

Ignatian Spirituality: The World is Charged With the Grandeur of God

By George Traub, SJ and Debra Mooney, Ph.D.

Finding God in All Things—Ignatian spirituality is summed up in this phrase. It invites a person to search for and find God in every circumstance of life, not just in explicitly religious situations or activities. It implies that God is present everywhere and can be "found" in any and all of the creatures and objects which God has made. They reveal at least a little of what their Maker is like--often by arousing wonder and awe when we are able to look with the eyes of faith.

How does one grow in this ability to find God everywhere? Fr. Howard Gray, internationally recognized Ignatian scholar and teacher, offers a simple paradigm drawing from Ignatius Loyola's writings.

First, be attentive to reality, to what is really there. Let the person, the poem, the market analysis, the vista, or the social injustice, reveal its true essence.

Second, revere what you see and hear and feel; appreciate it in all its rich particulars.

If you are attentive and reverent--then, third, you will find devotion or consolation, the singularly moving way in which God is working in that situation, illuminating goodness and fragility, beauty and truth, pain and anguish, wisdom and ingenuity.

Another opportunity is through the daily Examen.

The Examen is a prayer of awareness that Ignatius taught in his Spiritual Exercises. He considered it the most important exercise a person could do each day. It invites us to find God by reviewing our day — to see ourselves enveloped in the Spirit in whom we live and move and have our being. The Examen is a way of practicing attention, not just at the intellectual level, but at an even deeper affective level.

The spirituality of Ignatius—the habit of taking a long loving look at the real, of being a contemplative in action—continues to inspire people in today's complex and busy world and to help them live a richly grounded and effective life.

It has been said that *To know is to experience*. Let us take the opportunity to really know what it means to find God in all things and to experience the spirituality from which Jesuit education and Ignatian pedagogy arise.

Daily, for one week, take time to pause for an Examen or Ignatian reflection.

Experience the habit of taking time out of a very busy day for awareness of and attention to the Spirit around us, to notice how, in the words of Jesuit poet Gerard Manley Hopkins, "The world is charged with the grandeur of God."

Information:

[Ignatian Spirituality and the Spiritual Exercises](#)

Debra Mooney, Ph.D.

[God's Grandeur](#)

Poem by Gerard Manley Hopkins, S.J.

Activity:

Ignatian spirituality is best understood through experience. Thus, you are invited to take time out from each of your very busy days, for seven days in a row, to engage in a few minutes of Ignatian prayer and reflection. Choose from the following three options:

The Examen: [A Daily Prayer](#)

Worldly Reflection: [Creating Privileged Moments](#)

Scriptural Reflection: [Finding God in All Things](#)

Reflection Questions:

- **What insights did I gain about myself personally, professionally and/or as a trustee through the process of Ignatian reflection?**
- **How might the practice of Ignatian spirituality influence my work as a trustee (for instance, with regards to the tasks of strategic thinking, stewardship, collaboration, deliberation, support and counsel)?**

The Examen: A Daily Prayer

St. Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of our day. The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

Begin with a pause and a slow, deep breath or two; become aware that you are in the presence of the Holy.

Thanksgiving



What am I especially grateful for in the past day . . .

The gift of another day...
The love and support I have received...
The courage I have mustered...
An event that took place today...

Petition

I am about to review my day; I ask for the light to know God and to know myself as God sees me.

Review

Where have I felt true joy today?
What has troubled me today?
What has challenged me today?
Where and when did I pause today?
Have I noticed God's presence in any of this?

Response

In light of my review, what is my response to the God of my life?

A Look Ahead

As I look ahead, what comes to mind?
With what spirit do I want to enter tomorrow?