

LORD, TEACH ME TO PRAY

A Spiritual Journey with St. Ignatius of Loyola

Lord, Teach Me to Pray is a three-part Ignatian prayer series developed to meet the desire for on-going spiritual growth; for an appropriate response to the call to holiness; and for a deeper commitment to Jesus Christ as Lord. In facilitated faith-sharing prayer communities, the Lord, himself, teaches us to pray.

The Series

Rooted in Ignatian Spirituality, the three-part Lord, Teach Me to Pray prayer series is designed to help woman and men learn how to pray and grow closer to our Lord, Jesus Christ. The three parts are taken in succession. Each part is a prerequisite for the next part.

Part 1: Praying Christian Virtues

Praying Christian Virtues introduces the meditative and contemplative ways of prayer devised by St. Ignatius of Loyola, enabling further growth of prayer life. This 12-week program is facilitated in a group setting, meets for 1-2 hours once a week, and requires 15 minutes of daily prayer on assigned scriptures.

Part 2: My 19th Annotation

My 19th Annotation, a reference to the 19th note St. Ignatius wrote in his notebook consists entirely of the Spiritual Exercises of St. Ignatius. This 30-week program is facilitated in a group setting, meets weekly for 2 hours and requires 30 minutes of daily prayer on material from the Spiritual Exercises. The 30 weeks are divided into two 15-week semesters with a month break in between.

Part 3: Discernment & Gifts of the Spirit

Provides a general theological catechesis of the Holy Spirit and the gifts of the Holy Spirit as well as introducing St. Ignatius' Rules for Discernment. This program meets weekly for 14 weeks in keeping with the format of the first two parts.

a Prayer Group for Women

Part 1 - Praying Christian Virtues

Is forming at St. Mary of the Annunciation

The sessions meet one morning every week. A new session will begin in the Spring of 2019.

A trained **Lord, Teach Me to Pray** facilitator will lead the prayer group.

**To register or for more information
on the group forming at St. Mary's:**

Please contact Diane Igielski

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**FOR MORE INFORMATION ON THE PROGRAM,
PLEASE VISIT
lordteachmetoprayer.com.**