

St Theodora Adult Ministry - 1st Half 2024 Monthly Assignments

"We are surrounded by so great a cloud of witnesses" (Hebrews 12:1)

Month:	Feb	Feb	Mar	Mar	Apr	May	May	Jun	Jun	Comment
Date:	11th	25th	10th	24th	14th	12th	26th	9th	23rd	
Topic	Beginning to Pray: Introduction	Chapter 1	Chapter 2	Chapter 4	Chapter 5 & Meditations	May It Be Blessed: Part 1	May it Be Blessed: Part 2	Anxiety: Part 1	Anxiety: Part 2	
Stillness	5min 2X Day (Discuss with Spiritual Father)									Practice Stillness, Listening for His Presence
Reflect	A. 1-2 Thoughts on what you learned. B. How you might apply it in your life?									Record and Bring to Class if You Wish! 1 or 2 Short Sentences
Saints	A. Meaningful Saying from our Cloud of Witnesses?	Share Your Study	Share Your Study	Share Your Study	Share Your Study	Share Your Study	Share Your Study	Share Your Study	Share Your Study	Bring your Quotes to Class to Share
Record	Write date/time, and your thoughts or feelings in journal									Consider Using a Spiritual Journal