

## Welcome [spiritual-exercises.org](http://spiritual-exercises.org)!

All the materials on this website are designed to help you promote the Spiritual Exercises, one of the universal apostolic preferences of the Society of Jesus. I think they are a great resource for anyone working for mission and identity in a Jesuit institution. You can download all the films and texts to your computer and use them. I wish you much joy and success with them!

God bless you and thank you for supporting our mission!

Christof Wolf, S.J.  
<[chwolf@jesuits.net](mailto:chwolf@jesuits.net)>

## HOME

[The Spiritual Exercises of Ignatius of Loyola](#) (pdf)

[Ignatius - The God Seeker - Animated Documentary](#) (43 min)

["The Moment Is For Me"](#) - An Ignatian Guide to Prayer by Christof Wolf, S.J. - ([please order book](#))

## Videos

St. IGNATIUS of LOYOLA (1491-1556)

Manresa, Spain in 1522

Ignatius' Conversion and Legacy

2:45 min

- [Download Movie in HD](#) (H.264)

The Dynamics of the Four Weeks

4:45 min

- [Download Movie in HD](#) (H.264)

## to print:

- [First Week - Principle and Foundation](#) (pdf)

- [Second Week - Life of Jesus](#) (pdf)

- [Third Week - Suffering of Jesus](#) (pdf)

- [Fourth Week - Resurrection of Jesus](#) (pdf)

The Fruits of the Spiritual Exercises - The Fifth Week

1:23 min

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Contemplation on the Incarnation

Spiritual Exercises 101-109

12:55 min

- [Download Movie in HD](#) (H.264)

Contemplation on the Incarnation - interpreted by Fr. Mark A. Lewis, S.J.

14:32 min

- [Download Movie in HD](#) (H.264)

to print:

Contemplation on the Incarnation (SE 101-109, translated by David L. Fleming, S.J., pdf)

Meditation on Two Standards

Spiritual Exercises 136-148

7:43 min

- [Download Movie in HD](#) (H.264)

Meditation on Two Standards - interpreted by Fr. Mark A. Lewis, S.J.

8:44 min

- [Download Movie in HD](#) (H.264)

Short Story by Markus Hille on "Meditation on Two Standards"

6:22 min

- [Download Movie in HD](#) (H.264)

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Meditation on Two Standards (SE 136-148, translated by David L. Fleming, S.J., pdf)

Contemplation to Obtain Divine Love

Spiritual Exercises 230-237

4:39 min

- [Download Movie in HD](#) (H.264)

Contemplation to Obtain Divine Love - interpreted by Fr. Mark A. Lewis, S.J.

7:48 min

- [Download Movie in HD](#) (H.264)

Short Story by Markus Hille on "Contemplation to Obtain Divine Love"

11:03 min

- [Download Movie in HD](#) (H.264)

to print:

Contemplation to Obtain Divine Love (SE 230-237, translated by David L. Fleming, S.J., pdf)

The Spiritual Exercises and the Final Contemplation to Obtain Divine Love

3:25 min

- [Download Movie in HD](#) (H.264)

The Spiritual Exercises: How They Have Been Changed and Adapted Over Time

4:46 min

- [Download Movie in HD](#) (H.264)

How do I pray? The Composition of an Ignatian Contemplation

4:29 min

- [Download Movie in HD](#) (H.264)

to print:

- [How to Pray](#) (pdf)

- [Bookmark "My Prayer Time"](#) (pdf)

## IGNATIUS

The Conversion of St. Ignatius in Manresa in 1522

5:29 min

- [Download Movie in HD](#) (H.264)

Spirituality at the Time of Ignatius (1491-1556) and its Relevance Today

3:14 min

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Ignatius' Years in Rome (1541-1556)

4:25 min

- [Download Movie in HD](#) (H.264)

Christianity in the 16th Century and the Various Reform Movements

7:26 min

- [Download Movie in HD](#) (H.264)

[Ignatius of Loyola](#) (Biography)

Ignatius of Loyola (Portrait - US)

7:31 min

- [Download Movie in HD](#) (H.264)

Ignatius of Loyola (Portrait - UK)

7:24 min

- [Download Movie in HD](#) (H.264)

## Q&A SPIRITUAL EXERCISES with MARK LEWIS, S.J.

Mark Lewis, S.J.

0:28 min

- [Download Movie in HD](#) (H.264)

What Fascinates you About Ignatian Spirituality? How did you Find God's Will?

3:20 min

- [Download Movie in HD](#) (H.264)

How do I know the will of God? How do I make a good decision?

2:52 min

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The Discernment of Spirits

- How do I find God's Will?

- How do I Find my Vocation? The Challenge of Conversion.

- Can I Deceive Myself in Finding God's Will?

10:34 min

- [Download Movie in HD](#) (H.264)

What are the Rules of Thinking With the Church in the Spiritual Exercises?

2:11 min

- [Download Movie in HD](#) (H.264)

Consolation and Desolation in the Spiritual Exercises

- Application in Spiritual Practice and in Prayer

3:47 min

- [Download Movie in HD](#) (H.264)

Are all Pleasant Feelings Consolation? If not, What is the Difference?

1:22 min

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What is Longing? How do I Find out What I am Longing for?

2:43 min

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What is Christian Humility? - The Three Degrees of Humility

3:55 min

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Are the Spiritual Exercises for Everyone?

3:04 min

- [Download Movie in HD](#) (H.264)

To What Extent was the Identity of the Jesuits formed by the Spiritual Exercises?

2:48 min

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The Spiritual Exercises and the Mission of the Jesuits

4:36 min

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Were the Jesuits Founded as a Teaching Order?

2:39 min

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The Jesuits - The First International Religious Order?

3:13 min

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Music and the Performing Arts in the Context of the Spiritual Exercises

3:51 min

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Architecture, Especially Baroque, in the Context of the Spiritual Exercises

5:10 min

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Why Ignatius did not Want That Jesuits Became Bishops?

3:09 min

- [Download Movie in HD](#) (H.264)

### LECTURES on the SPIRITUAL EXERCISES with HOWARD GREY, S.J.

Dynamics of the Spiritual Exercises Lecture 1: Presupposition and Introductory Annotations

75:25 min

to print: [pdf](#)

Dynamics of the Spiritual Exercises Lecture 2: Principle and Foundation

81:08 min

to print: [pdf](#)

Dynamics of the Spiritual Exercises Lecture 3: Dynamic, Graces, Direction

70:40 min

to print: [pdf](#)

Dynamics of the Spiritual Exercises Lecture 4: Kingdom Meditation and Infancy of Christ

72:39 min

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Dynamics of the Spiritual Exercises Lecture 5: Defining Discipleship with Christ

62:21 min

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Dynamics of the Spiritual Exercises Lecture 6: Public Ministry of Christ

67:22 min

to print: [pdf](#)

Dynamics of the Spiritual Exercises Lecture 7: Making an Election in the Context of the Exercises

70:27 min

to print: [pdf](#)

Dynamics of the Spiritual Exercises Lecture 8: Passion and Death of Jesus

69:30 min

to print: [pdf](#)

Dynamics of the Spiritual Exercises Lecture 9: Resurrection

73:00 min

to print: [pdf](#)

Dynamics of the Spiritual Exercises Lecture 10: Contemplation to Attain Divine Love

79:23 min

to print: [pdf](#)

**IGNATIUS - the God Seeker**

**Animated Documentary - Length 60 Minutes**

- [Info](#) about the movie (Film-Stills)
- Trailer on Youtube
- Movie on Youtube
- [Trailer](#) (H.264)
- [Film](#) (H.264)

**IGNATIAN FAMILY**

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