HOLY WEEK 2023 - EXERCISES IN RETREAT 5 DAYS

"For what will it profit a man if he gains the whole world and forfeits his soul? Matt 16,26

Outline of the Exercises

	Meditation 1	Meditation 2	Meditation 3	Talk	Meditation 4	Meditation 5	Next Day Meditation
Suggested Schedule	**7.25**	**9.30**	**11.00**	**12.00**	**16.30**	**18.30**	**21.15**
Tuesday	-	-	-	-	-	-	*Principle and Foundation - Part 1*
Wednesday	*Principle and Foundation - Part 1*	*Principle and Foundation - Part 2*	*Principle and Foundation - Part 3*	Rules for Discernment of Spirits	*The Three Sins*	*Our Own Sins*	*Hell*
Thursday	*Hell*	*Mercy*	*Call of Christ the King*	*Rules for Discernment of Spirits: Part 2*	*The Incarnation*	*The Hidden Life*	*Two Standards*
Good Friday	*Two Standards*	*Two Standards-Repetition*	*The Sermon on the Mount: Introduction*	*Rules for Making a Choice*	*Christ calms the storm*	*Gethsemane*	*Scourging, Crown of Thorns, Ecce Homo*
Saturday	*Scourging, Crown of Thorns, Ecce Homo*	*From the Cross to the Sepulcher - Our Lady of Sorrows*	-	*Reform of Life*	*The Eighth Apparition: Apparition to Peter and the Apostles*	-	*Contemplation to Attain the Love of God*
Sunday of Resurrection	*Contemplation to Attain the Love of God*	*Talk for the Exercises*	*Contemplation to Attain the Love of God*	**End of the exercise**			

The material for the state and exercise is available on the web, through the following link: https://spiritualexercises.online/courses/5-day-spiritual-exercises-2/

Before starting exercises

Introduction	
1	Overview (Here)
2	Important Considerations (Here)
3	Conclusions (Here)
	Book of the exercises – (Download)