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The Ignatian Adventure: Experiencing the Spiritual Exercises of St. Ignatius in Daily Life

Father Kevin O’Brien SJ

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There is no better guide than St. Ignatius Loyola if one desires to discover how faith and everyday life can thrive together. In *The Ignatian Adventure*, Kevin O'Brien, SJ, follows St. Ignatius's lead and offers today's time-strapped individual a unique way of "making" the Spiritual Exercises in daily life.
The first part of O'Brien's book provides helpful background information, including a brief history of St. Ignatius, an explanation of the Spiritual Exercises and their purpose, and a description of different ways to make the Exercises. The book's core offers 32 weeks of prayer and meditations to draw participants into a deeper encounter with God.
But what truly sets this book apart from other 19th annotations is how O'Brien has woven throughout the chapters his own personal accounts of living out the Exercises in everyday life. Through his deeply moving stories, readers discover how the Exercises intersect with the real world.
The Ignatian Adventure is an ideal resource for spiritual directors, but its user-friendly, down-to-earth style also makes it perfect for any individual seeking a deeper life of prayer.

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