



VALLEY CHRISTIAN
COUNSELING CENTER

An Ignatian Retreat is for adults, ages 18 and up, looking to “clarify and deepen our commitments to Jesus Christ” (Sacred Listening, by James Wakefield).

The Ignatian Retreats offered at Valley includes meditating on scripture, daily assignments, and weekly processing with a Spiritual Director and a small group - spiritual direction is part of the process.

History of the Ignatian Retreat

Ignatius of Layola created the Spiritual Exercises as primarily a series of meditations based on the gospels that help us clarify and deepen our commitments to Jesus Christ. Specifically in the Spiritual Exercise we are encouraged to seek, recognize, and choose the greater glory of the kingdom of God in all things. (Sacred Listening, by James Wakefield)

The Spiritual Exercises have been used for discernment and as a tool for making vocational choices. At Valley they have been adapted to be used over a 30 week period and generally runs from September to May.

You can learn more by calling
Valley at 701.232.6224