An approach to the Spiritual Exercises of St. Ignatius As more and more people begin to reclaim their spiritual heritage, longoverlooked traditions resurface, offering seekers new ways to rekindle their spiritual selves. The Spiritual Exercises of St. Ignatius of Loyola is such a tradition, and its recovery in the church has sparked the interest of many believers. Religious approach to the Spiritual Exercises of St. Ignatius As more and more people begin to reclaim their spiritual heritage, longoverlooked traditions resurface, offering seekers new ways to rekindle their spiritual selves. Using a cognitive approach, Ignatius challenges the disturbing thought and overcomes the temptation. He proclaims the truth out loud that the temptations are mirages that only promise life but cannot satisfy his authentic human nature. Also authentic to the Gospel, Ignatian spirituality, as codified in the guidelines for a director at the front of the Spiritual Exercises, focuses not on coercing an individual to conform to rules and laws but coaches one on how best to open to God, who will lead one to freedom. In this, St. Ignatius was an astute observer of the human condition. The encounter facilitated by the full Examen and the Spiritual Exercises between the sinner and Jesus Christ might not be that popular, but in my own work, I find it the most salutary in bringing lasting gratitude and interior freedom.