



# Christian Spirituality for Seekers: Reflections of The Spiritual Exercises of Ignatius Loyola

*Roger Haight*

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**Christian Spirituality for Seekers: Reflections of The Spiritual Exercises of Ignatius Loyola** Roger Haight

The Spiritual Exercises of Ignatius Loyola consist of a series of meditations and contemplations on the life of Jesus, aimed at promoting spiritual depth and discernment about how to live. They form the basis for Jesuit spirituality and formation. But their influence extends much wider, to religious congregations, spiritual directors, and countless others. In this work, based on his experience of leading study of the Exercises in a pluralistic environment, Fr. Haight has set out to write an introduction aimed broadly at all spiritual seekers, even those outside the Christian family. His focus is the humanity and the spirituality of Jesus. Thus, his work functions not just as an introduction to the Exercises but also as an introduction to spirituality. At the same time, it serves as an introduction to Christianity, which emerges in a new light not as a set of beliefs, but as a way of life, modeled on the spirituality of Jesus.



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