



# Prayer and Life Workshops

SESSION	NAME	OBJECTIVE	WORD	METHOD	EXPERIENCE
1st	God of Tenderness	I am God's child, a beloved child of the Father	Ho 11:1-4	Prayerful Reading	An exercise in experiencing the Father love of God
2nd	If You Only Knew the Father	Let yourself be loved, know that you are loved	Lk 15:1-24	Written Prayer	An exercise in accepting that every creature is loved by God
3rd	Pilgrims of Faith	Lord I believe, but increase my faith	Ex 33:7-23	Vocal Prayer	In a spirit of faith live perceiving the presence and actions of God in events, persons, things
4th	Woman of Faith and Poor Woman of God	Mother, give us your silence and peace, give us your faith	Lk 1:26-38	Visual Prayer	Live in the spirit of Mary
5th	From Surrender to Peace	Thy will be done	Num 9:15-23	Prayer of Surrender	Peacefully, live a wonderful week
6th	Forgiveness - Love (Integral Reconciliation)	Lord, give us your peace	Mk 14:32-42	Holocaust	Catch the arrows of the deceiver: I leave it in your hands. Silence and peace
7th	Review	Stop and remember the previous objectives	Rm 12:9-18	Community	Look back and practice whatever you find most transforming
8th	Encounter	Face to Face	Jn 15:1-17	Encounter In Adoration (Elevation)	Battle the 4 enemies of the heart: fear, terror, insecurity, anxiety
9th	In Silence In the Presence (Contemplative Prayer)	Worship in Spirit and in Truth	Jn 4:5-24	Prayer of Contemplation	Live a contemplative week: perceive God's presence enveloping you
10th	The Beginning, The Center, The End (Christ - Centered)	What would Jesus do in my place	Col 1:15-20	Prayer of Inner Embrace	What would Jesus do in my place
11th	Free to Love (Prayer and Life)	Through humility to love	2 Tim 4:1-8	In the Spirit of Jesus	Put into practice the acts of mercy, doing them in the Spirit of Jesus
12th	Loving Like Jesus Loved (Fraternal Life)	Love one another	1 Jn 4:7-21	Exercise in Loving	Put into practice the instrument of liberation: The Exercise in Loving, an onslaught of love and live in fraternal love
13th	Poor and Humble	Give me your poor and humble heart	Mt 25:31-40	Praying with the Psalms	What can I do for the poor
14th	Leaving the Nets	Go forth and spread the Gospel	Lk 4:42-44; 5:1-11	Community Prayer (Psalms) and Community Meditation (Word)	Find ministries and volunteer work in your parish, and non-ecclesiastical places to share the Good News
15th	Desert	In an adequate and isolated place, in silence and solitude, experience a personal relationship with God. Use a variety of prayer methods		All methods, including Praying with Nature	General Contents Prayer and Life Workshops