



Meditation and Contemplation: An Ignatian Guide to Praying with Scripture (Crossroad Book)

Timothy M. OMV Gallagher

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The cornerstones of Ignatius of Loyola's spiritual practice—meditation and contemplation—are clearly explained in this simple guide to the Ignatian method with examples from the experience of practitioners and quotations from Catholic spiritual teachers. In the process, the deeper structure of the spiritual practice is illuminated, and advice about adapting it to individual needs is offered. Topics include methods of praying, struggles and growth, and the importance and role of grace. Individuals who desire to pray with scripture, spiritual directors, and all who teach prayer with scripture will benefit from the counsel in this resource.

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