

**Spiritual Formation Ministries
for Adults
First Lutheran Church
Fall 2008**

**Beginning the week of September 14
Sundays**

8:15 am -9:15 am

Prayer Study and Discussion

A small group discussion on the individual chapters of this inspiring book. Ask the questions you have always had about prayer and learn from the wisdom and experience of those around you. Required reading is one chapter a week. Cost is \$25 for the book, **Prayer: Finding the Heart's True Home**, Richard Foster All are welcome!

On –going weekly beginning September 14. Class size is limited to 10.

Contact Cathy Hahn, Marlee Robertson, Rich Burns, Lydia Jean Hillerson, Norma Tessmer or Mary Jean Dehne for more information.

Location: 3rd Floor NW Office

Register by calling Mary Jean at 235-4567, ext. 121 or in the church office

10:45-11:45 am

Prayer Basics:

Are you a bit uneasy about prayer? Do you feel inadequate about your seemingly lack of understanding about prayer? Do you feel intimidated and uncomfortable by small groups, but want to learn about prayer? Then perhaps this is a class for you?

Intro to prayer in and around us using **Prayer: Finding the Heart's True Home** by Richard Foster.

Come as you are. You will be safe to simply listen. No small group participation required or expected!

A personal outline and study guide will be provided to use as you read this book. (No checking homework!) We will listen to guest speakers enlighten us about their personal prayer testimonies. Class will begin with 10 minutes of personal quiet time, followed by a guest speaker's testimony, an **optional** question and answers, concluding with a closing prayer. Five weeks beginning September 14 through October 12. Cost is \$25 for the book. Contact Cathy Hahn, Marlee Robertson, Rich Burns, Lydia Jean Hillerson, Norma Tessmer or Mary Jean Dehne for more information.

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Mondays

Moms with Kids

9:30 am – 10:30 am Moms raising kids will gather to study and discuss a variety of spiritual books on the topic of raising children to be Godly disciples. Nursery is available. There will be small fees for the cost of the books studied. Contact Marlee Robertson or Jana Bruhschwein for further information.

Location: 3rd Floor Luther Room

Wednesdays

Spiritual Book Study: **Abba's Child**, by Brennan Manning

6:30 -7:30 pm, August 13, 27, Sept. 3, 10, 17, 24, Oct 1, 8, 15

A small group study and discussion about an inner look at who we are in God, who God created us to be and how we can be true to His purpose for our lives. Begins August 13. Cost is \$15. Limited to 7 women.

Contact Mary Jean Dehne for further information or to register

Location: 3rd Floor NW Office

Praying Together: SECOND WEDNESDAY of each month:

6:00-6:30 pm Step forward in gentle assurance to discover the strength of praying with others. Ask for prayers for yourself or pray quietly. Receive the strength and comfort of the Holy Spirit as people of faith join together and pray together in a safe, comforting, quiet setting. All are welcome!

Location: 3rd Floor NW Office

Prayer Vigils: from 8 am Saturday to 8 am Sunday

We invite you to quietly par-take in seeking God's wisdom through prayer. When we come to Him in prayer He will and does provide. Individuals will commit to praying silently for the concerns of our world, country, community and ministries of First Lutheran Church in the solitude of the chapel. Personal prayer requests will be honored as well.

Come and go any time, or sign up for a ½ hour commitment. All are welcome!

October 18, December 13, February 21, April 11

Introduction to Spiritual Direction

First Wednesday of each month 5:45-6:15 pm

Never heard of Spiritual Direction? Come to **listen** and ask questions about this important spiritual discipline. Spiritual Direction is when two or more people agree to pray, listen and give their full attention to what God is doing in their lives and seek to respond in faith...

Location: NW 3rd Floor Office

Spiritual Direction: Individual or Small Group

Third Wednesday of each month

4:30-5:30 pm, or 5:30-6:20 pm or by appointment

Spiritual Direction is Holy listening to God. Through the foundation of prayer and the work of the Holy Spirit we look intimately discern our relationship with God. In the comfort of safe, sacred space, we seek to listen to His voice within us, within each other and within our lives. Through the power of the Holy Spirit, we pay attention to how we interpret our experiences, thoughts, and feelings associated with our relationship with God and how that relationship influences our human relationships.

Who is God to me? Where is God in my life? How can I grow closer to Him? How is He working in my life? How have I blocked Him out? Where can I let Him in?

NW 3rd Floor Office,

Contact Mary Jean Dehne at 235-4567. ext. 121 or further information.

Fall Retreat for Women; "Journey from Self to God"

September 27, 3:00 pm to September 28, Noon

Included: Prayer and devotion book, 1 nights lodging in a comfortable, cozy individual room with shared bath, 3 delicious homemade meals.

A sacred beautiful respite right within our city limits.

Cost is \$50 Limited to 8 women

Contact Mary Jean Dehne at 235-4567, ext. 121 to register or to inquire further