



Spiritual Exercises ONLINE – 3-day Program

SPIRITUAL EXERCISES 3 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 (Meditate)	Meditation 2	Meditation 3	Talk	Meditation 4	Meditation 5	Next Day Meditation (Only Listen)
Suggested Schedule	7.25	9.30	11.00	12.00	16.30	18.30	21.15
Night before first day	-	-	-	-	-	-	Principle and Foundation I
First Day	Principle and Foundation I	Principle and Foundation II	3 Sins – Our Own Sins	Rules For Discernment 1 st Week	Hell And Death	Mercy	Call Christ The King
Second Day	Call Christ The King	Two Standards	Hidden Life	Rules For Discernment 2 nd Week	The Passion – Our Lady of Sorrows	3 Classes of Man	Resurrection
Third Day	Resurrection	Contemplation to Attain Love		Rules For Making Election			

The material is available on the web, through the following link:

<https://spiritualexercises.online/courses/holy-week-2024-3-day-spiritual-exercises-fr-nathaniel-dreyer/>

Audio Playlist with **all Meditations** and Talks: <https://soundcloud.com/ejerciciosive/sets/3-day-spiritual-exercise-fr-nathaniel-dreyer-2024>

Folder with all Meditations for Download:

https://drive.google.com/drive/folders/1T3Dd6PEnj_qQ3JMjzfRw0AO44ubB-OaN?usp=sharing

Before starting exercises

Introduction	
1	Overview (Here)
2	Important Considerations (Here)
3	Book Of Exercises (Download)



Spiritual Exercises ONLINE – 3-day Program

NOTES

Methodology

For each of the 3 days, there is an entry on the page for each meditation point (five) and talk (one) on the schedule.

The material for the first meditation of each day is listened to/watched the night before. The material for the Exercises, both the Meditations and Talks, is offered by YouTube video and Soundcloud audio (same content).

When these Exercises are done in retreat, they should be done (i) in exterior silence, without speaking to any other retreatants (ii) in interior silence, and (iii) without access to electronic devices (mobile phones, tablets, etc.) that break silence. If you have not downloaded the material before the Exercises and need to use the internet, we strongly suggest that you make every effort not to use any electronic device to view news or communicate with anyone. This can be a very ascetic exercises that will already help to bring order to your life...which is the goal of the Exercises.

Methodology

During the Exercises, it is expected that you may need to consult with a priest. On the Exercises website, we have a group of priests available to respond to consultations.



Spiritual Exercises ONLINE – 3-day Program

Body of the Meditation (most of our 30 min)

Meditate on the topic to be addressed, sometimes divided into points, exercising the three powers: memory, intelligence, and will. If it is a contemplation, we will have to use more imagination and be "there," in the mystery being contemplated "like an unworthy slave."

Conclusion - Colloquies

(EE [54]) It is the most important moment, the affective prayer with the Blessed Virgin and/or with Our Lord Jesus Christ and/or with the Heavenly Father, speaking as a friend speaks with another, with the trust with which a son speaks with his father, as a servant with his lord, either asking for a grace, or blaming oneself for having done some wrong, or communicating things and asking for advice in them. The whole meditation or contemplation is ordered to this moment.

Examination of the Meditation

(EE [77]) How have I proceeded in this meditation or contemplation? If badly, I will look at the cause of the bad procedure, and discovering it, I will repent to amend myself in the future; if well, I will thank God Our Lord and proceed in the same way in the future.