

# LORD, TEACH ME TO PRAY

*A Spiritual Journey with St. Ignatius of Loyola*

**Lord, Teach Me to Pray** is a three-part Ignatian prayer series developed to meet the desire for on-going spiritual growth; for an appropriate response to the call to holiness; and for a deeper commitment to Jesus Christ as Lord. In facilitated faith-sharing prayer communities, the Lord, himself, teaches us to pray.

## *The Series*

Rooted in Ignatian Spirituality, the three-part Lord, Teach Me to Pray prayer series is designed to help woman and men learn how to pray and grow closer to our Lord, Jesus Christ. The three parts are taken in succession. Each part is a prerequisite for the next part.

### **Part 1: Praying Christian Virtues**

Praying Christian Virtues introduces the meditative and contemplative ways of prayer devised by St. Ignatius of Loyola, enabling further growth of prayer life. This 12-week program is facilitated in a group setting, meets for 1-2 hours once a week, and requires 15 minutes of daily prayer on assigned scriptures.

### **Part 2: My 19<sup>th</sup> Annotation**

My 19<sup>th</sup> Annotation, a reference to the 19<sup>th</sup> note St. Ignatius wrote in his notebook consists entirely of the Spiritual Exercises of St. Ignatius. This 30-week program is facilitated in a group setting, meets weekly for 2 hours and requires 30 minutes of daily prayer on material from the Spiritual Exercises. The 30 weeks are divided into two 15-week semesters with a month break in between.

### **Part 3: Discernment & Gifts of the Spirit**

Provides a general theological catechesis of the Holy Spirit and the gifts of the Holy Spirit as well as introducing St. Ignatius' Rules for Discernment. This program meets weekly for 14 weeks in keeping with the format of the first two parts.

*a Prayer Group for Women*

### **Part 1 - Praying Christian Virtues**

*Is forming at St. Mary of the Annunciation*

The sessions meet from 9:00 a.m. to 11:00 a.m. on Fridays starting the first Friday of Lent continuing through to the end of Pentecost on the following dates:

February – 2/16 and 2/23  
March – 3/2, 3/9, 3/30  
April – 4/6, 4/13, 4/20, 4/27  
May – 5/4, 5/11, 5/18

A trained **Lord, Teach Me to Pray** facilitator will lead the prayer group.

**To register or for more information  
on the group forming at St. Mary's:**

**Please contact Diane Igielski**

**Home Phone: 847-469-8470**

**Email: [Igielskishouse@comcast.net](mailto:Igielskishouse@comcast.net)**

**FOR MORE INFORMATION ON THE PROGRAM,  
PLEASE VISIT  
[lordteachmetoprayer.com](http://lordteachmetoprayer.com).**