



# **Making Choices in Christ: The Foundations of Ignatian Spirituality**

*Joseph A. Tetlow*

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# Making Choices in Christ: The Foundations of Ignatian Spirituality

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An extraordinary spiritual practice with the power to transform the ordinary life

Even in our modern society, one of the most effective ways to develop a dynamic relationship with God is through the 450-year-old practice of Ignatian spirituality. Joseph A. Tetlow, SJ, a leading expert on the subject, shows how Ignatian principles and practices can help each of us to discern God's will for our life and to become a changed person in Christ.

Having overseen the efforts of more than 200 Jesuit retreat houses and centers for spirituality, Fr. Tetlow is uniquely equipped to describe how the ordinary person in the 21st century can live out the extraordinary theology of St. Ignatius of Loyola.

The 40 concise meditations contained in *Making Choices in Christ* explore what Ignatian spirituality is and isn't; what it means to live by it; Ignatius's legacy to all who practice the spirituality; and its important concepts and experiences, most notably the Spiritual Exercises.

An ideal resource to be used before or during a retreat with the Exercises, this book can guide any layperson at any time toward a life-changing encounter with the living God.



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