



Facing East, Praying West: Poetic Reflections on the Spiritual Exercises

Kent Ira Groff

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Facing East, Praying West is a collection of poetic reflections based on Ignatius's Spiritual Exercises. The prayer poems in this book are arranged according to the four-week structure of the Exercises. They convey the reader through the four movements of Christ's story: creation, living, dying, and rising to new life. The poems in this volume are not merely literary pieces, but have a practical spiritual purpose. They draw on the reader's imaginative and intellectual response to God's grace. They sustain and encourage the reader through the consolations and desolations of the soul's journey. The flow of words and metaphors creates a holistic way of praying, one that develops body, mind, and spirit. Like the Psalms, these prayer poems will enhance the reader's ability to see transcendent beauty in the darkness of life. This book not only offers a new way of experiencing the essence of the Exercises, but it will also inspire readers to compose their own prayer poems and express the deepest longings of their souls.

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