

# A COURSE OF STUDY IN SPIRITUAL FORMATION, 2009

*Prayer is a means of descending to the level of the heart and of finding God.  
Benedict 6<sup>th</sup> century*

## **School of Christian Prayer - Christian Spirituality**

Meditation was at the heart of the spiritual exercises used to develop virtue, the wellspring of the holy life. Self-knowledge was an important goal of meditation, and self-examination was a primary means to that end. The examen has solid roots in Scripture and in Christian tradition. Spiritual newness, growing daily communion with God, increased ability to serve, and many other gifts of grace flow from the daily prayer of examen.

*To grow in love of the God whom the heart seeks. Ignatius of Loyola 16th century*

What is the examen? How do I pray it? Will it be helpful for me? Is it possible in a life as busy as mine? What will assist me to pray it? What obstacles might I encounter in the practice of the examen? Can I overcome such obstacles? If so, how? What spiritual fruit will I experience in praying the examen?

*Prayer is named meditation until it has produced the honey of devotion, and then it is converted into contemplation. Frances de Sales 16th century*

## **The Course of Study**

- **Who** may want to attend? Someone who has a desire for loving and growing in communion with God.
- **What is it?** This is a four-week course on Ignatian prayer and spiritual exercises.
- **Where is it?** Gardener's House of Prayer for Christian Spiritual Formation, New Braunfels Please call Suzanne at (830) 832-3714 for directions
- **When is it?** February 3<sup>rd</sup>, meeting weekly for 2 hours on Tuesday nights 6:30-8:30pm

This is an intensive four-week course and will require a commitment to readings, reflection questions, journal and daily practice in prayer. The fourth session of will be scheduled for individual prayer guidance and spiritual direction.

- **Cost:** \$50 (book and materials included);
- **Registration required by February 1, 2009**
- **To register contact: Suzanne Broussard at Gardener's House of Prayer (830) 832-3714**

~ Remaining loving the Beloved ~ *Suzanne Broussard* [www.gardenershouseofprayer.org](http://www.gardenershouseofprayer.org)

*Spiritual direction is the process of accompanying people on a spiritual journey.*  
For more information about spiritual direction, visit the Spiritual Directors International website: [www.sdiworld.org](http://www.sdiworld.org) or contact Suzanne Broussard, SDI member (830) 832-3714