



Companions of Christ: Ignatian Spirituality for Everyday Living

Margaret Silf

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Are you bogged down in your spiritual journey? Does church seem to hinder more than it helps? Here is a welcoming and realistic guide for all who may be feeling spiritually jaded. Whatever your circumstances, *Companions of Christ* will show you how to embark on a journey of the heart, starting wherever you happen to be and no matter how unfit for the journey you may feel.

In *Companions of Christ* popular British writer Margaret Silf unearths the gold mine of spiritual wisdom to be found in the legacy of Ignatius Loyola, founder of the Jesuits. Ignatian spirituality sets out an engagingly down-to-earth vision of connecting with God in everyday life. Neither a recipe for a privatized spiritual life nor an agenda imposed by someone else, the Ignatian vision is centered on companionship, which means literally to "share bread" with another. It latches onto God's presence in stories, in other people, in the created universe, and even in God's apparent absence.

Perfect for those whose faith in God or patience with the church is flagging, *Companions of Christ* contains very practical teaching on great Ignatian themes -- imaginative scriptural meditation, spiritual discernment, and honest prayer. Incorporating helpful spiritual exercises throughout, Silf shows both tentative and seasoned believers how to keep faith despite the odds.

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