

Ignatius of Loyola– Walking in Compassion



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Going Deeper

Ignatius of Loyola– Walking in Compassion

Prayer Opportunity

We Reflect



Ignatius Loyola. Public domain, via Wikimedia Commons

Inigo López de Loyola, a nobleman and soldier from the Basque area of Spain, was a complex, driven man with little formal religious instruction. When a cannonball injury to his leg nearly ended his life, he endured a long and painful period of convalescence, during which time he experienced a major conversion. This was followed by a period of "spiritual pilgrimage", which led many years later to the founding of the Society of Jesus, also known as the Jesuits.

Ignatius developed a way of personal spiritual growth based on finding God's action in our own daily lives. Ignatian spirituality fosters an interior freedom, facilitating good life decisions, something particularly relevant to modern men and women. The practice of Ignatian spirituality has been likened to a '*school of prayer*', '*a school for discernment*' and '*a school for loving action in the world*'. The Jesuits are a part of the founding stories of some of our schools and these schools keep alive the Ignatian approach to prayer.

Ignatian spirituality helps us to build a concrete and personal relationship with God and to discover the person of Jesus. We enter an intimate conversation with Christ that fosters personal reflection on how God's presence is evident in our day's events.

Ignatian spirituality prompts us to ask: What does God want of me?

The conversation with Christ brings a wonderful shift in our view of life. Our conversation becomes our prayer and a new foundation for how we relate to Jesus within the context of our daily lives.

Our choices, whether small or life changing, take place within this growing intimacy with Jesus and lead to positive action in our lives.

From: Champion Ignatian Spirituality Centre. A spirituality for our times, our lives, our feelings. Champion Centre; Kew (Vic).

Prayer and Movement

Stone Prayer -for my colleagues

Take your stone from staff prayer.
Hold it in your hand and take a moment to pause.

With your stone in your hand take a slow walk around your school.
As you pass each room, gently rub the stone in your hand as you might do with
rosary beads.

Pray a simple prayer for those who are working or will soon work in that room...

"Be a compassionate presence in this room!"

Or

"Reveal your presence to us"

Or

"O God, give us hearts of compassion"

Or

"Be with us as we teach"

Take your time as you walk around the school spending this time in the presence
of God.

*(Try to choose a time when you can complete this prayer
without rushing and with a minimum of interruption.)*

St. Ignatius of Loyola Prayer

Dearest Lord,
teach me to be generous.
teach me to serve you as you
deserve;
to give and not to count the cost;
to fight, and not to heed the wounds;
to labor, and not to seek to rest;
to give of myself and
not to ask for reward,
except the reward of knowing
that I am doing your will.

Amen