

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.

Meeting Christ in Prayer offers you the following opportunities:

- To seek spiritual renewal
- To learn how to pray as an adult
- To deepen your spiritual life
- To form regular prayer habits or try new ways of praying
- To reflect on Scripture
- To join a supportive community and share your faith with others

- To become more aware of God's presence and action in your life

Meeting Christ in Prayer meets once a week for eight weeks and is characterized by the following:

- Groups of six to ten participants, with a leader, meet for an hour and fifteen minutes.
- Meetings are designed so that people with little or no experience in praying with others can participate and benefit.
- A *Participant Guide* provides all needed materials.
- Using guided exercises, participants pray and reflect individually between weekly meetings.

Meeting Christ in Prayer will be offered by: _____

Dates: _____

Time: _____

Place: _____

Yes, I am interested in participating in the eight-week guided prayer experience *Meeting Christ in Prayer*.

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____

Please return the above completed form to:

[insert name and address here.]

For more information, contact: _____
