



Sacred Listening: Discovering the Spiritual Exercises of Ignatius Loyola

James L. Wakefield

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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

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