

Learn How to Pray as an Adult

As a child, you were taught how to pray. Now that you are an adult, you have probably outgrown some of the ways you prayed as a child. So just how do adults pray? Come and see for yourself. ***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. Participants are asked to commit themselves to meeting once a week for eight weeks and to praying and reflecting daily, using the guided exercises that are provided. No prior experience in praying with others is needed, just a desire to renew one's faith, enrich one's prayer life, or become more aware of God's presence in everyday life.

If you are interested in participating in a ***Meeting Christ in Prayer*** group or would like more information, please contact: _____