

PRINCIPLE AND FOUNDATION

DAY 1, MAY 11, 2020

PRAYER EXERCISE – following the “Principle and Foundation”

Read the Principle and Foundation prayerfully, and then ask:

- 1) “In what way do I praise, reverence and serve God?”
- 2) “What are the things or people in my life that help me to give praise, reverence and service to God?”

“Principle and Foundation”
Faith-vision of St. Ignatius Loyola

Human beings are created to praise, reverence and serve God our Lord, and by means of doing this to save their souls.

The other things on the face of the earth are created for the human beings, to help them in pursuit of the end for which they are created.

From this it follows that we ought to use these things to the extent that they help us toward our end, and free ourselves from them to the extent that they hinder us from it.

To attain this it is necessary to make ourselves indifferent to all created things, in regard to everything which is left to our free will and is not forbidden. Consequently, on our own part, we ought not to seek health rather than sickness, wealth rather than poverty, honor rather than dishonor, a long life rather than a short one, and so on in all other matters.

Rather, we ought to desire and choose only that which is more conducive to the end for which we are created.

