

# The Christian Prayer Toolbox

Offered by the *The Pilgrimage*

All Saturdays in June & July 10 from 2-4 PM.

To Register go to: <https://thepilgrimage.net/cpc-course-registration>



## **St. Ignatius and the Examen — June 5**

Would you like an easy, practical, and very effective way to determine what God is trying to teach you in this life? Look no further. The simple and remarkably enlightening practice of the *examen* is for you! We will spend a little time learning about Saint Ignatius and about his spiritual exercises - and then focus specifically on the daily examen as a tool for your own life.

## **Intercessory Prayer — June 12**

We know that we are called to pray for others. The task seems simple enough . . . And yet many struggle to do this in a disciplined and intentional way. We'll review the work of Jane Vennard on this topic and other writers and thinkers in order to offer some suggestions about what it means to pray for others and how we might do that more faithfully.

## **Behold the Beauty of the Lord — June 19**

“One thing I asked of the LORD, that will I seek after: to live in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple [Ps. 27:4 NRSV]. Though the Western church has been influenced by an iconoclastic attitude (which we probably borrowed from Islamic faith), large portions of the Christian community (notably the Eastern church) have long-held that we can receive grace and come to know God more deeply not *only* through our *ears*, but also through our *eyes*. This program will introduce us to the discipline of praying with icons. So come and behold the beauty of the Lord!

## **Lectio Divina — Sacred Reading — June 26**

A commitment to the values of simplicity and brevity in speech before God — coupled with an equal devotion and reverence for the Word of God in scripture has produced *Lectio Divina* - or ‘sacred reading.’ We will learn about this well-worn practice of praying the scriptures.

## **Praying with Beads — July 10**

We Protestants have not always benefitted from the practice of praying the Rosary or other bead-based praying practices. This program will be an exploration of the merits of praying with beads. You will be given a number of ways to pray with beads and an opportunity to practice during the program. I will have several simplified rosary bead-strings which you can use and take home with you if you like.

