

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


By Timothy M. O.M.V. 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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"Father Tim Gallagher has quickly become one of the leading commentators on Ignatian discernment." —Father George Aschenbrenner, SJ, author, *Stretched for Greater Glory*

"[A] clear, concise resource for presenting the freedom inherent in the structure of Ignatian prayer." —*Presence: An International Journal of Spiritual Direction*

About the Author

Timothy M. Gallagher, OMV, is considered to be one of the greatest interpreters of the spirituality of Ignatius of Loyola. He is a popular retreat leader, an Ignatius scholar, and a lecturer. He is the author of *The Discernment of Spirits: The Ignatian Rule for Everyday Life*, *The Examen Prayer*, and *An Ignatian Introduction to Prayer*. He lives in Boston, Massachusetts.

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