

Set Us Ablaze and Fr. Tim Gallagher, O.M.V. provide an accessible Playbook for the Spiritual Life

An innovative look at an ancient approach to prayer based on St. Ignatius' Rules of Discernment

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ELLICOTT CITY --(Catholic News Agency)— Fr. Timothy Gallagher, O.M.V. and Set Us Ablaze have released “**The Playbook for the Spiritual Life**”, a new series on Ignatian prayer. This series provides an accessible way to learn and apply St Ignatius’ Fourteen Rules for Discernment. The series of ten videos and an accompanying reflection journal offer simplified insight to a deeply valuable faith topic. Coach Mike Gutelius is featured, offering viewers of all ages, especially adults and teens, with content that is concise and consumable.

The Playbook for the Spiritual Life from Set Us Ablaze builds on St. Ignatius’ wisdom in setting us free from the discouragement and stagnation that comes in the spiritual life. “These are long-proven Rules that help us all to recognize how the Lord is working in our lives.” said Fr. Timothy Gallagher, O.M.V. Adding that, “With these rules, prayer and The Playbook, we are each able to better navigate the ups and downs of daily spiritual life.”

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Ignatian spirituality can feel intimidating and may be under-utilized by many Christians. This engaging new approach will help men and women, as well as youth and groups of any age begin to learn, understand, and apply St Ignatius’ Rules. The Playbook will be a catalyst for discussion and deeper understanding by individuals, families, schools, parishes, and retreats; it allows the full force of the Rules to come through without losing their integrity and power.

“As a coach and a dedicated Catholic, I understand the value of having a plan” adds Mike Gutelius, Head Football Coach at the Catholic University of America. “Whether it is as small as trying to win a football game, or as big as trying to conform our lives to God’s will, using time-tested principles to move forward is essential.”

The Playbook for the Spiritual Life series, including a set of videos and the downloadable workbook for Ignatius’ Fourteen Rules can be viewed at <https://setusablaze.tv/>, For more information see: <https://ablazefamily.org/ignatius-playbook-pre/>

About Set Us Ablaze

Set Us Ablaze strives to help families encounter and respond to the love of God, growing in their relationship with Him and leading others to experience His life-changing love too. As a 501(c)(3) Catholic lay ministry, Set Us Ablaze provides resources, including the weekly [Enkindle Family Scripture Reflections](#) Podcast to help families live an abundant life in faith together - at home, at school, at the parish and in the world. Each of us is created by God to love and to live full lives, as offered us by Jesus Christ. Love grows first at home, and faith is fostered best in the family. Learn more at www.abazefamily.org and www.setusablaze.tv

About Fr. Timothy Gallagher

Father Timothy M. Gallagher, O.M.V., is a member of the [Oblates of the Virgin Mary](#), a religious community dedicated to retreats and spiritual formation according to the Spiritual Exercises of St. Ignatius. He has a dedicated extensive international ministry providing retreats, spiritual direction, and teaching about the spiritual life. He is a frequent speaker on EWTN, and his digitally recorded talks are utilized internationally. He currently holds the St. Ignatius Chair for Spiritual Formation at St. John Vianney Theological Seminary in Denver. Learn more at <https://www.frtimothygallagher.org/>

About Coach Gutelius

Mike Gutelius begins his fourth season as the Vincent and Ellen Sica Endowed Head Football Coach at [The Catholic University of America](#) and as the 30th head coach in program history. He is also a noted speaker and public evangelist, who discusses leadership and decision-making on his "[Trust Your Coach Gut](#)" podcast. He and his wife, Kimberly, have three children, Michael, Sam and Mary Katherine.

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