Praying from the Cave: Transformation in the Ignatian Tradition

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Journeying to the Cave: St Ignatius 1522-1523
Letting Go: What and For Whom

Manresa Part 1
Opening to New Identities in Christ
Journeying Deeper in the Cave
What do we find?
Or maybe?
Facing our Inner demons:

- For Ignatius:
- OCD
- Scruples
- An inability to believe/receive God’s Love
- Let himself go in every way
- Contemplated suicide
God’s Grace:
Freedom in the Cave requires:

- **Courage** to see what is there
- **Faith** that we are not alone
- **Stillness** to hear that still small voice of God, 1 Kings 19
- **Discernment** to know the voice of God’s consolation and desolation as separate from the voice of our own inner demons
- **Patience** to wait “until you are satisfied” St. Ignatius
- **Companions** who will support and share your journey
- **Grace** that all is gift from God
- **Hope** that we all are invited to let go of our burdens, baggage and ego as we meet our longing to know, love and serve God through our inner freedom and best selves
Reflection:

• Where is your cave?

• What do you need to let go of?

• What in your current identity/ego is keeping you from God’s love?

• What are your inner demons?

• How do you experience God’s grace to come to peace?
Each day offers a new beginning
Each day offers redemption in inner freedom to love and serve God and God’s people and creation
The Cave of Manresa
Are there any questions?
For more information or further conversation, contact Kathy Coffey-Guenther at: 
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