**THE DYNAMIC OF THE SPIRITUAL EXERCISES**

**THIRD WEEK:**

**Following Christ as loving companion:**

**steps to greater freedom and self-gift**

The Principle and

Foundation:

God as loving Creator.

All creation connected in a loving purpose : God’s gift of freedom invites us to choose what best allows that purpose to be fulfilled

**FIRST WEEK:**

**Knowing myself lovingly created.**

**Knowing myself as willing, sinful, vulnerable to disordered attachments.**

**The radical encounter with truth.**

**Discovering myself a loved**

**and forgiven sinner.**

**FOURTH WEEK:**

**‘A condition of complete simplicity,**

**costing not less than everything’.**

***Suscipe* – you have given all to me,**

**now I return it.**

***Contemplatio –* returning to where we began**

**and seeing it for the first time**

**SECOND WEEK:**

**The Incarnation as God’s deep desire to be with us,**

**to transform creation from within.**

**The invitation to co-operate and** g**row in freedom.**

‘**Becoming whom we contemplate’.**