

## Introduction to “Walking the Sacred Path” by Dan Schutte

### Summary

Our faith, at its core, is about our relationship with God, and with Jesus. St. Ignatius of Loyola, wrote the Spiritual Exercises as a journey with Jesus. Through a series of “Contemplations” one follows Jesus through his life, from his birth to resurrection. By spending time with Jesus, a person is drawn into a deeper relationship with him. Jesus becomes our Lord and friend, and we become his disciples. This is the heart of our faith.

The exercises in the book we’ll be working with this year are loosely based on the Spiritual Exercises of St. Ignatius. The book will be used by our associate presenters to further develop your daily prayer and contemplation.

Take your time. It is suggested you keep a prayer journal or notebook to write down your reflections and experiences. You might write down a word or phrase from scripture that God meant for you. We’ll be using a CD with music that goes along with the book.

And now we’ll begin.....