



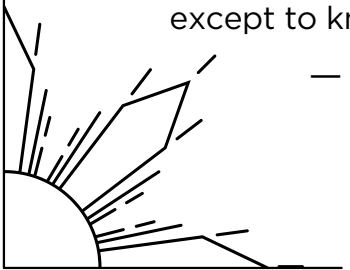
## INDIFFERENCE

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St. Ignatius of Loyola was a 16th century Catholic priest and theologian. His guide to prayer and meditation, *The Spiritual Exercises*, includes the foundational practice of indifference. Praying for indifference allows us to detach from what keeps us from God and moves us towards a deeper connection with God.

“Lord, teach me to be generous;  
Teach me to serve you as you deserve;  
To give and not to count the cost;  
To fight and not to heed the wounds;  
To toil, and not to seek for rest;  
To labor, and not to ask for reward -  
except to know that I am doing your will.”

— St. Ignatius of Loyola





# How to Pray for Indifference

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- Name and confess anything that has taken priority over God in your life
- Let go of what is not bringing you closer to God
- Trust God's will in all things
- Choosing love, give yourself to God



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