

This program is designed for individuals who are already acquainted with St. Ignatius of Loyola's rules for the discernment of spirits and wish to impart this knowledge to others. The curriculum consists of a five-day session in each of two consecutive summers. Each session consists of four seven-hour courses.

## Requirements for Admission

Students should already be acquainted with St. Ignatius of Loyola's First Week rules for the discernment of spirits by having completed at least **one** of the following prior to the course:

- Attending a retreat or seminar given by Fr. Gallagher, Fr. Yavarone, or another qualified instructor dealing specifically with the First Week rules for the discernment of spirits.
- Viewing Fr. Gallagher's complete *Living the Discerning Life* video series. See the following link: <https://www.ewtn.com/tv/shows/living-the-discerning-life-the-spiritual-teaching-of-st-ignatius-of-loyola>
- Listening to Fr. Gallagher's complete set of 16 podcasts entitled *The Discernment of Spirits – Setting the Captives Free with Fr. Timothy Gallagher*, which is available on the *Discerning Hearts* app. See: <https://www.discerninghearts.com/catholic-podcasts/fr-timothy-gallagher-discernment-of-spirits/>
- Reading *The Discernment of Spirits: An Ignatian Guide for Everyday Living* by Fr. Timothy Gallagher, O.M.V. To order, see <https://www.discernment.institute/product-page/the-discernment-of-spirits-an-ignatian-guide-for-everyday-living>
- Reading *Setting Captives Free: Further Reflections on Ignatian Discernment of Spirits* by Fr. Timothy Gallagher, O.M.V. To order, see <https://www.discernment.institute/product-page/setting-captives-free>

## Format

**Session I** will be offered from **June 21-26, 2026**. The session begins with registration from 3-5 pm on Sunday and ends at 12:00 noon on Friday. After dinner on Sunday evening, there will be a two-hour session beginning at 6:15 pm. Monday through Thursday class sessions will be from 9 am to 12 noon and 2 pm to 5 pm. Friday's class session is 9 am to 12 noon. **Session II** will be offered in the summer of 2027.

The **location** is Colorado Christian University (<https://www.ccu.edu/>). The university is well-equipped for mission-based residential summer programs of this type and graciously accommodates our Catholic identity. Mass will be offered each day from Monday to Friday, and the Blessed Sacrament will be reserved for private prayer.

Although there is no substitute for **in-person** participation, courses will also be **live-streamed** via Zoom. After production and editing, the recordings will be made available to in-person and online participants for additional review during a three-week period in July 2026.

## Cost

**In-person tuition** for Session I is \$1,195 (\$1,395 with meal plan). **Early bird discount** is \$100 if fee is paid in full by March 8. Please apply by March 1 for early bird registration.

Fee for standard registration is due by April 15. Please apply by April 8 to meet this deadline.

**Online cost** is \$895. Online registration for **Session I** is open until June 12, 2026. The cost includes course handouts, access to course videos for three weeks (as described under “Format,” above), and live Q&As with IDI faculty. Online participation does count toward certification if the participant completes the practicum, the exams for both sessions, and the retreat (see **Requirements for Certification**, below).

## Registration

The online application for **Session I** of the curriculum is available through our Event Description page at <https://www.discernment.institute/event-details/ignatian-discernment-institute-teacher-certification>

After you submit your online application, we will contact you within one week regarding approval and payment information.

## Requirements for Certification

**Practicum.** For certification, students will need to share the rules in a parish or similar setting for at least two hours after **Session II**. If an IDI instructor or delegate cannot be present at the event, the student will need to video the event and submit the video to the IDI. Our staff will be available to assist them in preparing their presentation.

**Evaluation.** Those seeking certification will also need to pass an exam after each of the two sessions. A passing grade will be 80% or higher. Students will have three attempts to pass the exam.

After **Session II** an Ignatian retreat of at least four days is required (eight days is recommended), so that the students may more easily apply the rules to their own experience. The IDI will offer a retreat after **Session II** in summer 2027; other IDI-approved retreats will also satisfy this requirement. The retreat is not included in the costs provided above.

Courses can also be audited for those not seeking certification; tuition prices are the same as for those seeking certification.

## Faculty

The instructors are Fr. Timothy Gallagher, O.M.V. and Fr. Mark Yavarone, O.M.V. Visit <https://www.discernment.institute/our-priests> for background on the instructors.

