



## What Is Ignatian Spirituality?

*David L. Fleming*

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## What Is Ignatian Spirituality? David L. Fleming

Its effects are often life changing. But what exactly is it, and why do so many people embrace it?

The most influential spiritual movement of the modern age is Ignatian spirituality, an approach to the spiritual life based on the insights of St. Ignatius of Loyola. Ignatian spirituality teaches an active attentiveness to God joined with a prompt responsiveness to God, who is ever active in people's lives.

In *What Is Ignatian Spirituality?*, David L. Fleming, SJ, provides an authoritative yet highly accessible summary of the key elements of Ignatian spirituality, among which are contemplative prayer, discernment, and dynamic involvement in service and mission. In twenty concise chapters, Fr. Fleming explains how this centuries-old method of disciplined reflection on God's work in the world can deepen our spiritual lives today and guide all the decisions we make.

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