What is God's desire for me?

Applications open for 2026
Spiritual Exercises in Daily Life

Nourishment **Discernment** **Clarity** **Freedom**

Are you seeking a deeper connection with God
and insight into God's plan for your life?

The Spiritual Exercises of St Ignatius Loyola may be an option for you.

This personalised program allows you to contemplate God's love and intentions for you through daily prayer and reflection. The 30-35 week journey includes weekly face-to-face or online conversations with a skilled Ignatian Spiritual Director.

There are no prerequisites. The retreat can start at any time.
To learn more or to register, please contact us at
PHONE 1300 392 636 or EMAIL info@jisa.org.au

Jesuit and Ignatian Spirituality Australia

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