

# From the Spiritual Exercises of Ignatius Loyola

Medieval Sourcebook (Fordham University): <http://www.fordham.edu/halsall/source/loyola-spirex.asp>

Document

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*Many of the opinions of Ignatius Loyola, founder of the Jesuit Order, are in this document setting out rules for the order and for the Christian life. Note, as you read, what issues brought up by the Protestant Reformation he is protesting or countering.*

## TO HAVE THE TRUE SENTIMENT WHICH WE OUGHT TO HAVE IN THE CHURCH MILITANT

### Let the following Rules be observed:

**FIRST RULE:** All judgment laid aside, we ought to have our mind ready and prompt to obey, in all, the true Spouse of Christ our Lord, which is our holy Mother the Church Hierarchical.

**SECOND RULE:** To praise confession to a Priest, and the reception of the most Holy Sacrament of the Altar once in the year, and much more each month, and much better from week to week, with the conditions required and due....

**FOURTH RULE:** To praise much Religious Orders, virginity and continence, and not so much marriage as any of these.

**FIFTH RULE:** To praise vows of Religion, of obedience, of poverty, of chastity and of other perfections...

**SIXTH RULE:** To praise relics of the Saints, giving veneration to them and praying to the Saints; and to praise Stations, pilgrimages, Indulgences, pardons, Crusades, and candles lighted in the churches....

**EIGHTH RULE:** To praise the ornaments and the buildings of churches; likewise images, and to venerate them according to what they represent.

**NINTH RULE:** Finally, to praise all precepts of the Church, keeping the mind prompt to find reasons in their defense and in no manner against them.

**TENTH RULE:** We ought to be more prompt to find good and praise... the ways of our Superiors....

**THIRTEENTH RULE:** To be right in everything, we ought always to hold that the white which I see, is black, if the Hierarchical Church so decides it, believing that between Christ our Lord, the Bridegroom, and the Church, His Bride, there is the same Spirit which governs and directs us for the salvation of our souls. Because by the same Spirit and our Lord Who gave the ten Commandments, our holy Mother the Church is directed and governed.

**FOURTEENTH RULE:** Although there is much truth in the assertion that no one can save himself without being predestined and without having faith and grace; we must be very cautious in the manner of speaking and communicating with others about all these things.

**FIFTEENTH RULE:** We ought not, by way of custom, to speak much of predestination; but if in some way and at some times one speaks, let him so speak that the common people may not come into any error....

**SIXTEENTH RULE:** In the same way, we must be on our guard that by talking much and with much insistence of faith, without any distinction and explanation, occasion be not given to the people to be lazy and slothful in works, whether before faith is formed in charity or after.

**SEVENTEENTH RULE:** Likewise, we ought not to speak so much with insistence on grace that the poison of discarding liberty be engendered. So that of faith and grace one can speak as much as is possible with the Divine help for the greater praise of His Divine Majesty, but not in such way, nor in such manners, especially in our so dangerous times, that works and free will receive any harm, or be held for nothing.

**EIGHTEENTH RULE:** Although serving God our Lord much out of pure love is to be esteemed above all; we ought to praise much the fear of His Divine Majesty, because not only filial fear is a thing pious and most holy, but even servile fear -- when the man reaches nothing else better or more useful -- helps much to get out of mortal sin. And when he is out, he easily comes to filial fear, which is all acceptable and grateful to God our Lord: as being at one with the Divine Love.