

Contents

Acknowledgments.....	vii
Introduction: A Retreat with the <i>Spiritual Exercises</i> of St. Ignatius	1
Exercise 1. A Heart Is Created: God, Creation, and Me.....	15
Exercise 2. What's in My Heart? Awareness and Emotion	23
Exercise 3. A Grateful Heart: My Spiritual Top 10	31
Pause for Heart Check	39
Exercise 4. A Heart Centered in the Lord: The First Principle and Foundation	41
Exercise 5. A Reflective Heart: Examination of Conscience	53
Exercise 6. A Blessed Heart: Gratitude for My Gifts and Talents	67
Exercise 7. A Divided Heart: Vices, Storms, and Temptations	81
Pause for Heart Check	94
Exercise 8. A Wounded Heart: Patterns of Sin	97
Exercise 9. A Visit to the Heart Doctor: Healing and Forgiveness..	111
Exercise 10. The King of Hearts: On a Mission with Christ.....	123
Final Heart Check	135

Conclusion: Are We Done?.....	137
Appendix: Prayers and Resources.....	143
Notes	151