**Course on Ignatian Discernment: A Spiritual Pilgrimage to Freedom in the Jubilee Year 2025**

This course is designed to accompany you in your spiritual growth throughout this jubilee year, offering you tools to strengthen your prayer life and deepen your relationship with God. We will begin with a retreat that will serve as the basis for a unique spiritual pilgrimage, with centennial exercises of discernment. The course will not only guide you along this journey, but it will help you get closer to Christ during Lent and beyond. Throughout the year, we will discover together how Ignatian discernment can transform our daily lives and our relationship with God. You will be able to choose which activities you participate in and when you prefer to walk alone with the Master.

**Course Structure: Ignatian Discernment Today**

This course is based on the teachings of St. Ignatius of Loyola but is contextualized in the modern world. The goal is to create a space for each participant, individually, to develop a more intimate relationship with God, enhance their prayer life, and walk a spiritual path of discernment.

**I. Introduction to the Course and its Purpose**

1. **Course objectives**:
   1. To accompany the spiritual pilgrimage towards Lent and the Jubilee.
   2. Explore how Ignatian discernment can enrich your daily life.
2. **Why is discernment important?**
   1. The relationship with God in the context of the Jubilee: inner freedom and spiritual growth.
   2. **Rules for freedom:** Reflection on the freedom that is obtained through the rules of St. Ignatius.

**II. Review of Ignatius of Loyola**

1. A brief history of the life of Ignatius of Loyola and his mission.
2. The birth of the *Ignatian Spirit*: a way of discerning in everyday life.

**III. Principle and Basis**

1. Reflection on the *Principle and Foundation* of Spiritual Exercises:
   1. *The human being created to praise, reverence and serve God.*
   2. Understand how this principle is the basis of all discernment.

**IV. Introduction to Spiritual Discernment**

1. What is discernment?
   1. A way to hear and recognize God's voice in our lives.
   2. **Comparison of discernment versions**: Rules in traditional language vs. rules in contemporary language.
   3. **S.E.D. (B.U.T.)**: A model for decision-making in the Christian life.
      1. **Feel**: Pay attention to inner emotions and feelings.
      2. **Understand (To Know):** To know what calls us to do good.
      3. **Decide (Take Action):** To accept or reject what we have discerned.

**V. Rule #1: The Person Turns Away from God**

1. **Description of Rule #1**: Recognize the movements that lead us away from God.
2. **Example from daily life**:
   1. Identify when we turn away from God and how we can redirect ourselves.

**VI. Rule #2: The Person Draws Closer to God**

1. **Description of Rule #2**: Identify the movements that bring us closer to God.
2. **Example from daily life**:
   1. Observation of moments of comfort and closeness to God.
3. **Comparison between Rules 1 and 2**:
   1. Reflection on how we can differentiate between spiritual influences that distance us from or bring us closer to God.
   2. **Who is Grillo?**: Analyze the "crickets" or inner voices that distract us or help us find the way.
   3. **Game: "Hot or Cold"**: Practical dynamics to identify spiritual movements in everyday life.

**VII. Rule #3: Spiritual Consolation**

1. **Description of Rule #3**: Spiritual consolation brings us closer to God.
   1. **Spiritual Consolation vs. Non-Spiritual Consolation**:
      1. Learn to recognize the difference between a peace that comes from God and a false peace.
2. **Example from daily life**:
   1. Experiences of comfort that call us to a fuller life with God.
3. **The value of journaling**:
   1. The importance of recording comfort experiences and how they can help us recognize spiritual patterns.

**VIII. Rule #4: Spiritual Desolation**

1. **Description of Rule #4**: How to interpret moments of spiritual desolation.
   1. **Spiritual Desolation vs. Non-Spiritual Desolation**:
      1. Reflection on how to know if our desolation is a purification process or a distraction.
   2. **Natural Desolation and Consolation, at the same time?**
      1. How the two can coexist in moments of transition or inner conflict.
   3. **Without shame or embarrassment, there are no surprises**:
      1. Reflection on human nature and its struggle with sin, and how this is part of the process of spiritual growth.
2. **Example from daily life**:
   1. Identify moments of desolation and how to handle them from the perspective of faith.
   2. **Spirits vs. attitudes**: Reflection on how spiritual attitudes impact our daily experience.
   3. **To do nothing is already to do something**: Importance of action in desolation.

**IX. Introduction to Rules 5 and 13**

1. **Rule #5**: Steadfast and steadfast in desolation.
   1. How to maintain faith and hope when we feel that God is distant.
2. **Rule #13**: Breaking the silence.
   1. The role of communication in discernment: talking to a spiritual director and breaking isolation.

**X. Introduction to the Examen as a Daily Prayer**

1. **What is Examination of Conscience?**
   1. How to practice the Examen to recognize the movements of the Holy Spirit in the day to day.
2. **The importance of daily review**:
   1. How daily reflection can help us make decisions more aligned with God's will.

**Course Methodology**

Throughout the course, we will use a combination of readings, talks, and hands-on:

1. **Opening Retreat**: A spiritual kick-off event that provides an immersive experience.
2. **Interactive dynamics**: Games, group reflections and practical exercises to experience discernment in everyday life.
3. **Individual exercises**: Time for personal reflection, including the use of a spiritual journal.
4. **Q&A space**: During the sessions to delve into the content and apply it to each personal context.