



# 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?



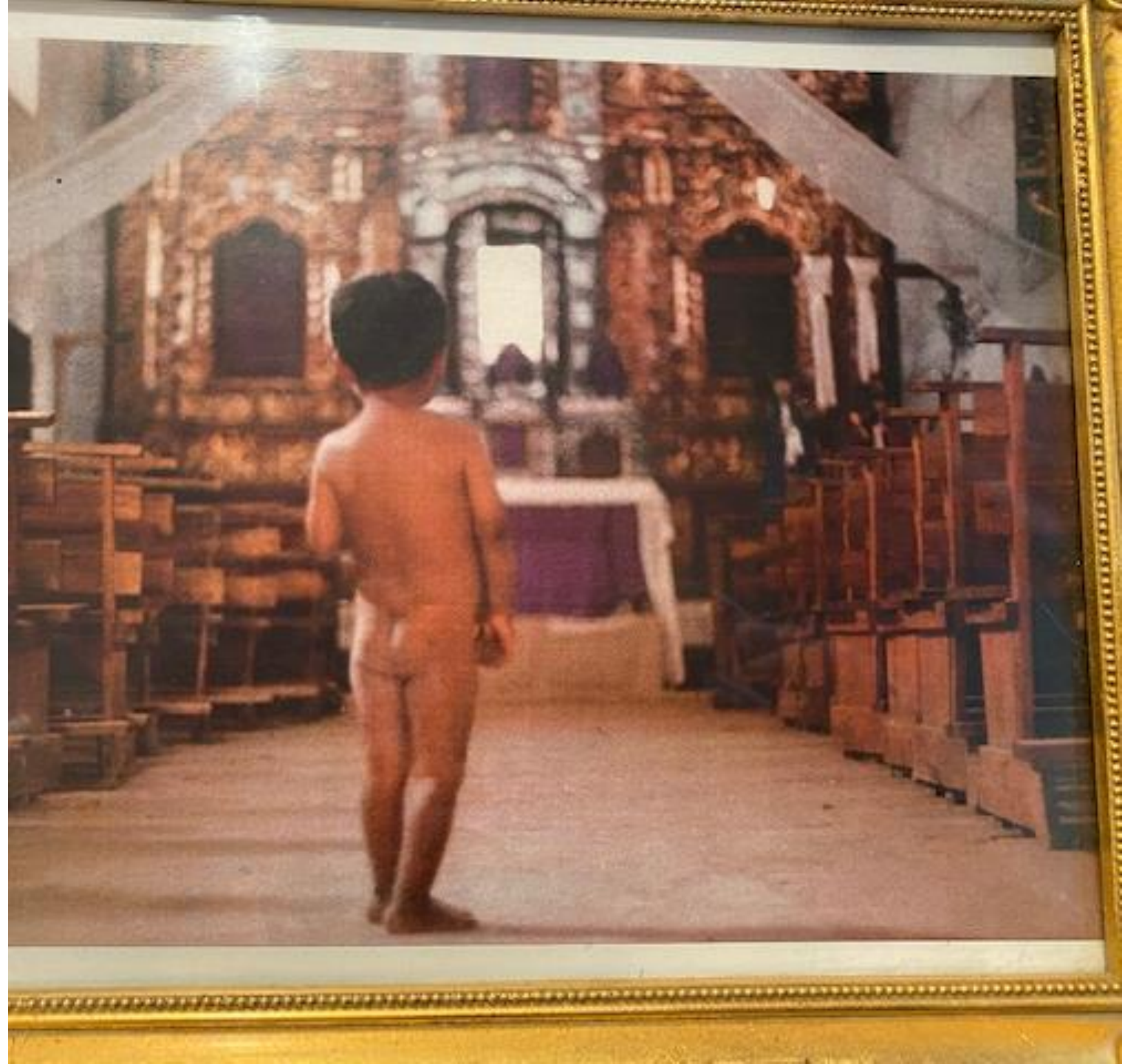


# Facing our Inner demons:

- 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

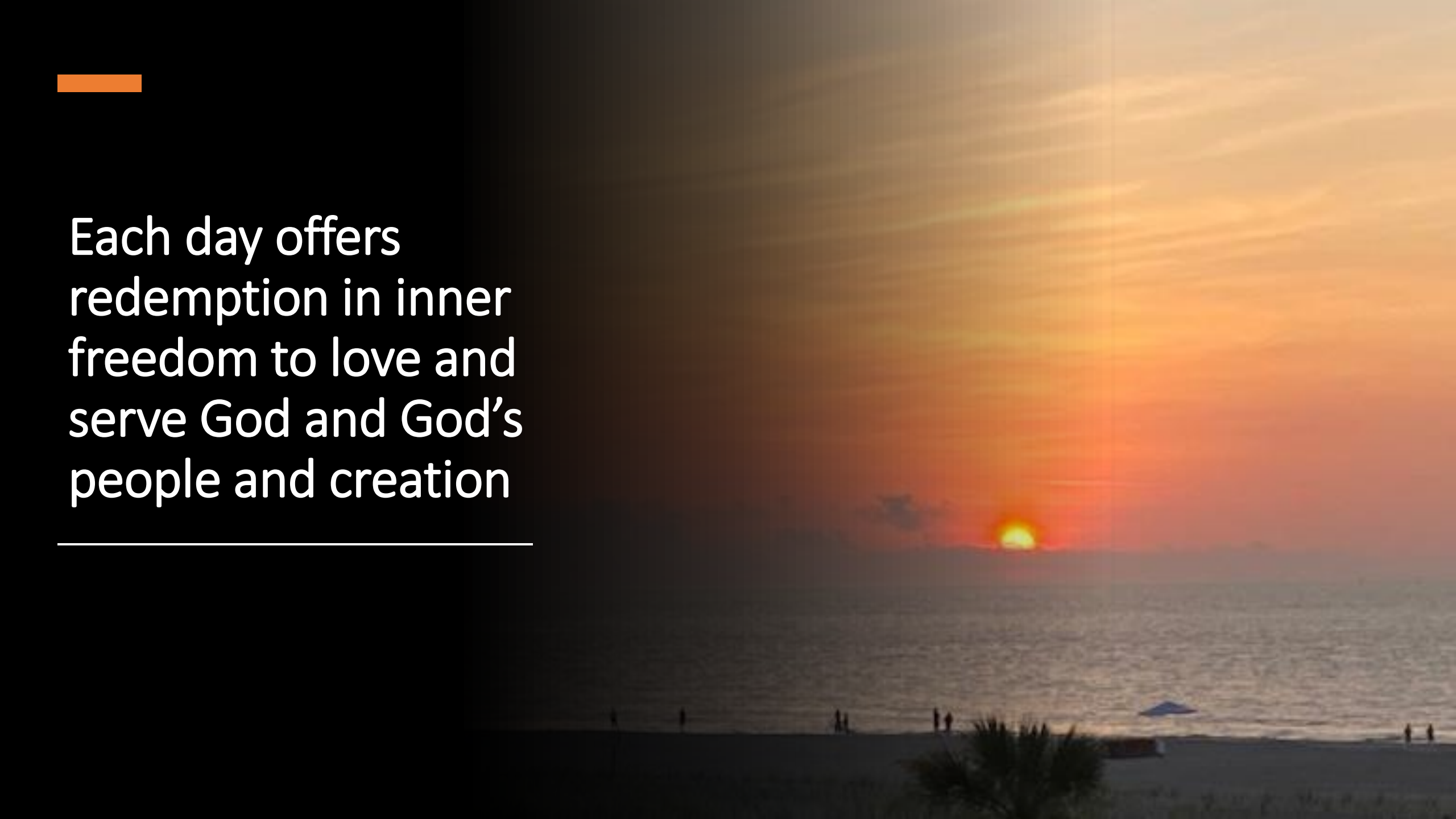


# Reflection:

- 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**

A sunset over the ocean with silhouettes of people on a beach. The sun is low on the horizon, casting a warm orange glow across the sky. The ocean is dark, and the beach in the foreground has several small figures of people. A palm tree is visible in the lower right corner.

Each day offers  
redemption in inner  
freedom to love and  
serve God and God's  
people and creation

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# The Cave of Manresa





Are there any  
questions?



For more information or further conversation, contact Kathy Coffey-Guenther at:

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