

Into the Desert

A Lenten Study on Prayer

"Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days." Luke 4:1–2

Our Lord teaches that prayer is a relationship and a vital necessity. And yet, many of us have difficulty committing to daily prayer. Lent is an opportunity to create space in your life for daily conversations with Christ. Follow Jesus into the desert and discover intimacy with God through *Lectio: Prayer*, a 6-week video-based study on formed.org featuring Dr. Tim Gray.

St. Mary's Sessions: share about previous week, watch the next video, and discuss; led by a priest

General invitation: Sundays at 2pm in the Parish Center (1015 Milton Road)

High School students: Sundays at 7:15pm in the Parish Office (gather after Mass)

Young Adults (18-35): Come to either Sunday meeting!

***Miss a meeting? Watch the video on your own device!*

- ▶ Week One: Sunday March 10 and Wednesday March 13
Prayer: An Intimate Dialogue
- ▶ Week Two: Sunday March 17 and Wednesday March 20
Guigo's Ladder: A Way of Ascent
- ▶ Week Three: Sunday March 24 and Wednesday March 27
Lectio and Meditatio: Climbing the First Rungs
- ▶ Week Four: Sunday March 31 and Wednesday April 3
Oratio: Conversation with God
- ▶ Week Five: Sunday April 7 and Wednesday April 10
Contemplatio: The Gaze of Love
- ▶ Holy Week: Sunday April 14 and Wednesday April 17
Resolutio: Putting Love into Action

NOT ON FORMED YET? IT'S EASY AND FREE TO REGISTER!

- 1 Go to stmarysalton.formed.org
- 2 Click "Register"
- 3 Enter your name, email address, and desired password
- 4 Go to **Study**, then [Into the Desert](#)
- 5 Use the Participant Guide for daily meditations (\$5 donation)

