



# Sacred Listening: Discovering the Spiritual Exercises of Ignatius Loyola

*By James L. Wakefield*

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## **Sacred Listening: Discovering the Spiritual Exercises of Ignatius Loyola** By James L. Wakefield **Bibliography**

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### **Editorial Review**

From Publishers Weekly

Most Catholics are familiar with the spiritual exercises of Ignatius Loyola, a series of meditations on the Gospels that are often said in retreats. Wakefield, a Lutheran pastor who is associate professor of biblical and spiritual theology at Salt Lake Theological Seminary, attempts to adapt the spiritual exercises for Protestants and the average Joe who would like to grow in prayer. As the Ignatian exercises are divided into four weeks, Wakefield separates his meditations into four "movements," the full exercises taking at least 24 weeks. He succeeds in making the spiritual exercises accessible to the average believer: his language is simple and clear, allowing the reader to concentrate on the meditation, and the three parts of every day-Contemplatio, Meditatio and Oratio-provide a nice structure. His first two chapters are especially helpful in outlining the goals of the exercises and detailing how to keep a spiritual journal. While his preliminary comments to each unit and the text of his meditations introduce basic Ignatian themes and scriptural content, the four movements lack the depth of St. Ignatius's mystical theology. However, this book does well in introducing Protestants of various denominations to contemplative prayer and provides a useful tool for meditating on the life of Christ.

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From the Back Cover

Ignatius Loyola's time-honored Spiritual Exercises adapted for Protestants today

For five centuries, Ignatius Loyola's Spiritual Exercises have been leading Christians to deeper faith. Now, James Wakefield brings the richness of this enduring text to contemporary Protestants.

Sacred Listening adapts Ignatius's original month-long spiritual retreat into a guide that allows you to weave prayer and contemplation of Scripture into your day-to-day schedule. As you pray, write in a journal, study Scripture, and share your experiences with a partner, you will encounter

- the profound gift of God's mercy and forgiveness
- the goals and values exemplified in the humanity of Christ
- the price of redemption and the cost of discipleship
- a new depth and richness in your relationship with Christ

Along every step of this journey, you will discover Christ in new ways and be transformed by the power of a time-honored tradition that continues to speak to us today.

"For those who are hungry and ready for a life-changing encounter with the living God, I seriously doubt there is a more practical and more profound resource than this book."--Gregory A. Boyd, author, *Letters from a Skeptic* and *Seeing Is Believing*

"As a Jesuit for 62 years, I have been formed by the Exercises of Ignatius of Loyola, our principal founder. I rejoice, then, at the long-awaited publication of *Sacred Listening*. It will be for its readers, I hope, a classic manual for spiritual growth in genuine mystical prayer."--Armand M. Nigro, S.J., professor emeritus, Gonzaga University

## About the Author

James L. Wakefield (M.Div., Denver Seminary; M.Th., Bethel Seminary; Ph.D., Marquette University) is associate professor of biblical and spiritual theology at Salt Lake Theological Seminary in Salt Lake City, Utah. He is associate pastor at Good Shepherd

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Typically the book Sacred Listening: Discovering the Spiritual Exercises of Ignatius Loyola will bring one to the new experience of reading any book. The author style to explain the idea is very unique. Should you try to find new book to learn, this book very appropriate to you. The book Sacred Listening: Discovering the Spiritual Exercises of Ignatius Loyola is much recommended to you to see. You can also get the e-book in the official web site, so you can more readily to read the book.

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Reading can called imagination hangout, why? Because when you are reading a book specially book entitled Sacred Listening: Discovering the Spiritual Exercises of Ignatius Loyola your mind will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every word written in a book then become one type conclusion and explanation which maybe you never get ahead of. The Sacred Listening: Discovering the Spiritual Exercises of Ignatius Loyola giving you another experience more than blown away your mind but also giving you useful data for your better life on this era. So now let us explain to you the relaxing pattern here is your body and mind is going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

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