## Questions

For questions, please contact Lisa Harpole at (720) 751-1472 or [summer@discernment.institute](mailto:summer@discernment.institute)

For certification in teaching Ignatius of Loyola's First Week Rules for the Discernment of Spirits

---

### Summer Session I (June 21-26, 2026)

#### **Introduction to the Life of St. Ignatius and the *Spiritual Exercises* (7 hours)**

Instructor: Father Mark Yavarone, O.M.V.

For centuries, busy priests, religious and lay people have found in the spirituality of St. Ignatius of Loyola a way of prayer and a means to finding God in all things. This course will begin with the life story of this great saint, then move on to his *Spiritual Exercises* with special attention to how this work integrates the Rules for Discernment of Spirits, discerning God's will, the examen prayer, and other key elements of Ignatian spirituality.

---

#### **The Fourteen Rules—Part I (7 hours)**

Instructor: Father Timothy Gallagher, O.M.V.

An in-depth look at the title statement and each of the fourteen rules in St. Ignatius of Loyola's text (*Spiritual Exercises*, nos. 313-327). This course will equip the student to apply these rules in his or her life and will also supply the comprehensive knowledge of them that will permit teaching of them upon completion of the program. The approach includes careful attention to St. Ignatius's own words and their illustration through apposite examples. Because this content is fundamental to a well-grounded teaching of the rules, a double course (seven hours + seven hours) is dedicated to it.

---

#### **The Fourteen Rules—Part II (7 hours)**

Instructor: Father Timothy Gallagher, O.M.V.

See description of **Part I**, above.

---

#### **Ignatian Prayer with Scripture (7 hours)**

Instructor: Father Mark Yavarone, O.M.V.

In his *Spiritual Exercises*, Ignatius of Loyola used two basic methods of prayer—meditation (based primarily on reflection) and contemplation (based on the use of imagination). As there can be no discernment without prayer, this course will clarify these methods of prayer and the relationship between them. Questions addressed will include: "Is imaginative prayer really grounded in the tradition? Suppose I don't have much of an imagination? How do I test or verify the inspirations I seem to be receiving?" The course will also help students to apply the methods of meditation and contemplation to their own spiritual practice.

### Summer Session II (Summer 2027)

## **Teaching the Fourteen Rules (7 hours)**

Instructor: Father Timothy Gallagher, O.M.V.

This course prepares students to teach the fourteen rules in their own turn. Presuming knowledge of the earlier course on these rules (**Session I**), it focuses specifically on how to teach them to others. Father Gallagher will share a pedagogy for presenting these rules developed over several decades and proven effective toward rendering them understandable and applicable by people in all vocations: lay, religious, and priestly. The course will include a practicum toward certification for teaching the rules.

---

## **The Eight Second Week Rules (7 hours)**

Instructor: Father Timothy Gallagher, O.M.V.

A detailed study of St. Ignatius of Loyola's second set ("Second Week") of rules for discernment as further preparation for teaching the first set ("First Week") of fourteen rules. Understanding these Second Week rules well and how they apply, students acquire a more complete understanding of Ignatian discernment—an invaluable aid for teaching discernment according to the first set of fourteen rules, and may find them useful in their own lives. With this knowledge, they will approach teaching Ignatian discernment with greater confidence.

---

## **The Examen Prayer (7 hours)**

Instructor: Father Mark Yavarone, O.M.V.

God speaks to us in all the events of our lives and not just in times of formal prayer. Teachers of the rules need to be attentive to their own movements of spirit, not only for their own benefit but to assist their teaching and address questions from their listeners. In this course, attention will be given to how to use this trusted method of prayer to become more aware of our daily movements, understand them, and take action in an appropriate way. Ignatius's teaching on the particular examen will also be surveyed, as well as the importance of gratitude and the use of a spiritual journal.

---

## **Discerning the Will of God (7 hours)**

Instructor: Father Mark Yavarone, O.M.V.

From the time after his conversion when he was tempted to give "a taste of his dagger" to a fellow traveler until the time when he became the leader of a worldwide order of priests, St. Ignatius progressively learned how to recognize the will of God in every situation. This course will deal with the three "modes" or "times" for making a sound decision described in the *Spiritual Exercises*: direct movement of the will by God, patterns of consolation and desolation, and the use of our graced reasoning ability to weigh the different options and choose between them.