

MEETING CHRIST IN PRAYER

An 8-Week Life-Enriching Experience

Meeting Christ in Prayer is an engaging eight-week guided prayer experience designed for small groups. It is modeled on the Spiritual Exercises of St. Ignatius of Loyola, which is a tried-and-true method of spiritual renewal. By means of prayer, reflection, and faith sharing, *Meeting Christ in Prayer* introduces participants to various ways

of praying, helps them form regular habits of prayer, and provides them with an opportunity to meet Christ anew and to experience support in the Christian life in a new way. It can also inspire a profound sense of mission that urges participants to a new level of discipleship.

Who can participate?

Adults who want to renew their Christian faith or enrich their prayer life can participate. *Meeting Christ in Prayer* is designed to serve many groups of people, such as the following:

- people with little or no experience in praying with others
- people who are hungry for a deeper spiritual life
- people who are actively seeking to learn more about their faith
- people seeking spiritual renewal
- people looking to form regular prayer habits or try new ways of praying
- people who desire the support of others
- people who want to be aware of God's presence in their daily lives

What does it offer?

Meeting Christ in Prayer combines eight weekly small-group meetings with daily prayer and reflection exercises

that are completed individually between each gathering. All materials and support needed for the weekly meetings and the daily prayer exercises are provided. Each member of a group will receive a *Participant Guide*.

The eight weekly meetings, each one an hour and fifteen minutes in length, include group prayer, guided meditation, faith sharing and reflection, an orientation to Scripture readings, simple prayer technique exercises, and an overview of the individual prayer exercises to be practiced in the week ahead.

The individual daily prayer exercises have three segments: (1) a brief prayer in the morning, (2) a brief review of the day in the evening, and (3) a period of extended personal prayer at some time during the day. It is recommended that the extended period of prayer last between twenty and thirty minutes daily.

For more information contact: _____
