



The First Spiritual Exercises: A Manual for Those Who Give the Exercises

Michael Hansen S.J.

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This comprehensive manual presents a radically new way to make the Spiritual Exercises to retreat directors, spiritual guides, parish leaders, and other pastoral ministers. Michael Hansen, S.J., provides a wealth of expertise and wise counsel in showing leaders how to direct *The First Spiritual Exercises*.

Designed for those who direct *The First Spiritual Exercises* (released April 2013) or train others to direct them, this manual provides a wealth of practical information on the origins and dynamics of these retreats, providing leaders with the tools they need to become effective guides and trainers.

Hansen distinguishes *The First Spiritual Exercises* from the two other, better-known ways that the Exercises are made: during a thirty-day solitary retreat or at home over a similar time period. *The Manual* offers a brief history and description of *The First Spiritual Exercises*, as well as notes and instructions on the day-by-day structure and content of each of the four retreats. Leaders also receive guidance on the place of the sacraments and of Sunday in the retreats, along with a five-step learning process: pray, learn, guide, converse, and practice.



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