

St Peter Catholic Church

“Inner Compass: An Invitation to Ignatian Spirituality” by Margaret Silf Participant’s Discussion Guide

While we don’t meet to discuss this book until November, we suggest that you start this journey NOW! It is not a book that you can pick up a week prior to meeting but if you take the time, you will have greater insight into Ignatian Spirituality and will find some nuggets to treasure.

As you read this book, pay attention to what resonates with you.

If you underline something in the book or write in the margins, STOP, DWELL, QUESTION or SAVOR that line or paragraph. Stay with that thought. We recommend that you journal your feelings or thoughts on these words. Try to understand why these words spoke to you. (For journaling, use what works best for you—paper, notebook or a device). Below, we have also given you some touchpoints to consider.

The experience of journaling may only be for your own benefit. However, if you are comfortable, we hope you will share some of the things that spoke to you when we meet to discuss the book. These book reads are meant to enable you to grow in your journey, and the action of sharing what spoke to you may become a touchpoint for someone else in the group.

- What was your overall impression of the book?
- Was there a particular chapter that spoke to you?
- Did anything delight you?
- Did anything puzzle you?
- Is there a single word that you would use to describe the book?
- Would you recommend this book to a friend? Why?
- Is there something that you would take from the reading that you would use going forward?
- Recall your experiences as you moved through the suggested prayers and reflections at the end of each chapter. In what ways did these reflections bring you closer to God? In what ways did they give you a greater insight into your “true self” — your “who”?