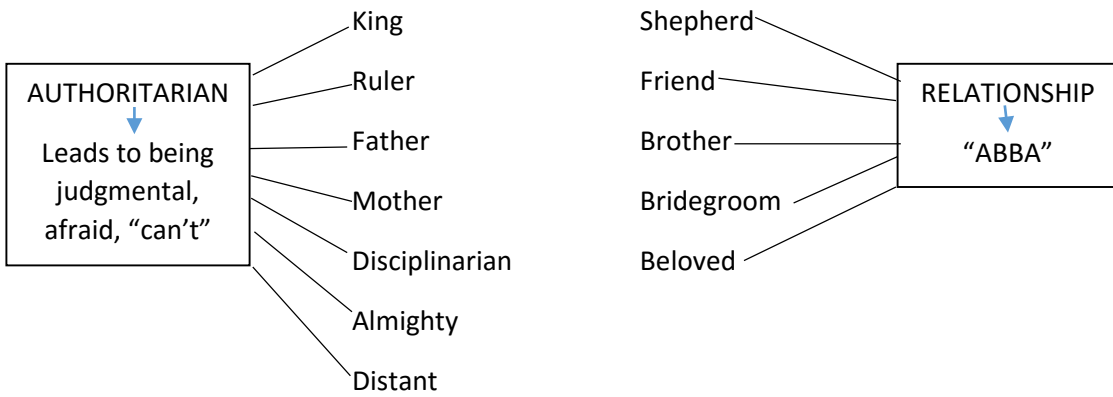
- 9:30 - 10:30 Topic
- 10:30-10:45 Coffee
- 10:45 - 12:00 Topic
- 12:00-1:00 Lunch
- 1:00 - 2:30 Topic
- 2:30 - 2:45 Break
- 2:45 - 4:00 (or earlier) Topic

Assignment

**Barry/Connolly comments/notes on Chapters 1 and 2:**

**Image of God**

**God in Scripture**



**Spiritual Exercises**

**Days of Intro**

Week I: See self as a beloved sinner

“Oh, woe is me” - focus in on “me”; should be on

Week II: Sermon On the Mount (2½ weeks of 30 day retreat

Teachings

Parables

Healings

What it means to be human  
Perfect human = Jesus

Week III: we find out that humans are treacherous

Broken human nature will betray

We accompany a friend (Jesus) as he suffers

Week IV: Restoration (Ressurrection)

Humanity is restored

Looking at love and how God loves

Everything is gift that is meant to be shared with others

**Religious experience** is the “foodstuff” to intimacy with God (p8 of Barry & Connolly)

The goal of SD is to do what is helpful for the person.

It could even be to step aside).

A religious experience demands a response.

What do you do with this experience?

Can my experience help someone else?

Important to connect to God

“I surrender...” (admit that God is in control and I trust Him)

**“GOD IS THE GREAT FIXER”**

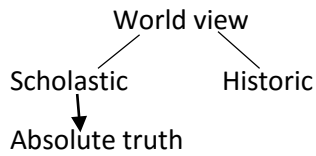
In our lives we need to choose well.

**What influences us?**

1. Personal history/background
2. Intellect/experience
3. PSYCHE
4. Gender
5. Culture
6. Age
7. Moral Code
8. Satan

Enemy of mankind. The only  
GOOD influence is the Holy Spirit.  
It will always steer you right.

## Objective truths?



My emotions (what I want) influences what I judge to be objective.

We need to know what our emotions are, and how they influence us - desires, likes, dislikes, etc.

\*Book - "The Social Construction of Reality" by Berger & Luckman

**HWK:** Read Barry & Connolly ch. 3-5

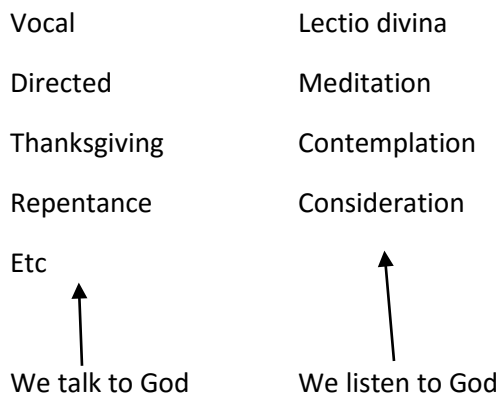
Read yellow Fleming Intro

Read articles in Fleming by Caligiuri and Kinerk

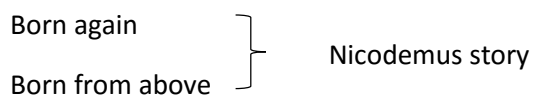
Read Gallagher Discernment of Spirits ch. 1&2

Qualities of a Spiritual Companion (handout)

## Prayer



## Transformation



\*all passages where Jesus speaks of "change of heart"

Hear but not understand } need to understand with our  
Look but not see } hearts and be converted

**Conversion happens on different levels**

Intellectual }  
Spiritual }  
Political } all about finding truth  
Social }  
(and more) }